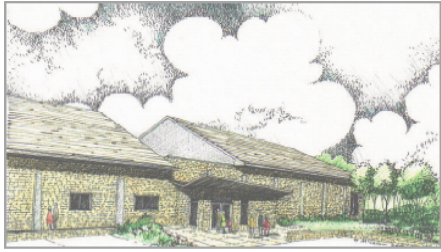


The First Unitarian Church of Hamilton



Adult Programs Fall 2008

Programs are open to all members and adherents

Visitors who wish to learn more about us through our activities are invited to join any activities or register for any program.

Spiritual Practices Support Group:

Provides an opportunity to pause and consider the significance of spirituality in our daily lives, to experience a variety of spiritual practices and to share experiences with spiritual practice. Everyone is welcome.

Second and fourth Thursdays of each month, September through November, 10:30 a.m. – 12:30 p.m.

Facilitator: Don McFadyen

Introduction to Archetypes:

A six-session Introduction to Jungian Psychology, exploring Carl Jung's theories of archetypes through examples found in myths, dreams, fairy tales, art and literature.

Tuesday afternoons, 1:30 – 3:30 p.m.
October 7 to November 11.

Facilitator: Dr. Caroline King.

Limited to 10 participants.

Happiness Is A Choice:

An exploration of unconditional happiness, happiness that does not depend on the external conditions of our lives, but is generated from within. Participants will learn about taking ownership of our happiness, managing our negative thoughts, practicing loving-kindness, honouring the wisdom of our body, listening to our inner voice, finding our passion and cultivating nourishing relationships. Participants will also be introduced to mindfulness and meditation.

Thursdays, 7 – 9 p.m.

October 9 to November 13.

Facilitator: Don McFadyen

Articulating Our UU Faith:

A two-session exploration of Unitarian Universalism, including principles, history and our vision of community. Developed for the Unitarian Universalist Association, this course has the practical goal of helping participants get clearer about, and more comfortable explaining, what our religion is all about.

Saturday October 18 and Saturday October 25, 9 a.m. – 1 p.m.

Facilitator: Bill Johnston

An Introduction to Myers Briggs

Participants will do a Myers Briggs Type Instrument paper and pencil assessment, learn about the instrument and determine best fit for themselves. Small group activities to explore what each of the four dimensions of type “look like” will be offered for those who wish, but people will have the option to keep their results totally confidential.

Come out to an evening that promises to be fun as well as a providing a chance to learn more about yourself. Reference material will be available to borrow, with more detailed resources to better understand issues we may have with conflict, change, decision-making, time management, or communication.

Tuesday, November 25, 7 – 9:30 p.m.

Facilitator: Gail Rappolt

Getting Along Without Going Along:

Exploring how churches function as systems to help us better understand how to be together less anxiously and more effectively. (See the article in the Summer 2008 newsletter, page 8.)

Saturday December 6, 9 a.m. – 3 p.m. Bring your own lunch

Facilitator: Don McFadyen

Writing as Spiritual Practice

Meaningful Memoirs will be the theme this year.

Teacher and author Natalie Goldberg writes: “It's a holy thing to be a writer. It is why you want to write your memoir: to remember all of it. The good and the bad. To trust your experience, to have a confidence that your moments and the moments of others on this earth mattered...It is a great thing you are doing whatever it is you are remembering. You are saying that life—and its passing—have true value.”

New members welcome.

We meet on the first Wednesday of each month, from 9.30–11.30 in the church library. Fall dates are September 3rd, October 1st, November 5th and December 3rd.

For further information call Valerie Nielsen at 905-643-5425.

Pastoral Care

As part of laying the groundwork for revitalizing pastoral care in the church, we have been fortunate to acquire the assistance of Ellen Bell. Ellen is the Lay Spiritual Care Coordinator for Ottawa First and has agreed to put on a weekend pastoral care conference for us under the sponsorship of CUC.

Friday, Ellen will talk about the Ottawa program and how it was set up. Saturday, she will focus on skills, giving us lots of practice in active

listening and the mechanics of various types of visits. Sunday, we will get the opportunity to rough out what our own pastoral care program might look like.

The conference will take place the weekend of Oct. 31st – Nov. 2nd.

Facilitator: Don McFadyen

(See the article in the September 2008 newsletter, page 8.)

Energy saving workshop:

Two weeks to a greener home

Our Social Justice Committee is sponsoring a workshop to launch you on a two-week effort to reduce energy waste.

Environment Hamilton, as part of its Energy Awareness Initiative for Faith Groups, will lead the workshop, with support from Green Venture.

