

Special Programs

Introduction to Meditation

Offered three Thursday evenings at 7:00 pm
September 27, October 25 or November 29

This fall the Waltham Buddhist Meditation Group will present three introductory sessions of mindfulness meditation. Through a step-by-step guided meditation, you will be introduced to the foundational meditation technique of working with the breath as a gateway to greater self-understanding. A general discussion and social time with refreshments will follow the meditation instruction. Chairs or cushions on the floor are available for the meditation period. For more information: walthambuddhist.org.

SoulCollage® Day-long Retreat

Saturday, October 13, 10:00 AM – 4:00 PM; Whitcomb Hall

SoulCollage® is a simple yet profound way to access your inner wisdom helping you navigate and welcome change while creating a unique set of cards that hold deep personal meaning for you. No artistic experience is necessary, just a willingness to **explore and play**. You will be guided through the process in a gentle, easy way, and you will be **amazed at what you create!** With **guided meditation, dreamy music, and delicious snacks**, you will spend time in **luxurious quiet** making cards and then journaling with them during this day-long retreat. Come play, explore, and relax in a safe space with **like-hearted souls**. All materials and refreshments provided. Retreat cost is \$65 (\$60 for FPW members), payable to retreat facilitator, Suzanne O'Neil on 10/13. Please RSVP by 10/15 to: heartinsoulcollage@gmail.com. For more information about SoulCollage® please go to: www.soulcollage.com.

After the day-long retreat, SoulCollage will meet monthly on Saturday afternoons, 11/10, 1/12/19, 2/9/19, 3/9/19, 4/27/19 and 5/18/19 from 1:00 – 4:00 pm in the Harrington Room. The cost is \$30 per session for church members – scholarships are available for the asking.



Religious Education Programs for Youth and Adults

Fall 2018

50 Church Street, Waltham MA 02452

781-893-6240 • www.walthamuu.org

First Parish in Waltham is a liberal spiritual community celebrating the worth and dignity of all people. We are a welcoming, compassionate, inclusive community of all ages seeking spiritual growth and fellowship through worship, free inquiry, and service, while striving for a just, peaceful, and sustainable world. We welcome you at any of the following programs. Please join us!

Please see our website for more information about First Parish and its programs: www.walthamuu.org. If you have an idea for a lifespan program, please let us know! Contact Lynne Weygint, Director of Community Engagement at: fpx.dce@gmail.com.

Sundays at Noon....

Soul Matters

Soul Matters is a discussion group designed to move us from analyzing ideas to looking carefully at our own daily living, **Soul Matters** doesn't ask "*What do you think?*" It asks "*How do you want to live?*" Each month's meeting will be based on the current month's worship theme. A monthly packet to help prepare for the group meeting will be available on-line or through the church office. ***Space is limited to 12 participants, so sign up soon (send an email to Marc at fpwminister@gmail.com).*** Soul Matters will meet in the Chapel on 10/7, 11/4, 12/9, 1/20/19, 2/24/19, and 3/24/19.

Equity and Justice for All

A program focused on dismantling racism, classism, and better understanding white supremacy culture. Reading and discussion will be augmented with film, video clips, and possibly attending local talks. The program will meet one Sunday each month; film and other offerings will take place outside of the regular Sunday afternoon meeting. Contact Rev. Marc for details. Meets 10/14, 11/11, 12/16, 1/27/19, 2/17/19, and 3/17/19 in the Harrington Room.

Living a Life of Integrity

This monthly discussion group led by Rev. Marc, is inspired by the writings of Rabbi Rami M. Shapiro in his book, "**Minyan - Ten Principles for Living a Life of Integrity.**" Links to book chapters will be made available through the weekly church e-newsletter. Learning components will focus on most if not all of these topics: Meditation, Repetition, Inspirational Reading, Attention, Generosity, Kindness, Dream Interpretation, Ethical Consumption, Self-Perfection, and Sabbath. Meets Sundays: 10/21, 11/18, 12/30, 2/3/18, and 3/3/19 in the Harrington Room.

And on Thursday Evenings...

Ken Burns' Vietnam

Especially for anyone who wanted to watch this compelling PBS documentary but couldn't for any number of reasons. Following each episode there'll be time to discuss personal histories as they relate to the time period, or for younger participants perhaps a good opportunity to ask questions. Hosted by Rev. Marc. On 10/4, 11, 18, 25; 11/1, 8, 15, 29; and 12/6, and 13 in the Harrington Room from 7:00 – 9:00 pm.

Buddhist Meditation Group

Every Thursday evening at 7:00 PM in the Chapel

Led by parishioners Michael Levin, Emily Weidman, and Elisse Ghitelman, the Buddhist Meditation Group provides space for new and experienced practitioners of meditation to practice together. Group and individual instruction in shamatha (mindfulness) meditation is provided. Following the hour of meditation, teachings or videos are offered at 8:00 pm. For more information please see www.walthambuddhist.org.

Theme-Based Book Group

Beginning in October, Rev. Marc hosts a book group based on the monthly worship theme. Worship themes for October – December are *Sanctuary*, *Memory*, and *Mystery*. The book group meets on the 3rd Wednesday of the month at 11:30 AM in the Harrington Room.

For October's book group, Marc has chosen ***Sanctuary*** by William Faulkner. From Goodreads.com: "Psychologically astute and wonderfully poetic, *Sanctuary* is a powerful novel examining the nature of true evil, through the prisms of mythology, local lore, and hard-boiled detective fiction. This is a dark, at times brutal, story of the kidnapping of Mississippi debutante Temple Drake, who introduces her own form of venality into the Memphis underworld where she is being held. Book group will meet on Wednesday, 10/17.