

## Ongoing Groups

### CUUPS

**DATES:** 2nd and 4th Thursdays

**TIME:** 7:00 - 9:00pm

**Facilitator:** Cassandra May

We seek to enlighten and share our experiences and knowledge with others and to provide a welcoming home for all Earth Centered practitioners and for all UU Centered practitioners.

### Small Group Ministry

Small Groups meet twice a month on various days and times for friendship, fellowship, and deep sharing about matters of life, death, beliefs, and faith.

### Friends in Spiritual Practice

**DATES:** 2nd and 4th Sundays

**TIME:** 10:30 - 11:15am

**FACILITATOR:** Elena Greene

Exploring mindfulness, impermanence, compassion, and other concepts arising from the Buddhist tradition. Meditation and discussion.

### UUCB Poetry Group

**DATES:** Fourth Monday of each month

**TIME:** 4:00 - 5:00 pm (Drop-ins welcome)

**FACILITATOR:** Janet Landow

Listen, read, and share poems of all kinds.

### UUCB Young Adult Campfire

**DATES and TIMES:** TBD

**CONTACT:** Brin Taylor

Bring a candle and enjoy an evening of sharing and discussion. Participants are invited to bring songs and poems to share. All Young Adults (18-35) are welcome!

## UNITARIAN UNIVERSALIST CONGREGATION OF BINGHAMTON

### Lifespan Faith Development

# Adult Programs



## Spring 2017

### A Message from the Adult Programs Committee

The Adult Programs Committee strives to provide a broad range of educational opportunities for members and friends of our congregation, from youth through elder. We hope you will want to participate in some of our classes and programs. A sampling of our offerings is described here. Please check our newsletter and webpage for updated listings and more information.

We welcome your ideas and suggestions for future programming. If you would like to lead or co-lead a program, we encourage you to submit a Course Proposal Form, available on our website. Please also consider joining our committee. We meet at the church on the second Tuesday evening of each month.

**Mission:** We strive to educate ourselves and our children in love, and to nurture lifelong spiritual, intellectual, emotional and ethical growth.

Adult Programs Committee  
Stan Masters (Chair), Kathleen McKenna,  
Peggy Naismith, Patty Parsons, Joe  
Thompson

Rev Douglas Taylor, Minister  
Jo VonRue, Intern Minister  
Ann Kadlecek, DLFD

For more information:  
<http://uubinghamton.org/programs-for-adults-at-uucb/>

Child care is available for all programs upon advance request.

## Annual Sky Lake Spiritual Retreat May 5 & 6, 2017 24 hours, 6pm to 6pm

**Rev. Douglas Taylor,  
JoAnn Freer, Jo VonRue,  
and Patty Parsons**

A perennial favorite. Through structured and unstructured modules throughout the day, we will explore the movement of the spirit and meaning in our lives. Similar to last year, our theme comes from Parker Palmer's work on Grace. Worship, fellowship, music, sharing as well as free time to enjoy the center's nature trails and peaceful lake-side setting. All members and friends are invited to attend. A small fee is included to defray costs.

### Seasonal Grace Thursday May 11

**6:30 to 9:00 pm, Room 10**

**Facilitators:**

**Rev Douglas Taylor and JoAnn Freer**

A mini-retreat offered four times a year, one each season. It is a time to focus on the opportunities and characteristics each new season holds. Using poetry, story, and personal writing/musing, we share our thoughts and feelings about each season. We offer a calming contemplative time for considering our lives seasonally.