

Adult Small Groups



**In Spirit &
Community**

Fall 2009

United Church of Gainesville

**Spiritual Exploration and
Personal Growth**

Parenting the Interracial Family

“Race is simultaneously real and unreal, both a figment of our imagination and a real constraint on opportunities and daily interactions” from Raising Biracial Children by K.A. Rockquemore and T. Laszloffy. Join us to share personal experiences and perspectives on how to support children of mixed-race families in developing healthy racial identities. Discussion will focus initially on self, then family issues, and finally on our community environment. Families may convene for a picnic on Nov. 8th. Please be certain that you can attend all three sessions.

Leaders: Ron and Mary Nutter

Dates: Sundays, Aug 30, Sept 20, Oct 4, possible picnic Nov. 8th ***Note that this group begins meeting on Sunday, August 30.* Be sure to register early if you are in this group or bring your registration form with you to the group on that Sunday.

Time: 11:00am to noon

Place: West Wing

Limit: 30

Women (Re)-Defining Our Future

We will discuss the opportunities we have to create new meaning in our lives as we age. This group is for women in their 50s and over who want to explore High Energy Renewal (HER)™ together. You will receive a free copy of Diane's book, After 60: A New Perspective on Aging for Professional Women. As a group, we will choose specific topics from the book to discuss, which range from Creativity and Total Body Health to Grieving Nonfinite Loss and Listening to Our Intuitive Intelligence.

Leader: Diane Neuhauser

Dates: Wednesdays, Sept. 16, 23, 30 & Oct. 7

Time: 6:00 - 7:30 pm. We will have pizza for the first session-- then decide together on future food.

Place: Seminar A (1st 3 weeks), then Seminar B

Limit: 15 participants

The Introvert Advantage Book Discussion

We became acquainted with this book at the All-Church Retreat this year when Wendy-Lin Bartels and her partner Matt led the seminar "Retreat for Introverts". This would be a good book to discuss for the following groups of people:

- Introverts: to better understand themselves, their strengths, and their needs
- Extroverts who have partners that are introverts: to better understand them
- Parents of introverted children: to better understand them and be in touch with their needs

Leader: Donald Hall

Dates: Sundays, Sept. 27, Oct. 18, and Nov. 1

Time: Noon

Location: West Wing

Limit: 30

Weekly Meditation with Lama David Bole

David N. Bole, Ph.D., A.P. is director of the Traditional Acupuncture Center in Gainesville and a fully ordained monk (Gelong) in the Karma Kagyu lineage of Tibetan Buddhism. Lama David currently serves as the resident teacher for the Gainesville Karma Thegsum Choling (KTC). He teaches Asian medicine, meditation, Buddhist philosophy, stress management, and Tai Chi Chuan. His classes are designed to enhance awareness and health to students of all ages.

Dates: Mondays, Sept. 28 thru Nov. 2. ***Note: this will also be offered again in the Spring*

Time: 7:00 – 8:30 pm

Location: UCG Chapel

Cost: \$20 per person ***The fee will be waived for one UCG member who is willing to open and set up the Chapel each week, then turn off utilities and lock up at the end of the sessions. Please indicate on the registration form if you are willing to do this, and we will contact you by email.*

Limit: 20

Sharing our "However Knowns"

Part of the joy and challenge of worshipping in such a diverse faith community is the gift of sharing with, learning from, and seeking to understand one another. In conjunction with our "This I Believe" sermon series, this small group invites participants to go deeper into the lives of fellow UCGers by listening to one another's faith stories and trying to articulate their own deepest concerns to others.

Leader: Vince Amlin

Dates: Sundays, October 4, 11, 18, 25

Time: 2:00-3:30 pm

Place: UCG Library

No limit on participants. We will split into smaller groups if necessary.

