

Aromatherapy

Wed, 9/19 @ 7:00 — 8:30 PM

Leader: Jan Fiore

Aroma Freedom Technique is a protocol for addressing blocks to success often caused by trapped emotions. Breathing essential oils can shift energy so one is able to create a positive energy flow and take action.

Gender Identity

Saturdays, 9/22 & 9/29

@ 10:00 AM — 2:00 PM

Facilitators: Catherine Rosso & Alex Compton

An overview of Sexual Identity and how it relates to Gender Identity. What it means to be non-binary and how to be an ally for trans/gender nonconforming (GNC) children. We will discuss micro-aggressions, intersectionality, and being an ally, as it applies to gender identity.

Book Discussion

Sundays 9/30 & 10/7

@ 12:00 — 2:00 PM

Facilitators: Matt Parker & Wes Ernsberger

Drawdown (Paul Hawken, editor), the # 1 best-selling environmental book of 2017, focuses on existing solutions to address climate change. The two 2-hr sessions, will hold discussions on the book and then explore personal actions items. **Vegetarian food on us!**

Seeing White

7 Weds. 10/3-31, 11/7,14

@ 6:30 PM — 8:00 PM

Facilitator: Alex Compton

Seeing White is a Peabody nominated documentary series from the 'Scene on Radio' podcast. In 14 parts it explores where whiteness came from, what it means, and how it works. We will discuss the themes in each episode and the relevance of whiteness to *Unitarian Universalism* & UUCB.

Mental Health 101

4 Saturdays 10/6, 10/20, 11/3, 11/17 @ 9:30 AM — 12:00 PM

Facilitators: Amanda Jones, Christine McWhirter & Tracy Hollands

Learn about mental illnesses, treatments, how to support one another, self-care, history, activism, and other topics. The goal is increased understanding and acceptance of those with mental illness. People with mental disorders are just like you and me — they may be you and me! You are not alone.

New UU

Sat 10/6 @ 9:00 AM — 1:00 PM

Leaders: Rev. Douglas Taylor & Aileen Fitzke (Ministerial Intern)

Are you new to Unitarian Universalism? Curious about our congregation & our way of faith? Come to this workshop designed specifically for **new comers and visitors** to learn more about our history & theology, and find out how to connect and get involved.

Immigration?

Sun 10/21 @ 12:00 — 2:30 PM

Leader: Doug Garnar

Which should we do?

1. Welcome immigrants: be a beacon of freedom?
2. Obey the law, be fair to those who follow the rules?
3. Slow down and rebuild our common bonds?

Join us for exciting discussion.

Lunch will be provided.

Videos Workshop

Saturdays 10/27 & 11/10

@ 10:00 AM — 12:00 PM

Facilitator: Rev. Douglas Taylor

We will co-create some short videos about UUCB for website and social media. Help write a script, be in a scene, do some filming, or editing.

Elder Wisdom

Sun 11/18 @ 12:00 — 1:00 PM

***** **CAROLYN BOSS** *****

Interviewed by: Kate Thorpe.

Message

We strive to provide a variety of educational programs for everyone. Child care is available at no cost for all programs with at least ONE week advance request.

We welcome ideas for future programming. Please check our bulletin board and our website for updated listings and more information. If you would like to lead or coordinate a program, we encourage you to submit a **Course Proposal Form** — available from our Office and online.

Wanna join our committee?

We meet on the 2nd Tuesday of each month! Just bring yourself and your ideas. *We look forward to greet you with a smile...*

Committee

Stan Masters (Chair)

Kathleen McKenna, Joe Thompson, Peggy Naismith, Patty Parsons, Pratik Mamtara (DFM), Aileen Fitzke (Ministerial Intern); &, Rev. Douglas Taylor, *ex officio*



UUCB

Adult Programs

Fall 2018

183 Riverside Dr
Binghamton NY 13905

www.UUBinghamton.org

(607) 729-1641

Office@UUBinghamton.org



ONGOING GROUPS

Friends in Spiritual Practice

Every Sundays
@ 11:45 AM — 12:30 PM

Facilitator: Elena Greene

Explore mindfulness, compassion, impermanence, & more... arising from Buddhist & other traditions. Meditation and discussion.

CUURs

2nd and 4th Tuesdays @ 7:00 — 9:00 PM **Contact:** Jim Dwyer

Covenant of Unitarian Universalist Pagans seeks to enlighten and share our experiences and knowledge with others. We provide a welcoming home for all earth-centered and *Unitarian Universalist* practitioners.

Small Group Ministry

Groups meet twice monthly at various times for friendship, fellowship, and deep sharing about matters of life, death, beliefs and faith. For info on dates, times, check the **Bulletin Board** near the entrance to our social hall.

Art Club

1st & 3rd Weds @ 7:00 — 9:00 PM

Contact: Marilyn Coleman **NEW** (*Starts 10/3*) Bring paint, pastels, pen & ink and pencils. Let's have fun drawing and painting in **Room 9**. Questions? Call (607) 771-1021.

Crafting Circle

3rd Saturdays 2:00 — 5:00 PM

Contact: Elena Greene

Bring a project you would like to work on or come and see what everyone else is doing.

BUUYA

Binghamton UU Young Adults Meets twice every month

Contacts: Brin Taylor and Dylan Cooke

1st Saturdays 7:00 — 9:00 PM for a Social Event (*Location TBD*)

3rd Sundays 10:30 AM @ UUCB for Worship Gathering

For other activities and events find us on Facebook: "BUUYA: Binghamton UU Young Adults"