

Fall 2016 Small Group *meetings* Offerings

1. Aging as a Spiritual Practice,

Co-Facilitators: Lois Smith [USNH] & Art Belanger [Shoreline UU Society]

Participants will be from both congregations.

Time: 6:30 pm to 8:30 pm 6 sessions

Dates: Tuesdays, Oct. 4 & 18, Nov. 15 & 29, Dec 6 or 13, tbd by participants after first session.

Location: 75 Clear Lake Rd, Guilford

2. Explorations within Spiritual Community for Women of All Ages:

Facilitator: Jean Rosenthal

Exploring the role of beliefs and principles in our lives, through selected passages drawn from a variety of approaches to spirituality. In addition to short readings, we will share deep listening and our own life experiences and personal reflections, all in a multi-generational setting.

Dates and time: 3rd Wednesdays; first meeting October 19; November 16; December 21; January 18 7:00 pm – 9:00 pm 4 sessions

Location: Meets at Facilitators home in North Haven.

3. Selected Spiritual Topics:Thursday 1st and 3rd Thursdays, 1:00 pm – 2:30 pm

Facilitators: Nancy Brown, Ellen Mahoney, Gwen Heuss-Severance

Location: USNH Room 209

Start Date: 10/6

End Date: 1/19/2017

4. Selected Spiritual Topics:Tuesday 1st and 3rd Tuesdays, 1:00 pm – 2:30 pm

Facilitators: Dee Arneith, Nat Keating

Location: USNH Room 209

Start Date: 10/4/16

End Date: 1/19/17

5. Buddhist Lens I: 2nd, 4th and 5th Mondays, 7:00 – 9:00 pm

Facilitator: tbd

Location: USNH

Start Date:

End Date:

6. Buddhist Lens II:

Facilitator: Paul Trotta

Location: USNH

Start Date:

End Date:

7. Embracing Challenging Emotions 2nd and 4th Mondays from 1 pm to 3 pm

Facilitator: Sue Linsley

Location: USNH Room 209

Date: 10/10, 10/24, 11/7/ 11/21, 12/12, 12/19, 1/9/2017

End Date: 1/9/17

8. The Impact of Race in Our Daily Lives 1st & 3rd Thursday evenings 7 pm – 9 pm

Facilitator: Tracy Navarra-Davis

Location: Facilitator's home in Milford

Start Date: 10/6, 10/20, 11/3, 11/17, 12/1, 12/15

End Date: 12/15

9. The Inner Landscapes of Our Sacred Womanhood 2nd & 4th Wed.

Facilitators: Bernice Marie-Daly, Kath Schomaker

Location: 18 Spring St., Milford, CT

Dates: 10/12, 10/26, 11/9, 11/23, 12/14, 12/28, 1/11/17

Start Date: 10/12/16

End Date: 1/11/17

10. Mindfulness 1st Sundays 4-6 pm 5 sessions

Facilitators: Karen Swanson, Ellen Mahoney

Location: USNH Children's Chapel

Start Date: 10/2/16

End Date: 2/5/17 Note late end date of group