Nine Types of Parents, Nine Types of Children

What type of child were you? How were you parented? Do you still have issues with one or both parents? If you have young children, are they different/similar to what you expected, and/or how you were as a child? If your children are adults, do they have lingering problems with your parenting? The Enneagram describes nine different personality types. We tend to filter our life experience through one of them and have difficulty understanding the other eight. Come and learn how to better connect with your children, no matter what their age, and release lingering difficulties with how you were parented, no matter what your age. We'll draw in part from Elizabeth Wagele's [The Enneagram of Parenting](#) and Daniel Siegel's [Parenting from the Inside Out](#), but it's not necessary to have read either book.

Leader: Mary Bast

Date: Wednesdays, Oct 7, 14, 21

Time: 7:00-9:00pm

Location: Seminar A

Limit: 20

Find Inner Peace, One Thought at a Time

“My partner doesn’t appreciate me.” “The world is a dangerous place.” “I need more money.” “I’m too fat.” “I’m too old.” “I’m too sick.” Thoughts like these may run through our minds many times a day, fostering fear, anger, stress and depression. How different would your life be if these thoughts never bothered you again? The Work of Byron Katie is a process that clears the mind. It is a way to identify and question the thoughts that cause all the suffering and violence in the world. The Work is simply four questions and a turnaround, which is a way of experiencing the opposite of what you believe. It is so simple that anyone with an open mind can do it. This process works. It is radical, and life-changing. It can be applied to any aspect of your life, such as: Relationship Issues, Health and Body Issues, Conflict, Career and Workplace Issues, Financial Issues, Parenting, Low Self Esteem, Sexuality and Gender Issues, Cultural Conflict, Aging, Grief and Loss.

During ‘The Work’ sessions, you will learn to identify and question your stressful thinking and take home a powerful tool that can help you live with clarity & integrity.

Leader: Celia Chapman, Certified Facilitator

Dates: Wednesdays, Oct. 7, Nov. 4, Dec. 2

Time: 7:00 – 9:00 p.m.

Place: West Wing

Limit: 30 participants

Meditation Retreat with Paul Linn

A day of meditation and relaxation with Paul Linn, the co-founder of GVS, Inc., who has been involved with insight meditation and dharma teachings for 30 years. A psychotherapist and teacher, he offers seminars and retreats throughout the US mainland and Hawaiian Islands. His teaching style facilitates the immediacy of Awakening as ordinary, direct and inherent. Realization emerges as notions of path, practice and acquisition dissolve into clearly seeing that nothing is missing and nothing need be removed from ongoing completeness. See the beautiful retreat center and grounds at www.casamicanopy.com. Potluck lunch and directions coordinated by email. Participants must be able to stay for the entire day.

Date: Saturday, Oct. 24th

Time: 9:30am to 4:30pm

Place: Casa Micanopy

Limit: 30

Cost: \$40 ***2 partial scholarships are available in exchange for setup/cleanup help—email Lea at lgaligani@hotmail.com for info*

Contemplative Prayer

We will gather in the quiet of the candlelit sanctuary for silence, prayer and reflection on scripture passages that speak to our Advent season. We'll also meet in small groups for the last twenty minutes with an opportunity for sharing and listening. Join us in the midst of this busy season to make room for Christmas in your heart and soul this year. We will begin and end promptly each week.

Leader: Sandy Reimer

Dates: Tuesdays, Dec. 1, 8, and 15

Time: 6:30 – 7:30 pm

Place: UCG Sanctuary

Arts, Fellowship & Recreation

Friends Over Fifty

This social group meets one Sunday afternoon a month to combine fellowship with food and recreation. We meet after the second service at a designated spot. In September we will dine together at the Camellia Café at the Harn Museum, then we will look at the exhibits at the Harn. In October we will picnic at Dudley Farm, then tour the grounds. In November we will eat at Maudes, then take a tour through the Matheson Museum. Program is subject to change and all suggestions are welcome.

Leader: Joanne LaFramenta

Dates: Sept. 20, 2009, Oct. 25, and Nov. 29

Time/Places: see above

Indoor Rock Climbing

Ever wanted to learn to top rope, belay, boulder, smear, heel hook, or toe hook? Do so in a no-pressure environment with an experienced climber. No experience necessary and adults of all ages and fitness levels welcome. Free safety course with cost of admission to Gainesville Rock Gym (*see www.gainesvillerock.com for info and prices*). Wear comfortable clothes, shoes are rented from GRG. Come to as many sessions as you wish. If you're not comfortable with heights, stay on the bouldering courses.

