

Adult Enrichment

2009 ~ 2010
Second Semester



*"At times our own light goes out and is
rekindled by a spark from another."*

Albert Schweitzer

The UU Adult Enrichment Committee

Karen Landsman, Chairperson

Cathie Creed, Nancy Morse

Julie Lombard, Elaine Pinkham

**Sign-up for classes in
Fellowship Hall**

after services on

Jan. 31st & Feb. 7th

or contact the Church Office

224-0291 office@concorduu.org

until Feb. 15th (after that, please contact the Instructor)

No Registration Fee!

Donations welcome at the Sign-up Table.



Mindful Yoga ~ Led by Beck Anamin

Thursdays weekly 7:15- 8:30 p.m. starting Feb. 11

This class practices a broad range of postures to tone, cleanse, and relax, the muscular and nervous systems, while opening all the joints of the spine, hips, shoulders, and limbs. Mindfulness during centering, yogic breathing, postures, and the ending deep relaxation invite the subtle nonphysical benefits of yoga. It is appropriate for a range of students. The approach is sufficiently safe, gentle, and even-paced for new students, while providing experienced students with plenty of opportunity for challenge and development.

Techniques of Meditation ~ Led by Beck Anamin

Thursdays weekly at 8:30 – 9:00 p.m. following Yoga

There are many approaches to and techniques of meditation, all of which share the common base of still-mindedness. Each week this program presents a new technique, a little of the philosophy and science of meditation, and aspects of practice. The presentation/discussion is followed by a 20 minute group meditation period. Students can attend either or both segments. It is planned as a half-hour program, but folks usually like to have a little discussion afterward.

Mindfulness-Based Stress Reduction

Led by **Margaret Fletcher**

Sunday evenings, 6 - 8:30 pm, Jan. 17 - March 14

All-day session Saturday, March 6, 9 am to 4 pm

NOTE: This program is closed. Information

provided for those already registered

MBSR Mindfulness-Based Stress Reduction (MBSR) is a powerful program of instruction for dealing directly with life experiences in an open, honest and affirming way. To inquire further, contact Margaret Fletcher at 759-4290, mfletcher@well-aware.org. For more information about the benefits of mindfulness, please visit www.well-aware.org.

Kayak Day Trip: Paddling the Merrimack

Led by **CJ Landsman**

Saturday, June 5th 11:00 a.m.

Why Kayak? Kayaking is one of the fastest growing recreational activities in America. It is a sport that you can do with family and friends to enjoy the scenic beauty of places impossible to reach otherwise. Join us for a day trip of 2-4 hours floating down the Merrimack River. We will start near Contocook (rentals available for those who need them) and stop at a sandbar for a picnic lunch (bring your own). Novice, intermediate and expert kayakers welcome on this easy trip, with CJ providing knowledge of this section of the river to guide the group.

An Almost-Full Moon Walk in our UU Woods

Led by **Julie Lombard**

Saturday, Feb 27th 7:00 p.m.

Bring your flash lights and snow boots (snow shoes are optional) and walk with us on a winter evening. We will enjoy seeing the world in a different light as we explore this well-beaten path by moonlight. This class is open to all ages, but children must be accompanied by an adult.

Be Realistic Art Group ~ Led by Ginny Williams

Sun. 1:00 p.m. 3/7, 3/28, 4/11, 4/18, 4/25, 5/9, 5/30

Let your inner artist out! Come and enjoy drawing and painting with friends, no experience necessary. The first session will be sketching or do your own thing. Materials will be provided or you may bring your own.

COMING UP: Look for more

UU Adult Enrichment-sponsored events in your Parish Notes, such as Open Discussion Forums, Armchair Traveler Presentations and other interesting enrichment opportunities!

Do you have an idea for AE? We want to know!



**The Beatles-tudes ~ Led by Jenn Star and Julie Lombard
Friday, March 19th 7:00 p.m.**

Last semester we reviewed the Beatitudes and how they relate to our UU principles. Now let's continue to review our seven principles with a little help from our friends, the Beatles. We will listen to Beatles songs and then enjoy discussion with an emphasis on non-violent communication. This class is open to all ages; children must be accompanied by an adult.

**Open Studio: Lombard Pottery ~ Led by Julie Lombard
Saturday, April 17th from 10-11:00 a.m.**

Come and visit a pottery studio in Concord! Take a tour, learn about the life of clay, and make a little something with your own two hands. NOTE: adults only.

**Mother-Daughter Book Buddies ~ Led by Karen Landsman
Next Meeting is on Friday, 2/5 at 5:30 p.m.**

Are you looking for a way to strengthen the special bond between you and your 8 – 12 yr. old daughter? In this Book Club we talk about the book we've selected to read, share food related to the story, and get to know each other a little better through quality literature. Each new book is chosen by the group.


