

On-going Activities for Adults

sponsored by the
Adult Programs Committee

Kripalu Yoga

Kripalu Yoga is a unique way to integrate body, mind, and spirit, and reclaim your inherent health and well-being. Please bring your own yoga mat and wear clothes you can move in comfortably. We work in bare feet and on the floor.

Instructor Marika Stone, RYT, is dual certified in Kripalu Yoga and Thai Yoga bodywork. She conducts these series of classes periodically throughout the year.

Dates: Yoga will not meet in March. Watch for announcements of the next session.

Place: Sanctuary

Class Leader: Marika Stone

NewsTalk

This is a weekly participatory current events discussion. Join us for this session discussing local, national, and international news items of interest to this lively group.

Dates: Every Sunday

Time: 9:15 - 10:15 a.m.

Place: Ministers Hall

Moderator: Allen Maxwell

Second Saturday Book Club

These meetings are open to members of our Congregation and to our community at large. New members are welcome—whether you've read the book or not!

Year's Theme: Forces controlling or empowering women's lives, in different times and places

March 13 *The Women*

April 10 *The Help*

Dates: Second Saturdays

Time: 10:30 a.m. - 12:30 p.m.

Place: Ministers Hall

Leaders: Dorie Maxwell and Paul Coleman

The Men's Group

This is a fellowship group for men-- for conversations and congeniality. New members are always welcome; however, meeting times and places sometimes vary, so check with the church.

Dates: Second & Fourth Tuesday

Second Tuesdays at 6:30 p.m. at a restaurant announced each month.

Fourth Tuesdays at 7:00 p.m. in the Sanctuary

Facilitators: Bob Ashmore and Howard Stone

HATS

Hopes, Ambitions, Trials, and Silver Linings

HATS is a meeting time for women to discuss issues in our lives. We are here to support one another as life throws challenges at us.

Dates: First & Third Mondays

Time: 6:30 p.m.

Place: Ministers Office

Facilitator: Barbara Hatzfeld

The Spiritual Circle

This is a supportive community, a circle of learners and teachers who covenant to seek spiritual/personal growth, to share their personal explorations, and to explore new paths together. New members are welcome.

Dates: Second & Fourth Wednesday

Time: 7:00 - 9:00 p.m.

Place: Sanctuary

Facilitators: Chari Campbell, Paul Coleman, & Shirley Kent

Laughter Yoga

Dates: March 11 only! Don't miss it!

Time: 4:45 - 5:20 p.m.

Place: Large RE Room

Leaders: Howard and Marika Stone

Adult Enrichment, from a UU Perspective March 2010

*First Unitarian Universalist Congregation
of the Palm Beaches*

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The Adult Programs Committee of 1stUUPB provides these programs to nourish the spiritual and moral growth of our adult community, and to affirm and promote the principles and purposes of the Unitarian Universalist Association. Those principles are

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part.

TEACHING THURSDAYS

Community Dinners are offered weekly in Ministers Hall from 6:00 – 7:00

Catered by Nelson Enos \$9.00 per person Call or e-mail church office or Nelson at 655-4958 for reservations

Childcare and activities, including homework assistance, will be available for nursery-through-teenaged children during all of our evening programs.

"What do you do back there anyway?"

An exploration and inquiry into the fascinating world of Unitarian Universalist Religious Education

This 2-part course is meant to enlighten all adults of our congregation on the history and purposes of our UU RE programs for youth.

What exactly are we doing back there in the education wing when the adults are in Sunday Service? What is the content and methodology of UU curriculum for children? What parts make up an excellent RE Program? And why should educating our UU kids be important to every adult member of our congregation?

Date: Thursday, March 4, Part 1:

A historical overview of the philosophical evolution of RE programs in UU congregations. We will discuss changing philosophies of RE, current components of a religious education program and the ideas behind various new formats being tried out in RE programs across the country. There will be ample time for questions and discussion regarding any aspect of RE.

Date: Thursday, March 11 Part 2:

Experience RE curriculum as our children do! RE teachers and children will be on hand tonight to teach you shortened lessons from our current (very popular) curriculums. One lesson will be from the elementary school level World Religions curriculum. The other from the middle school level Popcorn Theology curriculum. We think you will find this experiential session fun and fascinating and you will get to know some of our RE kids better too!

Time: 7:00 – 8:30 p.m.

Place: Ministers Hall

Facilitator: Lynn Stevens, 1st UU's Director of Religious Education

The End....Or Is It?

Interfaith Panel on Death & Dying

"It's hard to make predictions, especially about the future," Yogi Berra famously said.

But one thing we all know is that one day, we will die. All religions and spiritual teachings have something to say about death and dying. The late, great Unitarian Universalist minister, Forrest Church puts it this way: "Religion is our human response to the dual reality of being alive and having to die."

On March 25 you will have a unique opportunity to hear Buddhist, Christian, Jewish, Muslim and Unitarian Universalist leaders share their views on the subject of death and dying in an interfaith panel.

The End...Or Is It? could be a new beginning for you. Don't miss it!

The speaker/panelists are:

- **Brett Ferrigan**, meditation instructor and co-director of the Palm Beach Shambhala House. Mr. Ferrigan is a graduate of the Vajradhatu Buddhist Seminary.
- **Tom O'Brien**, instructor in Theology and Scripture courses at Bethesda-by-the-Sea and other Episcopal Churches.
- **Rabbi Barry Silver** has served Congregation L'Dor Va-Dor in Lake Worth, Florida since 1998.
- **C.B. Hanif**, writer/editor, media and inter-religious affairs consultant and longtime member of the Muslim Community of Palm Beach County.
- **Reverend Carole Yorke**, Visiting Minister First UUPB and a hospice chaplain at Treasure Coast Hospices in Stuart, Florida.

Date: Thursday, March 25

Time: 7:00 – 9:00 p.m.

Place: Sanctuary

Moderator: Marika Stone

Meditation Moments

Date: Each Thursday (except March 25)

Time: 5:30-6:00 PM

Place: Sanctuary

Leader Paul Coleman or another member of the Spiritual Circle

Haiti and Its PBC Immigrants

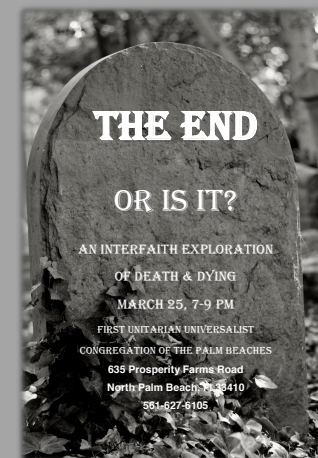
Dr. Joe Bernadel --originally from Haiti -- and Dr. Diane Allerdice are the co-founders and directors of the Toussant L' Ouverture School of Arts and Social Justice, a Palm Beach County charter high school serving students of diverse backgrounds, including many from Haiti. Joe and Diane are leaders in the Haitian community here, and since the recent quake have been directly involved in the relief effort. They will share their stories with us.

Date: Thursday, March 18

Time: 7:00 – 8:30 p.m.

Place: Ministers Hall

Presenters: Joe Bernadel and Diane Allerdice



We welcome you to a unique opportunity to hear Buddhist, Christian, Jewish, Muslim and Unitarian Universalist leaders share their views on the subject of death and dying in an interfaith panel sponsored by The First Unitarian Universalist Congregation of the Palm Beaches. *The End...Or Is It?* could be a new beginning for you. Don't miss it!

