

Enrich Your Soul



Jazz Appreciation Class ~ Mike Annicchiarico Every Wednesday 2/4 - 3/11 from 7 – 8 p.m.

Over the course of six weeks and explore the history of Jazz from its beginnings to the present day, examining different styles and performers. Most importantly, we will be listening, discussing and learning to appreciate this truly American form of music.

The Gathering of Women ~ D Swan

Each month at 7 p.m. on the Saturday before the full moon: Jan. 10, Feb. 7, etc.

Women's Spirit Circle is a gathering of women who share knowledge, talents, and wisdom through activities such as music, crafts, dance, meditation, spiritual celebration, and ceremony while exploring diverse cultures' deities and earth traditions.

Meditation ~ Robert Whatmough

Tuesdays from 7 – 8 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.

Free GILE Concert Series

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

♫ The U.S. Army Field Band

Wed. March 11th at 7:30 PM

“The premier touring musical representative for the U.S. Army has been thrilling audiences of all ages for more than half a century, presenting a variety of music to enthusiastic audiences throughout the nation and abroad.”

♫ Harlem Gospel Choir

Mon. May 11, 2009 7:30 PM

“... an extraordinary evening of foot-stomping and hand clapping blues, jazz and gospel spirituals. From the heart of Harlem in NY City, the HARLEM GOSPEL CHOIR travels the world as the ambassadors for African-American culture, and is loved for its joyous music.”

A Gallery Walk at Kimball-Jenkins Estate

led by Julie Lombard

Sat. March 7th 2 p.m. at Kimball-Jenkins Estate

Come view the NH Potters Guild 2009 Biennial Exhibit “*Under the Influence*” featuring two Concord UU church members, Jean Reynolds and Julie Lombard. Taste the flavor of art on Main Street while observing what influences these local artists. Julie will talk about how things are constructed, presented, and introduce you to other participating potters.

Ethnic Potluck Suppers ~ Robert Whatmough

Third Fridays of each month at 6 p.m.

Ethnic Suppers feature food from a different country each month, beverage and conversation. It is pot-luck but all are welcome with or without a dish and/or beverage. So, please join us to experience cuisine from a country with which you may or may not be familiar.
Jan. 16: Greece
Feb. 20: Cajun/Creole
Mar. 20: Argentina
Apr. 17: Turkey
May 15: France
June 19: Cuba

Inner Path to Joy ~ Sarah Dornin

Sat. 3/7 OR Sat. 3/14 One three hour class

Each of us has an inner voice called intuition, which guides us through life. Intuition is our primary source for living a life full of joy and inspiration. Come and learn how to listen to your inner voice, attend to your intuition and find your Inner Path to Joy.

Enrich Your Mind



Writing Life's Stories ~ Darlene Olivo

Sunday, April 5th and 19th from 1-3 p.m.

Learn how to write *your* stories during this two session class. Bring a writing book and your favorite pen. We hope you will share what you write in a supportive atmosphere.

Adult Book Club ~ Joanna Henderson

Last Wednesdays each month 5 – 7:30 p.m.

This group meets to discuss a book chosen each month by the group. The conversation can be lively, contemplative or controversial but the chance to gather and share thoughts and ideas is the reason we meet!

Book Buddies ~ Karen Landsman

Next Meeting is on Wed. 1/28 at 5:30 p.m.

Further meeting dates chosen by the group
Are you looking for a way to strengthen the special bond that mothers and daughters between you and your 8 – 14 yr. old daughter? Then this Book Club might be just the thing for you. 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 will be chosen by the group from a list of recommendations.

Next Book: *Harriet the Spy* by Louise Fitzhugh

Poetry & Spirituality ~ Fran Philippe

Third Wednesdays from 5:30-7 p.m.

On a monthly basis, members of the group choose poems to be read and discussed. The history, language and meaning of the works all contribute to the feelings and connections that are specific to individuals - and - sometimes we read just for the fun of it.

Scrapbookers' Night Out ~ Brenda Rowe

Third Tuesdays at 7 pm

If you would like help with photo organization, techniques for digital or traditional scrapbooks, ideas for projects, or need to use cutting/cropping tools from our tool table, then come to a **Scrapbookers' Night-Out**. From Beginner to Experienced Scrapbookers, it's helpful to set-aside time to complete your projects.

