

Enrichment Opportunities

April 2017



Early Morning Book Discussion Group

Sundays

9:00 a.m. to 10:30 a.m.

Room 304

The Early Morning Book Discussion Group reads and discusses non-fiction books on a wide variety of topics.

On Jan 29, we began the Pulitzer Prize winning *Black Flags: The Rise of ISIS*, by Joby Warrick.

Book Group general information is available at:
<http://firstuubook.blogspot.com>.

Changing Women

Sundays

9:00 a.m. to 10:00 a.m.

Named for a Native American spirit, Changing Women is an Earth-based spirituality discussion group and women's wisdom circle. Please join us for some sacred time.

Contact Keddy Outlaw for more information at keddyannoutlaw@gmail.com.



Houston Area Women's Group

Sundays

10:30 a.m. to 11:45 a.m.

A feminist group for all women where each woman defines her own feminism. We have discussions on women's issues and frequently invite guest speakers.

For additional information:
www.HoustonWomensGroup.org



Mindfulness Meditation

Sundays

10:30 a.m. to 11:15 a.m.

Each week we listen to recorded, guided meditations from a variety of meditation teachers, including Jack Kornfield, Sharon Salzberg, Tara Brach, Thich Nhat Hanh and others. In addition, we also listen mindfully to instrumental music, and have a mindful listening circle where some of us share a highlight from our practice.

*It's okay to come in late. All are welcome to join us and meditation experience is not needed.

Facilitated by Pam Perry and Megan Evans.
Email: pam4hou@gmail.com.

Discussion Circle

Sundays

11:30 a.m. to 12:30 p.m.

All are invited to join us for facilitated, fun and educational discussions on a variety of topics.

The Discussion Circle is a place to practice our UU values: keeping an open mind, listening respectfully, learning from a variety of differing perspectives, entertaining new ways of thinking about issues, and being welcoming.

Apr 2: Music: How do you use it? What music is in the sound track to your life and what does it mean to you? Facilitator: Greg Rea

Apr 9: What is secular spirituality? Facilitator: Pam Perry

Apr 16: Is this the moment for Humanism? Facilitator: Eric Botts

Apr 23: Do UU Values address challenges in our current political environment? Facilitator: James Wooten

Apr 30: How do you deal with increasing complexity? Facilitators: Jan Merin and Pam Perry.

Facilitators: Change weekly
Coordinator: Pam Perry, pam4hou@gmail.com.



Prophetic Women Discussion Group

Third Sundays

12:45 p.m. - 2:00 pm / Room 303

We have a short presentation about any woman the group deems prophetic, followed by discussion. Members of the group take turns presenting.

April 16: Azadah Moaveni and Ilyasah Shabazz - two prominent American Muslim women. One an author/new correspondent, the other an activist and daughter of Malcolm X.

May 21: Ida B. Wells - civil rights activist, socialist and journalist.

Contact: Eric Botts, ericbotts@prodigy.net, or Pam Perry, pam4hou@gmail.com

Climate Protection/Action Team

Second Sundays

1:00 p.m. - 2:30 p.m. / Room 208

Join a group that gathers to make a difference in protecting our earth and reducing climate change.

Contact carol@firstuu.org to get on our e-mail list or for specific information about our activities.



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Beginners Yoga Mondays 7:00 to 8:30 p.m.



Discover your strengths and balances through a therapeutic approach to yoga alignment and mind/body integration. Contact stanpolins@gmail.com.

Insight Meditation Mondays 7:00 p.m. to 8:30 p.m.



This class is appropriate for both beginners and experienced meditators. Each class includes gentle Qigong movements to relax the body, breathing as a focus in Vipassana (insight) meditation, a period of silent practice, and a Dharma talk that relates aspects of Buddhist philosophy to daily life. The class ends with a group discussion.

Facilitator: Ginger Clarkson, trained community Dharma leader, ginger.clarkson@icloud.com

Tai Chi Classes Tuesdays 5:45 to 7:00 p.m. Saturdays 10:30 a.m. to noon



Originally developed for self-defense, tai chi has evolved into a graceful form of meditative exercise.

Tai chi promotes serenity through gentle, flowing movements and promotes flexibility and balance. Contact Jon Naylor, jnaylor56@gmail.com.