Visit our wiki page at: <http://uubookbuddies.wikispaces.com/>

Next Book: *A Mango-Shaped Space* by Wendy Mass

**Poetry & Spirituality ~ Led by Fran Philippe
Third Wednesdays from 5:30 – 7:00 p.m.**

Once a month, members of the group choose a poet and poems to share and discuss. We focus on the history of the poet and the language and meaning of the works including any spiritual connections they might have for us. All are welcome but please call in advance: 228-5776

GILE Concert Series at Capital Center for the Arts

 **NOTE:** The UUAE Committee does not supply tickets to these **FREE** performances, but encourages those interested in attending together to sign up.

Tuesday, April 27th at 7:30 p.m.

13th Van Cliburn International Piano Competition Gold Medalist:

Haochen Zhang

The youngest participant in the 2009 Cliburn Competition, Haochen Zhang, 19, gave his debut recital at the Shanghai Music Hall at the age of five, performing all of Bach's two-part inventions, as well as sonatas by Haydn and Mozart. He performed with orchestra at age six, and moved to the United States at 15 to attend the Curtis Institute of Music.



**Bible Study ~ Led by Rev. Olivia Holmes
Second Thursday monthly, 6:30 - 8:00 p.m.**

Sept. 2009 through May 2010

Rev. Holmes is continuing the Bible Study course. **The next meeting is February 11th.** This spring, the focus will be on the different understandings of whom Jesus was as expressed by the writers of the four gospels: Matthew, Mark, Luke, and John. Come, and bring a Bible.

Faithbooking and Beyond: Scrapbooking

Led by **Brenda Rowe**

Third Tuesdays (next meeting 2/16) from 7 - 9:30 p.m.

Are there stories and photos that have guided you in your faith? To honor and celebrate your path and life's mission statement, you can create a Faithbook at any or all of our scrapbooking events. Do you have photos that need to be organized? We share ideas, inspiration, a table filled with photo/paper-cropping tools, idea books and stories. You may bring your own supplies or use ours to get started on your project.



Ethnic Potluck Suppers~Led by Robert Whatmough
Third Fridays of each month at 6:00 p.m.

Ethnic Potluck Suppers feature food from a different country each month, beverage and conversation. Each dinner is potluck but all are welcome with or without a dish and/or beverage. This year we will expand our horizons with a few unconventional choices to help *stir the pot*, so to speak!

Coming up: February: Peru March: Norway April: Korea
May: Romania June: New Zealand

Cookie Bake-a-thon

Led by **Julie Lombard & Karen Landsman**
Saturday, May 15th from 11:00 a.m. – 1:00 p.m.

Do you have a favorite cookie recipe? Bring the story of why this is your favorite cookie, the recipe and the pre-made dough with you to bake (and taste!). Open to all ages, children must be accompanied by an adult.

How to Create a Whiz-Bang PowerPoint Presentation ~ Led
by Karen Landsman

Saturday, April 17th from 2 – 4:00 p.m.

Have you always wondered how people make those cool slideshows with titles zooming in, fun background colors and sound effects like applause at the end? Sign up for this two hour workshop and find out how easy it is! **Bring your laptop with PowerPoint software (or plan ahead to buddy up)** and learn hands-on techniques for designing effective PowerPoint presentations on your computer.

Chair Caning ~ Led by Fred Creed

Wednesdays 7–8:30 p.m. March 3rd through April 7th

Take this six week class to start caning a chair (provided by you) or finish one that you that you started earlier. The cost of caning depends on the size of your chair but the value of doing it yourself? **Priceless!** Beginners welcome.

Reiki ~ Led by Melissa Clark
Certified Reiki Master Teacher

First and Third Thursdays from 5 – 7:00 p.m.

REIKI is a safe and simple hands-on technique of channeling universal energy into the body to promote healing and help balance and harmonize the body systems. During a session you will lie comfortably on a bodywork table, fully clothed, with the practitioner's hands softly placed over specific areas of the body. Come and experience the Usui Method of Natural Healing.

Meditation ~ Led by Robert Whatmough
Tuesdays from 7 – 8:00 p.m.

This ongoing group meets every week on Tuesday evenings for one hour of meditation including a reading. Come, sit, listen and meditate with us.

UU Concert at Havenwood/Heritage Heights
Saturday, May 8th at 10:30 a.m. Auditorium

The December Concert at Havenwood was such a success, that Havenwood's Program Coordinator and the UU Adult Enrichment Committee is sponsoring another concert that will feature any talented musicians young and old who wish to share their musical joy with the residents of Havenwood. If you are interested in participating, please see the UUAE registration information or speak to Abby Charbeneau, UU Music Director.

Recorder Group ~ Led by Reade & Robin Williams
Sun. 1:00 p.m. 3/28, 4/11, 4/18, 4/25, 5/9, 5/30

Do you play the recorder? Would you like to join other recorder musicians to play and enjoy this special instrument? Come to a session (or more) and rediscover your musical side. Some music experience preferred. You may contact Reade for the loan of an instrument if necessary at: ginwil@comcast.net