

UUCB Fall 2020 Adult Programs (Online via Zoom)

Message from the Adult Programs Committee

We strive to provide a broad range of programs for all, from youth to adult, and welcome your ideas for future programs. Please speak to us if you might consider leading a program or joining our committee. We meet every second Tuesday at 7pm.

Kathleen McKenna and Stan Masters, co-chairs, Lois Einhorn, Ann Foard, Peggy Naismith, Joe Thompson, and Rev. Douglas Taylor, ex officio.

Quick Overview of Adult RE Zoom Programs (Added Details Below)

This is new and important in the online format: With no bulletin boards in the hallway, please sign up by contacting Karen Armstrong in the office office@uubinghamton.org in advance if you can. The presenters would like to be able to reach out to attendees with materials and information.

September

Wed 16, 2pm--On the Brink of Everything (Jo Ann Freer and Ann Foard)

Wed 23, 2 pm--On the Brink of Everything (Jo Ann Freer and Ann Foard)

Sat 26, 9 am--Meditation (Addie Deacon)

Sun 27, noon--The Psychology of the Trump Presidency and Healing the Nation (Allan Hochberg)

Wed 30, 2 pm--On the Brink of Everything (Jo Ann Freer and Ann Foard)

October

Sun 11, noon--UU Forum on Racism and White Privilege, Discussion of Netflix original film on white privilege, *Hello Privilege. It's Me, Chelsea* (Lois Einhorn)

Sun 18, noon--UU Forum on Racism and White Privilege, Discussion of *Tears We Cannot Stop*, by Michael Eric Dyson (Doug Garnar and Kathleen McKenna)

Wed 21, 5:30-7:00 pm *Just Mercy: A Story of Justice and Redemption* (Rev. Douglas Taylor)

Sun 25, noon--A Spiritual Journey to the Subatomic World (Gay Canough)

November

Sun 8, noon--Elder Wisdom--Bill Thorpe interviews Gloria Thompson

Sun 15, noon--UU Forum on Racism and White Privilege, Discussion of *America's Original Sin*, by Jim Wallis (Garnar and McKenna)

Sun 22, noon--UU Forum on Racism and White Privilege, *Where do we go from here?* (Einhorn, Garnar, and McKenna)

Fall Programming in Greater Detail

On the Brink of Everything: Reading, Writing and Talking about Aging

Ann Foard and JoAnn Freer

Dates and Times: 2:00-4:00, Wednesdays September 16, 23, and 30

Join Zoom Meeting

<https://zoom.us/j/94094288730?pwd=R1NaeTBVWStkTm1YQ1ITWndSNk5BQT09>

Meeting ID: 940 9428 8730

Passcode: 703288

One tap mobile

+19292056099,,94094288730# US (New York)

Dial by your location

+1 929 205 6099 US (New York)

Description: In this 3-session class we will read and discuss Parker Palmer's book, *On the Brink of Everything: Grace, Gravity & Getting Old*. In the book, Palmer looks back on eight decades of his life--on his work as a writer, teacher, and activist--and explores what he's learning about self and world, inviting readers to explore their own experience. In the class we will learn, practice and share (if you wish) some journal writing techniques to help us capture significant episodes and attitudes for our own lives. Palmer's book is available everywhere. *Please read it before the class begins. Bring a notebook and pen to the class.* Offered by Jo Ann Freer and Ann Foard

Please note: The church will own one copy of each of the books being used during our fall programs. Please contact Kathleen McKenna to explore "signing out" a book. The Broome County Library is also offering curbside pickup of books.

RAIN Meditation: A Beginner's Mindfulness Meditation Workshop

Addie Deacon

Date and Times: Saturday, September 26 Time: 9:00 am - 4:00 pm, with an hour lunch break

Join Zoom Meeting

<https://us02web.zoom.us/j/84818432099>

Meeting ID: 848 1843 2099

One tap mobile

+16465588656,,84818432099# US (New York)

Dial by your location

+1 646 558 8656 US (New York)

Description: In this day-long workshop we will explore mindfulness meditation through the RAIN meditation practice (an acronym for ***Recognize, Allow, Investigate and Nurture***). We will do this through instructional talks, guided practice/experiential exercises and group sharing/processing. This workshop is open to beginning mediators as well as experienced meditators who would like to learn more about RAIN. This course is fulfilling a practicum requirement for Addie's Mindfulness Meditation Teacher Certification.