The key to the workshop's energy reduction plan is a Home Energy Conservation Planner that lists more than two dozen steps that can be taken to reduce energy use.

Participants go through the list and indicate actions they are already taking or which they plan to start doing, then in the second week, they indicate the actions they've started or will start soon.

At the workshop, facilitators will talk about the need and benefits of cutting energy use. You will learn about energy meters to measure home appliance energy use and get other ideas.

Everyone who attends the workshop or commits to reducing their energy consumption will get a free Union Gas energy-saving kit as well as a package of materials on energy conservation.

Contact Bill Johnston or send an email to socialaction@firstunitarianhamilton.org Tuesday Sept. 23, 7:30-9 p.m. in the church

See page 2 For more activities.→

Ongoing Adult Activities

As well as the adult religious education programs, there are ongoing groups that may be of interest.



Shared Ministry Groups

The members of the Shared Ministry Groups would like to extend a special invitation to newcomers in our congregation to deepen and enrich their participation in our spiritual and community life by joining one of the groups.

Joining the small group discussions allows each person to know the others in an intimate way and to share in the joys and sorrows of their lives.

Contact: Beryl Pegg 905-643-1784
Email: beryl_8@sympatico.ca

Choir

Rehearsals Thursday evenings.

Contact: Cindy Carey 905-648-0122

Adult Potluck

The last Sunday of the month.

Appetizers at 5:30 p.m., dinner at 6.

Contact: Sheila Brockest at 905-544-2742 by the previous Thursday to let her know what dish you are planning to bring. Please bring your own dishes and cutlery.

Eat, Think and Be Merry

(young adult potluck)

Contact: Kathleen Hicks 905-334-2381

Food for Thought Book Group

We meet at 7:30 pm on the third Monday in the Church Library. All are welcome.

We have chosen the following books for the coming year:

Sept. 16: *The Book of Negroes* by Lawrence Hill, described in the *Globe and Mail* as “a masterpiece, daring and impressive in geographical, historical and human reach...” By a local author, the book traces the African slave experience through the fictional eyes of Aminata Diallo as she reaches the end of her life.

Oct. 20: *Water For Elephants* by Sara Gruen, set in a travelling circus in the 1930s, the author captures the atmosphere so well you can almost smell the animals’ menagerie and feel the hay the protagonist sleeps on. Authentic and well-researched, the story, both human and animal, moves along at a cracking pace. *Time* describes it as “a sawdust and tinsel novel reminiscent of Robertson Davies.”

Nov. 17: *The Stone Angel* by Margaret Laurence. *The Stone Angel* is one of Margaret Laurence’s most celebrated novels. Extraordinarily crafted, it introduces readers to one of the more memorable characters in Canadian fiction, the unregenerate sinner, Hagar Shipley. Stubborn, querulous, self-reliant and, at ninety, with her life nearly over, she makes a bold last step towards freedom and independence. This is a book that shows a writer with a profound insight into the workings of the human heart.

Dec. 16: *Divisadero* by Michael Ondaatje. Described by *The New York Times* as a writer of intense acuity,” prize-winning author Michael Ondaatje’s most recent book tells the stories of a father, his two young daughters and the boy who makes his home with them. It pulls us into the

discordant demands of family, love and memory. In the *Globe and Mail*, Sharon Butala writes “the best book I read this year and, indeed, most years.”

Coming next year:

Jan. 19: *The Perfection of Morning*
by Sharon Butala

Feb. 16: *Infidel*
by Ayaan Hirsi Ali

Mar. 16: *The Film Club*
by David Gilmour
AND *Eat, Pray, Love*
by Elizabeth Gilbert

Apr. 20: *The Sparrow*
by Mary Daria Russell

May 25*: *Late Nights on Air*
by Elizabeth Hay

Jun. 15: Potluck and book selection for following year

For more information, please contact Dawn Ludbrook at 905-627-4896.

* May meeting scheduled one week later due to Victoria Day

**Your ideas are
always welcome.**

The committee is:

*Lee Inkster,
Bill Johnston,
Don McFadyen,
Nancy McMartin
and Anne Wilson*

How to register for a course

Look for registration tables after church services on **Sunday, September 7 and 14** or for signup sheets on the main bulletin boards. Or call the contact person.

Registration helps us plan. Courses with few signups may be cancelled.

Or just show up. In most cases, you are welcome to simply show up. Please call the contact if you miss the first date of multi-part courses.

There is no charge for any of the courses, except for purchase of books (if indicated in the course description).



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Minister: The Rev. Allison Barrett