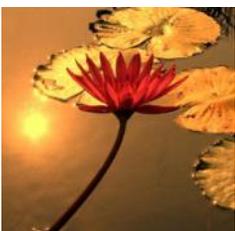
Common Threads First & Third Tuesdays 7:00 p.m. to 9:00 p.m.



Common Threads is a group of "threads" people, mostly quilters, knitters and crocheters, who meet to share our crafts and good conversation. The warmth and fellowship of the group provides a calm, supportive space for everyone.

Contact Cathy Barnett, cat0077074@aol.com

Tergar Meditation Practices Group Thursdays 7:00 p.m. to 8:30 p.m.



Under the guidance of Yongey Mingyur Rinpoche, a well known Tibetan Buddhist meditation master and best-selling author, the Tergar community of meditation centers offers weekly meditation and study groups, as well as regular seminars on meditation and the core principles of the Buddhist path. Contact: **Justin Kelly, (832) 316-7048.**

World Religions Discussion Group Second & Fourth Thursdays



Topics for discussion will be chosen from group input using the group's guidelines. All are welcome.

Apr 13: Unification Church ("Moonies")

Apr 27: Assembly of God and Pentecostal

May 11; Shintoism

May 25: Unitarian Universalism

Facilitators: Pam Perry - pam4hou@gmail.com
and Dana Bays - dlbays@yahoo.com

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Monthly Lighthearted Evening of Fellowship and Games Third Fridays - March 17 7:00 p.m. to 8:30 p.m.

Enjoy a relaxed evening with like-minded adults.



Come join the fellowship and lighthearted fun playing games like *Uno*, *Pictionary*, *Charades*, and *Apples to Apples*.

We start at 7:00 p.m. and it's okay to come for only a couple of games and leave whenever you want. Some of us bring snacks, but it's not necessary to bring anything except yourself and your sense of humor. Feel free to BYOB.



No RSVP necessary for this monthly get together, just show up and have fun.

For more information email Pam Perry, pam4hou@gmail.com.



Beginning and Intermediate Yoga Saturdays 9:00 to 10:00 a.m.



This fee-based yoga program has been meeting at First Church for many years. Contact Julie Byrd for more information, jbyrdyoga@yahoo.com.

Houston International Folk Dancers Fridays 7:30 p.m. to 10:00 p.m.



Houston International Folk Dancers is a recreational folk dance group that celebrates ethnic dances from around the world. Experienced folk dancers are always ready to help beginners. Singles welcome. Dress comfortably. Additional info at www.folkdancers.org.

PARENTS NIGHT OUT!

Saturday, April 8 6:00 p.m. to 8:00 p.m.

Parent's Night Out is an opportunity for parents to get to know each other, GO OUT!, and have fun while the kiddos are taken care of at the church. It happens on the second Saturday of each month. Just follow these three easy steps.

1. Reserve a place in the nursery with the name and age of your child(ren) (*specify Parents Night Out*) to childcare@firstuu.org before the event, preferably by 5:00 p.m. the Thursday of that week.
2. RSVP for dinner to the Parents Night Out facilitator by Friday afternoon so that you can be included in the reservation for the restaurant: PNOfacilitators@firstuu.org.
3. Arrive at the church before 6:00 p.m. to register your child(ren) for the evening, then join the group leaving for the restaurant at about 6:10 p.m., and arrive for dinner by 6:30 p.m. Return to the church by 8:00 p.m.

All are Welcome to Join First UU String Band



We range from beginners to somewhat experienced players. We are happy to teach chords on the ukulele and we even have some "ukes" to lend. In our short rehearsal every Sunday morning between services, we get to enjoy each other's company while singing and playing our instruments. You may have heard us play for an occasional Sunday morning service, leading the congregation in some sing-a-longs.

We've added a monthly weekday evening rehearsal, gathering at a member's home because we were enjoying the group so much and wanted more time to play together!

Contact Carol Burrus, carol@firstuu.org for more info. Or just join us on a Sunday morning in room 207. Summer schedule: 9:15-9:50 am. Regular year schedule: 10:15-10:50 am. Third Wednesday evening at a member's home, time and location announced in advance.