Leader: Lea Galigani

Dates/Times: 6:00 to 8:00pm on Mondays: Sept. 21, Oct. 5
& Oct. 26. 2:00-4:00 pm on Fridays: Oct. 2 & Nov. 6

Place: Gainesville Rock Gym, 704 S. Main St., meet inside the gym

Third Monday Project Night

Have a project you'd like to finish, or want to start a new one? Come on the third Monday of the month to work with like-minded people. Examples: quilting, knitting, scrapbooking, painting, or any other projects you can bring to work on in the kitchen.

Leader: Sue Hartman

Dates: Mondays, Sept. 21, Oct. 19 & Nov. 16

Time: 7:30 pm

Location: Kitchen

Limit: no limit

Lunch and Fabric

Destination: A converted Coca Cola bottling plant housing Suwannee River Quilt Shop and Suwannee Rose Café. After browsing through 5,000 bolts of fabrics, a library of books pertaining to fabric arts, and the store's extensive supplies, and gifts, we will enjoy lunch together at Suwannee Rose Café. Soups, quiches, salads, and sandwiches are available, along with not-to-be-missed fresh pastries. After sharing food and talking about our latest or upcoming sewing/cross stitch/quilting etc. projects, some may choose a stroll to the nearby Suwannee Valley Stained Glass Gallery and Suwannee Valley Antique Shop, while others may return home. We will plan to head back between 1:00 and 1:30.

Leader: Pat Morse

Date: Saturday, Sept. 26

Time: Meet at UCG at 10:30am, carpool to Suwannee Valley Shoppes in Trenton

Sunday Afternoon at the Movies-Films, Food, Fellowship

Let's go to the Hippodrome on Sunday afternoon and watch a film together. After, we'll have an early dinner at a local restaurant for fellowship and a chance to talk about the film.

Leaders: Reisa & Paul George

Dates: Sundays, Sept 27, Oct. 18, Nov. 15, Dec. 6

Time: 2:30 pm

Place: Hippodrome Theater

Full Moon Canoe Paddle

We'll put in at Powers Park on Hawthorne Road and paddle into Newnan's Lake in time for a beautiful sunset and moonrise. Feel free to bring a sandwich and beverage to enjoy as a picnic on the water. Everyone must have a life-vest and a flashlight or portable beacon. Best to wear synthetics and water sandals. Bug spray needed when taking out of the water after dark. No bugs out on the lake.

Leader: Tom Stevens

Date: Saturday, Oct. 3

Time: 6:30pm, sunset at 7:13 pm

Place: Powers Park on Hawthorne Road

Limit: no limit

Harvest Moon Rising Drum Circle

Come enjoy the fall moon and the magic of the prairie while the cranes are wintering here. Join us to drum at Kanapaha Prairie which has provided shelter for many, including the Seminoles. It is likely drums have already danced with the moon on this spot. Perhaps this will be a time to reflect upon the fruits of this season and give thanks as we celebrate the rising of the Harvest Moon. Or perhaps it is a time to reconnect with the fertility within and witness your own inner fertility of kindness, compassion for others or your own individual beat. Or maybe this is a time to harvest the joy of fun and fellowship through drumming.

Leaders: Mary Fukuyama, Connie Caldwell, Jackie Davis

Date: Monday, Oct. 5

Time: early arrival 6:30 pm (twilight) for those who haven't been to Janet's house before. Drum circle starts at 7:00 pm

Bring: Snack, chair, insect repellent, playfulness. Drums and s'mores provided.

Location: At the home of Janet Karlix; directions will be e-mailed to participants.

