

SMALL GROUP MINISTRY

Explore your faith and make new friends at the same time within Small Group Ministry. There are currently three groups, some which have space for new participants. For more information contact landerson@uubelmont.org

WOMEN’S AND MEN’S SUPPORT GROUPS AND SMALL GROUP

MINISTRY There are several ongoing men’s and women’s support groups and small group ministry groups at First Church. If you are interested in joining one of the groups, please contact landerson@uubelmont.org.

**FACILITATOR’S TRAINING AND GROUP SKILLS
REV. DAVID BRYCE AND LILLIAN ANDERSON**

In many types of group situations, especially where people express differing views, good facilitation can make a difference in the success of the experience for everyone. Perhaps you have been eager to try to facilitate a group or lead a project but don’t feel you have the necessary skills. This two part workshop will examine aspects of facilitation, how facilitation may be different in a church setting, as well as how to participate and communicate effectively in a group. We will also identify problems that occur in group situations and discover effective ways to handle them.

Tuesdays, March 31 and April 7, 7:30pm, Library

To receive a weekly reminder of the latest Adult Programs, email us at adultprograms@uubelmont.org

If you are interested in getting involved with this committee, or have a program you would like to see at First Church, please contact one of us. We are actively looking for new committee members and programs!

ADULT PROGRAMS COMMITTEE

Debbie Dobbins, chair	ddobbins@uubelmont.org
Yolanda Aliberti	yaliberti@uubelmont.org
Diana Dill	ddill@uubelmont.org
Sarah Keniston	skeniston@uubelmont.org
Karl Klasson	kklasson@uubelmont.org
Susan Kobayashi	skobayashi@uubelmont.org
Laurie Noble	lnoble@uubelmont.org

MINISTRY PROGRAMS SUB-COMMITTEE

Bill Blumberg and Mark Davis - co-chairs, Jean O’Farrell, Andrea Prestwich, Barbara Terry



**First Church in Belmont
Unitarian Universalist**

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www.uubelmont.org

The First Church in Belmont Unitarian Universalism



**ADULT PROGRAMS
Spring 2015**

*Opportunities for adults to
connect and to find spiritual,
emotional, and intellectual
growth*

**“FIELDS OF BLOOD” -
RELIGION AND VIOLENCE
DORIS HUNTER & EDWIN TAYLOR**

Karen Armstrong's book “Fields of Blood” - The relationship between religion and violence” notes that not until the 1700s was religion ejected from political life in the West. "When, therefore, people claim that religion has been responsible for more than any other human institution, one has to ask, "More than what?" . . . John Locke believed that the separation of church and state was the key to peace." Modern wars have proved him wrong too. What is the source of the evil of war? Doris and Edwin will start our discussion. Refreshments served.

Sunday, March 22, 12:30 - 2pm, Library

**WOMEN’S SPRING
POTLUCK SUPPER
FRIDAY, APRIL 24, 7PM**

**PUTTING YOUR AFFAIRS IN ORDER
NEIL WINSTON**

Are you and those you love adequately prepared for medical crises and increasing care needs? Please join First Church member Neal Winston as he discusses estate and asset protection planning, public benefits protections and what legal documents each of us needs to have in place. Neal is a principal of Winston Law Group, LLC, a Boston-area law firm that specializes in elder law, special needs, disability, estate planning, and probate administration.

Thursday, April 9, 7:30pm, Library

**MEN’S SPRING
POTLUCK SUPPER
FRIDAY, MAY 1, 7PM**

**For more information or to register for any of these programs, please
email adultprograms@uubelmont.org**

NEW UU CLASS
DAVID BRYCE AND JIM STATON

This class will provide answers to all of the questions you have about Unitarian-Universalism (the history and current programs); also the history and current activities of First Church. Discuss the meaning of membership at First Church and have a tour of the building.

Saturday, April 11, 9:00-12pm, Cl #5
Childcare provided upon request. Contact
jstaton@uubelmont.org

THREE SCIENTISTS PREDICT THE FUTURE
JACK DENNIS, JON GRAVES, EDWIN TAYLOR

People who predict the distant future have a bad record. H. G. Wells expected that television would appear in the twenty-third century. Who would have predicted that by 2014 a young couple could eliminate more than 500 genetic diseases forever from their children's bloodlines? Jack Dennis (a computer specialist), Jon Graves (a molecular biologist), and Edwin Taylor will make modest predictions about developments in the next five years and join you in thinking about the coming decade. Refreshments served.

Sunday, April 12, 12:30 -2pm, Library

LIMA CLIMATE DISCUSSION OF DECEMBER 2014
MONTE ALLEN
Monte Allen, senior development director of CARE, was an official observer of COP20 in Lima. He offers a rare opportunity for a first-hand inside look at meetings that could impact our future. In this presentation, he will explain COPs and the experience of attending them. The perspectives of several other important voices will be shared through videos. Finally he will discuss the broad outcomes of COP20 and his hopefulness about the process moving forward. An opportunity for questions follow. Co-sponsored by FCB Green.

