

Message

The Adult Programs Committee strives to provide a variety of programs for everyone. Child care is available at no cost for all programs with at least ONE week advance notice. For more information and updated listings please check our bulletin board & web page, uubinghamton.org/programs-for-adults-at-uuch/adult-spiritual-learning/

We welcome your ideas for future programming. If you would like to lead or co-lead a program, please submit a Course Proposal Form, available from the office & on our website. Please also consider joining our committee. We meet on the second Tuesday of each month.

Committee: Stan Masters, Kathleen McKenna (Co-Chairs), Peggy Naismith, Patty Parsons, Joe Thompson, Pratik Mamtora (DFM), Aileen Fitzke (ministerial intern); Rev. Douglas Taylor, ex officio



Unitarian Universalist
Congregation
of Binghamton

Adult Programs

Spring 2019

183 Riverside Drive
Binghamton, NY 13905
(607)729-1641

website: uubinghamton.org
Email:
adultprograms@uubinghamton.org

Ongoing Groups

Friends in Spiritual

Practice: Meditation
Every Sun, @11:45-12:30
Led by Elena Greene
and others

CUUPS: Covenant of UU Pagans

2nd & 4th Tues, @7-9pm
Contact: Karen Marsh

Small Group Ministry

Groups meet twice a
month at various times.

Crafting Circle

3rd Saturday, @2-5pm
Contact: Elena Greene

Binghamton Young Adults (BUUYA)

1st Sat, 7-9, social (TBD)
3rd Sun, 10:30, worship
Brin Taylor, Dylan Cooke

Spiritual Retreat

Sat. April 6: 10-6

Join us for this annual event. This year we are having a one-day retreat at Chenango Valley State Park in its heated Pine Room. We are planning a full schedule of spiritual exploration as well as open time to experience the site. Registration required, \$20 fee, lunch provided.

New UU

Sat. 2/2 or 4/27 9:00am to 1pm

Rev. Douglas Taylor and Aileen Fitzke

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

Mental Health 102

Saturdays,
dates TBD 9:30am-12 pm
Amanda Jones, Christine McWhirter and **Tracy Hollands**
Learn about mental illnesses and treatment, how to support one another, self-care, history, activism, and other topics. We hope to increase understanding and acceptance of those with mental illness. People with mental disorders are just like you and me -- they may be you and me. Class continued from the fall. Newcomers welcome.

Book Discussion

Political Tribes: Group Instinct & the Fate of Nations.
Sun, Jan 27 12:00pm-1:30pm
Led by **Joe Thompson and Kathleen McKenna**
Join us for a discussion of Amy Chua's book in which she argues the US has for too long ignored the importance of tribalism, at home and abroad.
A light lunch will be provided.

World Religions

4 Wed Jan 23, Feb 6,13,20
Led by **Aileen Fitzke** 7-9pm
Come explore World Religions through the lens of the lived experience of their practitioners.
Discussion and a variety of media will be used to facilitate learning. For more information see our bulletin board.

Living a Magical Life

4 Wed 2/6,20; 3/6,20
7:00pm-8:30pm
Karen Marsh, Behavioral Change Consultant and Certified Coach
Feeling stuck? Need techniques and support to make positive changes? Using our magical powers of visioning, storytelling, goal setting, tracking our progress, and supporting each other, we will discover how to become what we dare to dream. Continuity of participation is important for this course.

The Art of Facilitating

Sat, Feb.9 10-noon
Led by **Rev. Douglas Taylor, Aileen Fitzke, and Karen Marsh**
Small Group Ministry, Sermon Discussions, Classes, Meetings: the art of facilitation is about the skills (and style) a leader can use to make these gatherings go well for all involved.

Credo Class (BYOT)

Thurs. 2/28; 3/7,14 7-8:30
Rev. Douglas Taylor
What do you believe? What are your guiding values? Join us in an interactive course based on the classic "Building Your Own Theology" & the Credo-writing our youth do for "Coming of Age." All will be encouraged to produce their own credo.

Elder Wisdom

Sun, April 14 @ 12 to 1pm
Janet and Herb Landow
interviewed by **Ron Clupper**

Stress Reduction

3 Tues, Mar 5,12,19 6:30-8:30
Pat Kissick LCSW-R, MBSR teacher
Are you stressed out? Consider this highly respected and researched Mindfulness-Based Stress Reduction program, (MBSR). Based on Buddhism, the classes include meditation, easy yoga, and other practices. All you learn can be used immediately and, with practice, integrated into your life.

The Practice of Council

4 Wed, 4/24; 5/1,8,15 @7-9
Led by **Trebbe Johnson**
Council is an age-old practice in which people sit together in a circle to bear witness and share from their hearts. We share personal stories and experiences, rather than opinions, and listen non-judgmentally. Through this practice, a deeper authenticity emerges from each person.