Furniture Refinishing ~ Ted Donovan

Saturday, May 23rd 10 a.m. – 12 noon

Have you got an item that needs TLC and refinishing? Learn from this experienced furniture refinisher and bring your item (or detailed photos) to find out how to restore its potential beauty. This session will include a demonstration as well as an opportunity for consultation and advice for your project.

Garden Planning and Care ~ Ayn Whytemare

Saturday, April 25th 10 a.m. – 12 noon

Springtime is full of blooming, budding and sprouting gardens, but with careful planning and care, they can be even fuller and more productive than you can imagine. Join this session for an opportunity to ask questions about landscaping design, choices and techniques to make your garden grow. Bring your favorite garden tool to discuss maintenance and alternatives.

Enrich Your Self



Tai-Chi Chi-Gong ~ Jim Broas

Every Thursday in March 7 - 8 pm

Participants will learn Tai-Chi Chi-Gong, a Chinese exercise used to strengthen the body, improve balance and facilitate Chi (life energy) flow. It is a simple system of movements that can be done standing, walking or while sitting. All ages can benefit from these exercises.

Healthy Smoothies for Everyone ~ Sarah Vogt

Saturday, March 21st 11 - 1pm

Smoothies are quick, easy to make, & a great way to add fresh fruits and veggies to your diet! They can help build your immune system, boost your energy, strengthen your skin, bones, hair, and teeth, and can help with weight loss. Come for a sampling and a demonstration of at least 4 tasty, nutritious smoothies.
\$2 per person supplies fee. All ages welcome.

Kripalu Yoga ~ Rachel Hawkinson

Kripalu Certified Yoga Instructor

Each Thursday from 4-5 p.m. from 1/29 - 5/28

The regular practice of yoga has been shown to produce physical benefits including reduced anxiety, stress and blood pressure levels, and increased relaxation, flexibility, strength, endurance, and energy levels. The practice of Kripalu Yoga can have profound effects on the mind and emotions as well as the physical body. Come and try it! No charge, all ages welcome.

Family Friendly Yoga ~ Nora Forziati

Experienced Yoga Instructor

Each Tuesday 6 p.m. (45 min. class) beg. 1/29

Bring your family to this meditative and gentle yoga class led by an instructor who is RYT-eligible with Yoga Alliance and has experience with children's classes. Style of yoga will be blended to suit the needs of the group.

Reiki ~ Melissa Clark

Certified Reiki Master Teacher

Third Thursdays from 5 - 7 p.m.

Reiki can improve vitality, reduce or eliminate stress, fatigue or illness. Gentle and relaxing, reiki treatments don't involve massage but may help to alleviate pain or distress. Come for a treatment and see if Reiki will benefit you. Donations to the Minister's Fund accepted.

Enrich Your Faith



Unitarian Universalism:

Moving Through Time

Tuesdays, 6:30 to 8:30 p.m.

March 10, 17, 31, and April 7th.

Rev. Holmes will lead this 4-session course on Unitarian and Universalist and UU history and theology. Session 1 will focus on Unitarian History, Session 2 on Universalist History, Session 3 on transcendentalism, humanism and modern UU spirituality; and Session 4 on where we might be going from here. Please let Rev. Holmes know if you are planning to attend.

Bible Study ~ Rev. Olivia Holmes

Second Thursday monthly, 6:30 to 8:00 p.m. through May 2009

This on-going course will hold its fourth meeting on Thursday, Feb. 12th when participants should be prepared to discuss Chapter 3 of the text we are using, "Misquoting Jesus, The Story Behind Who Changed the Bible and Why?" All who are able to commit to doing the reading are welcome.

Sign-up for classes in Fellowship Hall

Jan. 11th, 18th & 25th

after services

Or

Contact the Church Office

224-0291

office@concorduu.org

where you can also see our listings.

No Registration Fee!

Donations welcome at the

Sign-up Table.

Adult Enrichment

2008 ~ 2009

Second Semester



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

Albert Schweitzer

Second Congregational Society

Unitarian Universalist

274 Pleasant St., Concord, NH 03301

603.224.0291 / office@concorduu.org

www.ConcordUU.org

The UU Adult Enrichment Committee

Karen Landsman

Cathie Creed

Nancy Morse

Julie Lombard

***If you have a subject you'd
like to teach or see included,
please speak to a member of
the committee.
We'd like to know!***