

Enrichment Guide



Discussion and Action Groups:

Changing Women
Climate Protection / Action Team
Discussion Circle
Early Morning Book Discussion Group
Exploring Spirituality & Mindfulness
Houston Area Women's Group
Prophetic Women Discussion Group
Improve the Quality of Your Life Program

Activities:

Beginners Yoga
Common Threads
Games Night for Adults
Insight Meditation
Mindfulness Meditation
Tai Chi
Tergar Meditation Group

Seasonal Enrichment Opportunities:

Autumn Nature Retreat
Spring Nature Retreat

**First Unitarian Universalist Church of Houston
Museum District**

2017

Sundays

Early Morning Book Group, 9:00 a.m. - 10:30 a.m.
Changing Women, 9:00 a.m. - 10:00 a.m.
Houston Area Women's Group, 10:30 a.m. - 12:30 p.m.
Mindfulness Meditation, 10:30 a.m. - 11:15 a.m.
Discussion Circle, 11:30 p.m. - 12:30 p.m.
Prophetic Women Discussion Group, 12:45 a.m. - 2:00 p.m. (third Sundays)
Climate Protection / Action Team, 1:00 p.m. - 2:30 p.m. (second Sundays)

Mondays

Beginners Yoga, 7:00 p.m. - 8:30 p.m.
Insight Meditation, 7:00 p.m. - 8:30 p.m.

Tuesdays

Common Threads, 7:00 p.m. - 9:00 p.m. (second and fourth Tuesdays)
Tai Chi, 5:45 p.m. - 7:00 p.m.

Thursdays

Exploring Spirituality & Mindfulness (January 11 through February 22, 2018) 6:45 p.m.-8:00 p.m.
Improve the Quality of Your Life Program, 6:45 p.m. - 8:00 p.m. (first and third Thursday)
Tergar Meditation Group, 7:00 p.m. - 8:30 p.m.

Fridays

Games Night for Adults, 7:00 p.m. - 8:30 p.m. (third Fridays)

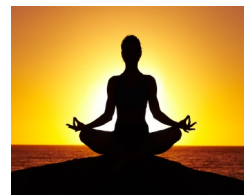
Saturdays

Beginning and Intermediate Yoga, 9:00 a.m. - 10:00 a.m.
Tai Chi, 10:30 a.m. - 12:00 p.m.

BEGINNERS YOGA

Mondays, 7:00 p.m. to 8:30 p.m.

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



CHANGING WOMEN

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

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

Contact: Keddy Outlaw, keddyannoutlaw@gmail.com



CLIMATE PROTECTION / ACTION TEAM

Second Sundays, 1:00 p.m. to 2:30 p.m.

If you're looking for ways to respond proactively to the problem of climate change, you are warmly invited to join the church's Climate Action Team. The team's immediate objective is to encourage the church and its members to take reasonable steps to reduce our carbon footprints, each in his or her own way. Contact: ClimateAction@firstuu.org



COMMON THREADS

Second and Fourth Tuesdays, 7:00 p.m. to 9:00 p.m.

Common Threads is a group of “threads” people, who meet to share our crafts and good conversation. We have participated in a variety of service projects including contributing hand made items to the church’s Fall Fundraiser and Auction every year. While we do not follow any explicitly spiritual program, the warmth and fellowship of the group provides a calm, supportive space for everyone. Contact: Cathy Barnett, cat0077074@aol.com.



DISCUSSION CIRCLE

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

All are invited for fun, facilitated 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; and entertaining new ways of thinking about issues. A list of the topics for the month can be found on the rolling rack. Contact pam4hou@gmail.com



EARLY MORNING BOOK DISCUSSION GROUP

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

This group reads and discusses non-fiction books covering religion, science, morality, ethics, history and current events. Contact: <http://firstuobook.blogspot.com/>



EXPLORING SPIRITUALITY and MINDFULNESS

Thursdays, January 11 - February 22, 2018, 6:45 p.m. to 8:00 p.m.

A exploration of the different aspects of UU spirituality and mindfulness through group discussion and guided mindfulness practice. Registration and a commitment to attend at least 5 of the 7 sessions is required. Contact: Pam Perry, pam4hou@gmail.com.



GAMES NIGHT FOR ADULTS

Third Fridays, 7:00 p.m. to 8:30 p.m.

This group gathers the third Friday of each month for an evening of fellowship and fun. Come play a few games, snack a bit and enjoy community in a relaxed atmosphere. Contact: Pam Perry, pam4hou@gmail.com.



HOUSTON AREA WOMENS' GROUP

Sundays, 10:30 a.m. to 12:30 p.m.

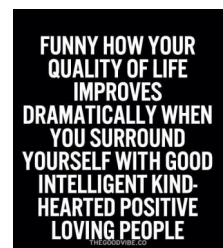
A feminist group for all women where each woman defines her own feminism. We have discussions on women’s issues and frequently invite guest speakers. For more information visit www.houstonwomensgroup.com.



IMPROVE the QUALITY of YOUR LIFE PROGRAM

1st and 3rd Thursday, 6:45 p.m. to 8:00 p.m., September - December

Registration required and group size is limited. Contact Pam Perry at pam4hou@gmail.com.

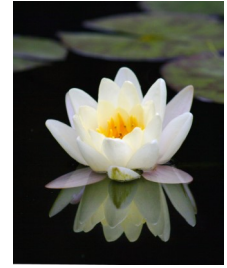


INSIGHT MEDITATION

Mondays, 7:00 p.m. to 8:30 p.m.

These classes are for both beginners and experienced meditators. Each class includes a session of gentle Qigong movements to relax the body, basic instructions for following the breath as a focus in Vipassana (Insight) meditation, and a period of silence.

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



MINDFULNESS MEDITATION

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

We listen to recorded, guided meditations from a variety of meditation teachers. In addition, we listen mindfully to music and have a mindful sharing and listening circle. Meditation experience is not needed. Everyone is welcome.

Contact: Pam Perry, pam4hou@gmail.com



PROPHETIC WOMEN DISCUSSION GROUP

Third Sundays, 12:45 p.m. to 2:00 p.m.

This group meets once a month, on third Sundays. Our format includes a short presentation along with discussion. For more information contact Eric Botts, ericbotts@prodigy.net or Pam Perry,

pam4hou@gmail.com

TAI CHI

Tuesdays, 5:45 p.m. to 7:00 p.m. and Saturdays, 10:30 a.m. to noon

Tai chi is practiced in modern times primarily as a gentle exercise technique. Described as “meditation in motion,” it consists of performing a series of postures or body movements in a slow and graceful manner, with each movement flowing without pause to the next. All are most welcome.

Contact: Jon Naylor, jnaylor56@gmail.com



TERGAR MEDITATION GROUP

Thursdays, 7:00 p.m. to 8:30 p.m.

Based on the teachings of Mingyur Rinpoche, this community-oriented group focuses on practices that are easily implemented into our everyday lives and requires no religious affiliation. No prior experience necessary.

Coordinators: Eva Kappila and Justin Kelley. Contact: houston@tergar.org

