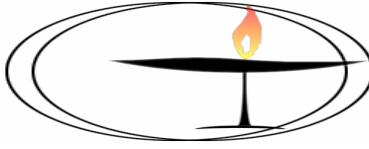


Adult Enrichment

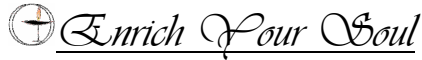
First Semester 2010 ~ 2011

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

Albert Schweitzer



The UU AE Committee
Karen Landsman, Chair
Cathie Creed, Nancy Morse
Julie Lombard, Elaine Pinkham



Bible Study ~ Led by **Our Minister Michael Leuchtenberger** **Second Thursday monthly, 6:30 to 8:00 p.m.**

This ongoing study group will continue meeting to study the Bible and all its many facets. New students are welcome; this is a wonderful way to meet in a small group with our new minister. More details are available by contacting the UU Office.

Meditation ~ Led by Robert Whatmough **Tuesdays from 6 – 7:00 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.

"Praying in Color"

from the book by Sybil MacBeth

Led by

Julie Lombard on Mon. 11/29 from 7 – 9 p.m.

Sara-Elizabeth Whitcomb Thurs. 12/9 7- 9 p.m.

See prayer in a new light. Learn a new method of prayer that can be done almost anytime anywhere that will unleash the secrets of your soul. This is something you can do on your computer, so stop playing solitaire and pray. You may choose to go to either or both workshops. Basic art supplies will be provided or you may bring a journal and favorite art supplies from home. You will not want to miss discovering this amazing new process!

Mindful Yoga ~ Led by Beck Amin

Weekly on Thursdays from 6:00 – 7:15 p.m.

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

~ Portable Labyrinths ~

Led by Rev. Dr. Calen Rayne,

Veriditas Certified Labyrinth Facilitator

Wednesdays, Dec. 1st and 8th from 7 – 9 p.m.

Through work with portable labyrinths, we will use the arts as tools to create a methodology for centering ourselves. Each class will commence with embodied labyrinth work, using sound to build a group container. From this nexus will emerge material that will be explored with various simple artistic mediums and creative writing. We will create various finger labyrinth designs containing personal reflections of our individual journeys.

Poetry & Spirituality

Third Wednesday of Every Month 5:30 – 7 p.m.

Members of this 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.

Contact Patty at pattybass@comcast.net for the next month's poetry selection. All are welcome!

William H. Gile Concert Series
at the Capital Center for the Arts presents:

Video Games Live!

***Featuring the Granite State Symphony Orchestra and
Concord Choral***

Wednesday, November 17th at 7:30 p.m.

Video Games Live is a multi-media concert event featuring music from the greatest video games of all time. The show combines the excitement and energy of a rock concert and the symphonic music, technology and interactivity of many of your favorite video games, all completely synchronized to amazing cutting-edge video-screen visuals, state-of-the-art lighting and FX, and special on-stage interactive segments with the audience. Bring the whole family!

NOTE: The UUAE Committee does not supply tickets to these **FREE** performances, but encourages those interested in attending together to sign up. As of this season, you must contact CCA for your **FREE** tickets in advance!

~ **ARMCHAIR TRAVELER SERIES:**

“A Humanitarian Safari in Africa”

Thursday, Nov. 11th 7:00 p.m.

Led by Joanna Henderson

Come learn about a new kind of travel to third world countries. Humanitarian safaris provide a way to experience different cultures by doing good while you are there and making an impact on people, schools or other organizations. This slide-show features animals in the wild, schools, orphanages and tribes as experienced by Joanna this past June on Kenya.

“Miss Binita Goes to Washington”

Wednesday, Nov. 10th at 7:00 p.m.

Presented in cooperation with UUFOR

What happens when a Bhutanese refugee goes to Washington, D.C? Does she find refuge in the Lincoln Memorial? See Washington, D.C. aka: the "Capital of Freedom" from a new perspective. This PowerPoint presentation will be a reflection of Binita's "First trip to Washington, DC" this past summer.

“Following Adoption to Korea”

Wednesday, Nov. 17th at 7:00 p.m.

Led by The Mayo Family

Come and share one family's trip to the country of their adopted son's birth. Their photos and commentary may inspire you to visit this part of the world. They will answer your questions about how they planned this special trip to trace the roots of a special adoption.

**MARK YOUR CALENDARS FOR FRIDAY,
OCTOBER 29TH**

AT THE CONCORD UU CHURCH!

A Special Evening with Michael Greger, MD

6:00 p.m. “The Latest in Human Nutrition

2010” Dr. Greger's interactive presentation

7:00 p.m. Vegetarian Dinner & Raffle

*This event is co-sponsored by
the Adult Enrichment and Social Justice Committees.*

Sign-up for classes in Fellowship Hall
after services on

Sept. 26th & Oct. 3^d

or contact the Church Office

224-0291 office@concorduu.org

until Oct. 8th (after that, please contact the Instructor)

Mother-Daughter Book Buddies

Led by Karen Landsman

Monthly Meeting First Tuesdays at 5:30 p.m.

The UU Book Buddies Discussion Group is going strong after several years. This dynamic group of mothers and daughters (ages 8-14) strengthens bonds and shares thoughts and ideas about life by talking about the book(s) we've selected to read each month. We also share food related to the story (yum!), and get to know each other a little better through quality literature.

Visit our wiki page

at: <http://uubookbuddies.wikispaces.com/>

Book Selections:

Oct: *Number the Stars* by Lois Lowry and/or

The Devil's Arithmetic by Jane Yolen

Nov: *Starring Sally J. Freedman As Herself* by Judy Blume

Dec: *The Christmas Menorahs: How a Town Fought Hate*

by Janice Cohn

Ethnic Potluck Suppers

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:** **Oct: Brazil**
November: Ireland **January: Singapore**

ZUMBA!

Led by Louisa Dell'Amico

1: 30 pm on Sun., 10/10, 10/17, 11/7 & 11/14

Zumba is a Latin-inspired aerobic workout, and Louisa has created a new routine that incorporates Latin dance steps with Brazilian, African, Hip-Hop, Arabian, and Bhangra (Indian) dance styles to the beat of high-energy dance-driven music.

Conversations in Sign Language

Led by Jocelyn Pike

Tues, Oct. 5th & Thurs, Oct. 7th 6 – 7:30 p.m.

Have you always wanted to try Sign Language? Come join us for a low-risk lesson on basic conversational phrases. Jocelyn recently completed her course at NHTI and welcomes the opportunity to share what she has learned with you. Plan to come to one or both sessions!