

Adult Programs Offerings, Fall 2009

First Parish of Lexington UU

The New UU

A four-session introduction to the history, beliefs and tenets of Unitarian Universalism and how we can apply this faith to our lives. This is not a class only for those new to First Parish and Unitarian Universalism; it's also ideal for those who have been here a while but don't really yet have a sense of what Unitarian Universalism is all about or what First Parish's relationship to the denomination is. The final meeting on November 17 will be a potluck dinner and informal summary conversation, and will begin at 7 p.m. In order to foster connection among the participants, class will be limited to 20.

When: Tuesday evenings, 7:30 - 9:30 p.m., October 20 and 27, November 3, 10, and 17.

Where: Common Room

Leaders: Debbie Soule, Erik Svenson, Meg Soens, Rev. Arline Sutherland, and others.

Laughter Club is Back!

We all know that laughter makes us feel good. When we laugh, our bodies release a cocktail of hormones and chemicals that have startling positive effects on our system. Stress is reduced, blood pressure drops, depression is lifted, and our immune system is boosted. What is more, laughter is gentle exercise. It fills our body with oxygen, clears our breathing passages, and exercises our lungs. However, the problem with utilizing laughter as exercise is that laughter is usually spontaneous and unpredictable. Convinced of the medical benefits of both laughter and Yogic breathing, Dr. Madan Kararia, an Indian doctor, was inspired to create Laughter Yoga, which combines laughter exercises with yoga breathing to give us the health benefits of hearty laughter. Laughter exercises almost always lead to real laughter, especially when practiced in a group. Join us for this entertaining and life-enhancing activity, and discover its benefits for yourself.

When: First Thursdays each month (October 1, November 5, December 3, 2009, 5:30 - 6:30.

Where: Parker Hall - Drop-ins welcome

Leader: Zoe Perry-Wood

Leadership at Full Speed

Whether you run a department, manage a family, or lead a church committee, you play multiple leadership roles in your life. In our fast-paced world it can be difficult to lead with your best self when you're operating at full-speed. Attend this highly interactive workshop **led by Laura Tully** to discover more about your natural responses to pressure and stress. You will learn about your blocks to effective leadership and collaboration along with a practice to help you lead others more effectively. Dress comfortably as we will work with simple Aikido standing practices. Enrollment is limited to 20.

When: Thursday, October 8, 7 - 9 p.m.

Where: Parish Hall.

Leader: Laura Tully

Make A Beautiful Handbag

Join experienced sewer and fabric artist Amy Breiting., for a day of sewing fun. Bring your own lunch. Bring a sewing machine, fabric, sewing equipment (thread, scissors, cutting board, rotary cutter). Amy will also bring some fabric from her collection. Finished product will be a bag approximately 12x12 with straps. Materials fee \$10 (pay to Amy). Limited to 5 people.

When: Saturday, October 17, 9 a.m.-4 p.m.

Where: Common Room

Leader: Amy Breiting

HOW MUCH IS ENOUGH?

Our Relationship to Money and the Feeling of Abundance

The recent economic downturn has highlighted our fears that economic resources are scarce, and that we may never have enough. This workshop, led by **Jeanne Weikert**, explores our hidden beliefs about

wealth and shows how the fear of scarcity develops, freeing us to experience the possibility of true abundance in our lives. Bring your lunch, a small notebook for your exploration, and dress comfortably. Be prepared to have some fun in this workshop in a community of shared exploration. Sign up early as enrollment is limited to 20.

When: Saturday, October 31st from 8:30 - 4:00

Where: Parish Hall

Leader: Jeanne Weikert