A Psychological Study of the Trump Presidency: Implications for Healing the Nation

Allan Hochberg, Psychologist

Join Zoom Meeting

<https://zoom.us/j/99749878398?pwd=NUgzMWlsUmwXN0R6TmEyUmNpL2JKOT09>

Meeting ID: 997 4987 8398

Passcode: 183183

One tap mobile

+16468769923,,99749878398# US (New York)

Dial by your location

+1 646 876 9923 US (New York)

Date and Time: Sunday, September 27, 12:00-1:30 pm

Description: Drawing from a wide variety of sources (e.g., mental health professionals, investigative journalists, social scientists, public opinion research, historical studies, and philosophical inquiries etc.), the goals of the presentation will be to understand Donald Trump's personality and behavior, his impact on supporters and opponents, why people support him, and the implications of these factors for healing the nation. One or more videos may be shown. There may be a brief meditation or relaxation exercise. Discussion will be encouraged, especially regarding how we can become a less polarized nation. It is recommended people view the following videos: "Mental Health Experts: Trump is Dangerous and Unstable"

<https://www.youtube.com/watch?v=E3lhGZb4DpU> ; Dr. Bandy X. Lee in conversation with Dr. Mary L.

Trump and "The Essential Emptiness of Donald Trump" with Dr. John T. Gartner and Dr. Lance Dodes as well as read "A Complete Psychological Analysis of Trump Supporters" by Bobby Azarian in Psychology Today

(<https://www.psychologytoday.com/us/blog/mind-in-the-machine/201812/complete-psychological-analysis-trump-support> and the "Indivisible Guide to Resisting the Trump Agenda".

https://election.princeton.edu/wp-content/uploads/2016/12/Indivisible_-_A-Practical-Guide-For-Resisting-the-Trump-Agenda-Google-Docs.pdf . Time permitting, I would also recommend reading Dr. Mary L. Trump's recent book: "Too Much and Never Enough" and "The Dangerous Case of Donald Trump: 37 Psychiatrists and Mental Health Experts Assess a President". All of the above can be found with a google search. Please contact allanmh82608@gmail.com for comments or questions.

UU Forum Series on Racism and White Privilege

Lois Einhorn, Doug Garnar, and Kathleen McKenna

Dates and Times: October 11, 18, November 15, 22, 12:00-1:30 pm

Join Zoom Meeting (Use the same link for each of these 4 UU Forum sessions)

<https://zoom.us/j/99749878398?pwd=NUgzMWlsUmwxN0R6TmEyUmNpL2JKQT09>

Meeting ID: 997 4987 8398

Passcode: 183183

One tap mobile

+16468769923,,99749878398# US (New York)

Dial by your location

+1 646 876 9923 US (New York)

We encourage participants to attend the whole series if you can, but you are welcome to choose to attend individual sessions.

Descriptions:

- **Sunday, October 11, 12:00-1:30 pm--*UU Forum Series on Racism and White Privilege***
Discussion of the Netflix original film on white privilege, *Hello Privilege. It's Me, Chelsea. Participants, please watch this 1-hour film on Netflix on your own first.* (Lois Einhorn will facilitate.)
- **Sunday, October 18, 12:00-1:30 pm---*UU Forum Series on Racism and White Privilege***
Discussion of *Tears we cannot stop: A sermon to white America*, by Michael Eric Dyson. Dr. Dyson is an ordained Baptist minister and a sociology professor at Georgetown University. "What I need to say" to white America, Dyson writes, can only be said in "a plea, a cry, a sermon, from my heart to yours." The *New York Times* book review says, "the result is one of the most frank and searing discussions of race I have ever read." (Kathleen McKenna will facilitate.)
- **Sunday, November 15, 12:00-1:30--*UU Forum Series on Racism and White Privilege***
Discussion of *America's Original Sin: Racism, White Privilege, and the Bridge to a New America*, by Jim Wallis As described by Cornel West: "Jim Wallis is a visionary veteran in the struggle against white supremacy. In this powerful book, he calls for a new conversation and action on the ground--in our homes, churches, sports arena, and schools--in order to be true to the best of who we are! (Doug Garnar will facilitate.)
- ***Sunday, November 22, 12:00-1:30--UU Forum Series on Racism and White Privilege***
Deliberation: Where do we go from here? (Doug Garnar, Lois Einhorn, and Kathleen McKenna will facilitate.)