Wednesday, April 22, 7:30pm, Parish Hall

THE BIRTH OF A NATION: HOW A LEGENDARY FILMMAKER AND A CRUSADING EDITOR REIGNITED AMERICA'S CIVIL WAR
DICK LEHR
1915 saw the release of D. W. Griffith's *The Birth of a Nation*, both a cinematic masterpiece and a vitriolic racist diatribe. It brought about a backlash led by William Monroe Trotter, a Boston newspaper editor. Our own Dick Lehr's latest book explores this tumultuous period in American race relations.

Tuesday, April 28, 7:30pm, Parish Hall

FROM BRAIN SCIENCE TO YOUR LIFE: BRAIN CHANGE IS POSSIBLE
DR. LAURANCE M. HIRSHBERG
Brain science has shown that the brain is changeable. This key insight is increasingly being used to develop brain training treatments to address a wide range of difficulties, including attention, organization, self control, mood, anxiety, social functioning and learning. This talk will describe several of these new brain training approaches and the research and experience with them in practice.

Dr. Hirshberg is the Director of the NeuroDevelopment Center and a Clinical Assistant Professor at the Alpert Medical School, Brown University

Sunday, April 26, 12:30pm, Library

CREATING A MORE PEACEFUL SOCIETY BY CONFRONTING THE ORIGINS OF VIOLENCE
RONALD GOLDMAN, PH.D

Why is the U.S one of the most violent developed countries in the world? We recognize the problems of violence but generally seek to treat its symptoms. Is there a better way? What about prevention? What makes people violent? You will learn the root causes of violence and how to contribute to peace in your family and society.

Sunday, May 31, 12:30pm, Library

A PATH APPEARS IN BELMONT
NICOLAS KRISTOF
New York Times columnist and author, Nicholas Kristof will speak about his groundbreaking book, *A Path Appears*. Seat reservations can be made at <http://www.apathappearsinbelmont.eventbrite.com/>. Seats are free but we ask that you make a prior reservation.

Wednesday, April 15, 7:30pm
Belmont High School, 221 Concord Ave., Belmont

Ongoing Programs & Groups
Drop-ins are welcome!

MEDITATION
JAMES HENCKE
In meditation practice, we find that by developing our awareness and compassion we can open ourselves, relax into situations, and enjoy our life!
Mondays, 8-9 pm, Library

MINDFUL YOGA
JESSICA HICKS
Mindful yoga for adults of all ages, abilities, and experience levels. Jess is a registered yoga instructor with a lifetime of practice to share. Just bring a mat, or a twin-sized blanket, and a curious mind. Drop-in.
Sat., April 11,May 2,June 13, 1-2:30pm,PH

SCIENCE & SPIRITUALITY
EDWIN TAYLOR & KEN BERNSTEIN
We are an inter-church group engaged in exchanging thoughts on ideas in science & their influence on our spiritual lives.
3rd Thursdays, 7:30pm, Conference Room

THE FIRST CHURCH BOOK GROUP
KARL KLASSON & ANNE STUART
March 25 *World Made by Hand* by James Kunstler
April 22 *A Path Appears* by Nicholas Kristof
May 27 *Mary Coin: A Novel* by Marisa Silver
June 24 Potluck Supper

4th Wednesday, 7:30pm, Library.

JOBSEEKER BUDDY GROUP
TERESA HOWE, TOM NEEL, ED YEE
The jobseeker buddy group is a support group for people looking for new or better jobs.
Mondays, 9:30-11am, Library

PARENTING KIDS WITH CHALLENGES
ANDREA PRESTWICH
Does your child have special challenges? Has he/she been diagnosed with Aspergers, ADHD or sensory problems? We will offer support and share experience in a non-judgmental space. Childcare upon request.
2nd Sunday, 2:30-4pm, Library

KNITTING CIRCLE
EVA PATALAS
Come join us in the fun and fellowship of knitting with a genial group. Everyone is welcome and no commitment is necessary. **1st and 3rd Thursdays, 8pm, classroom #4**

CARING FOR OLDER ADULTS
DEBORAH BLUMBERG & MIRIAM BAKER
Many people are juggling jobs, families' and their parents' or other family members' increasing medical needs, frequent emergencies and ongoing need for care.
1st Thursdays, 7:30pm, Conference Room

LIVING WITH SERIOUS ILLNESS
KATHY LIND
In our ever-changing lives, we sometimes need a place to talk when we are faced with news or are coping with an ongoing medical condition. This ongoing support group is for caregivers and people in all stages of discovery and recovery.
2nd Thursdays, 7:00pm, Library