Just Mercy: A Story of Justice and Redemption, by Bryan Stevenson

Facilitated by Rev. Douglas Taylor

Date and Time: Wednesday, October 21, 5:30-7:00 pm

Join Zoom Meeting

<https://zoom.us/j/91773656714?pwd=ZVRMdUxTbW1oVmNnNlFXYW5iK21Tdz09>

Meeting ID: 917 7365 6714

Passcode: 888526

One tap mobile

+19292056099,,91773656714# US (New York)

Dial by your location

+1 929 205 6099 US (New York)

Description: Join us for a lively discussion after having read the book about the work of civil rights attorney Bryan Stevenson. There is also a film version of the book.

A Spiritual Journey to the Subatomic World

Gay Canough

Date and Time: Sunday, October 25, 12:00 - 1:30 pm

Join Zoom Meeting

<https://us02web.zoom.us/j/83912544462?pwd=RmRZK20xWkMvRk0vWTlEZlltNG51QT09>

Meeting ID: 839 1254 4462,

Passcode: 138220

For phone-in only call 1 929 436 2866

Description: The universe has plenty of strange and wonderful sights. There's no need to make stuff up, really. Come with me for a journey into the subatomic world, where the behavior of matter on this tiny scale seems truly bizarre and even miraculous. We love to explore way down here in the realm of the tiny because there is so much yet to learn. And there are real, measurable, phenomena that we have no answer to "why" it happens. There are fascinating connections between the subatomic world and the cosmic scale of galaxies and black holes. Even something as common to us as gravity is still understood very poorly. Have you been wondering whether light is a particle or a wave or is dark matter a real thing? Come and find out just how easy it is to get right down to the point where one is tempted to invoke a deity as the final answer.

Elder Wisdom: Learn more about long-time member Gloria Thompson, who will be interviewed by Bill Thorpe

Date and Time: Sunday, November 8, 12:00-1:00 pm

Join Zoom Meeting

<https://zoom.us/j/99749878398?pwd=NUgzMWlsUmwxN0R6TmEyUmNpL2JKQT09>

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Passcode: 183183

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Dial by your location +1 646 876 9923 US (New York)

Annual Spirituality Retreat

Sat. May 1, 2021, 9-5, at Sky Lake

This year we will be heading back to Sky Lake for a one-day retreat. We are planning a full schedule of spiritual exploration as well as open time to experience this beautiful site. Save the date.

Ongoing Programs:

Binghamton UU Young Adults (BUUYA)

Contact: Nina Greene

Dates and Times: 1st and 3rd Mondays at 7:00 PM, via Zoom

Description: All Young Adults (18-35) are welcome. Find our group on Facebook: "BUUYA: Binghamton UU Young Adults"

CUUPS (Covenant of UU Pagans)

Contact: Karen Marsh and Lia Tingley

Description: We are an inclusive, "non-denominational" pagan group for those who follow - or are interested in following - an earth-centered spiritual path. Together we share our experiences and knowledge and provide a welcoming home for all Earth-centered and Unitarian Universalist practitioners. No matter where you are on your Path, or what Path you are on, you are welcome to join us! Please visit our Facebook page to stay up-to-date on our activities. <https://www.facebook.com/binghamtoncuups>.

Maple Labyrinth Seed Group (Druid Studies Group)

Contact: Karen Marsh and Jen Lorang

Description: Druidry is an Earth-centered spiritual practice with roots in pre-Christian Celtic history, culture and lore. Viewed through the lens of Celtic culture, we are a modern spiritual practice that focuses on connecting with ourselves and the earth in our daily lives. Join us for discussion, meditation, learning, rituals and social time.

Mental Health Support Group

Contact: Amanda Jones and Christine McWhirter

Dates and Time: first and third Saturdays, 10:30am to noon.

Description: We seek to support each other and to learn more about the mental health issues that affect us, our families, and our friends.

Small Group Ministry

Contact: Rev. Douglas Taylor

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

Unitarian Universalist Congregation of Binghamton

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