Overnight Kayaking Trip

The goal of this small group is to learn a technique for increasing our inner strength through visualizing ourselves in a powerful, joyful experience. We will develop such an experience by sea kayaking the waters around Cedar Key. We will use simple meditation to focus our awareness on where we need to strengthen our personal power. Then we will kayak several different marine environments and using our power of observation, create a memorable experience that can be tapped into later to heighten our confidence and inner strength. Engaging our senses and exerting energy in a reflective, but fun-filled way can create a powerful vision of personal strength that is useful in achieving the life we want to lead. **PLEASE CONSIDER:** *This is a moderately strenuous trip and if you are not fit, you may have difficulty. Paddling and swimming experience is necessary, so use your judgment about committing to this trip. The longest estimated paddling time is a little over 3 hours.*

GEAR: Everyone will be responsible for transporting their own kayaks and gear to Cedar Key. Sit on Tops should not have any problems, but remember you will be exposed, so dress for cold and getting wet. Personal flotation is required by law.

WHAT ARE WE GOING TO DO? We will begin with a group meditation session on Saturday at the Island Hotel. Following this session we'll be taking the scenic paddling route to Atsena Otie during the "magic hour" when the setting sun casts the island flora and fauna in a wonderful golden light. We'll start at the town beach and paddle across the channel to the island's quiet southwest side. This is a great beach-combing and swimming spot that dolphin like to visit too. Next, we'll cruise through the middle passage to visit eagle and osprey nesting areas, and include a stop at the ruins of the Eberhard-Faber pencil slat mill. A short walk will reward history buffs with a stop at the old cemetery that contains a prehistoric burial site and late 19th and early 20th century settler's headstones. Then we'll pause to watch the sunset with wine and cheese before returning to the beach. Dinner will be at one of the local quality restaurants. On Sunday morning, we will paddle to the quiet waters northeast of town near Scale Key. This area is populated with small

coves that shelter all kinds of wildlife including redfish, spoonbills, and porpoise. We should be off the water around noon. ***more details about lodging, rainout, and wildlife by email*

Leaders: Matt and Ellen Dube

Date: Saturday and Sunday, Oct.10-11

Time: 2:00 PM October 10th

Place: Island Hotel, 2nd Street

Limit: 8 Participants

Swing Dancing

Simple swing dancing is fun and easy. Three weeks with experienced teacher Richard Nalli at the Boltin Center can get you moving and confident. The cost of the classes is \$7 per lesson. If you'd like to be part of this lively group, contact Tricia Gregory at nutricia@cox.net or 352-377-6762.

Leader: Tricia Gregory

Dates: October 20, 27th, and November 3rd

Time: Meet at Harry's for supper at 5:30, dancing at 7:00pm

Place: Thelma Boltin Center

A Three Session Poker Adventure

Learn to play poker or just brush up on your skills. The first night will be lessons and free play. The second night will include a brief review and a very inexpensive (\$5) game of Texas Hold 'em. The third night will be an inexpensive (\$10) version of the World Series of Poker! All proceeds will go to UCG.

Leader: Paul George, recent participant in the 2009 World Series of Poker

Dates: Wednesdays, Nov 4, 11 and 18

Time: 7:00pm to 9:00pm

Place: Fellowship Hall

Limit: 20 people

Hawthorne Rail Trail Bike Ride

Come join us for a bike ride on the Hawthorne Rail Trail. We'll meet at the GRU parking lot at 9 am, ride about 1½ hours out and the same back, then have lunch downtown. This is a "no drop" ride: we won't leave anyone behind!

Leader: Pamela and Walter Barry

Date: Saturday, November 14

Time/Place: Meet at GRU parking lot (off SE 4th Avenue and SE 3rd Street) at 9 am

Continuing Book Groups

Mostly Fiction (full)

Leader: Barbara Beynon

Feral Readers (full)

Organizer: Lea Galigani

Dinner and a Good Book

Leader: Lindsey Dedow

We meet the 4th Wednesday evening of the month, rotating between members' homes.

Limit: 2 new participants

Would you like to be in or start another book club? Indicate on the registration sheet, and we'll help get another one started.

No Registration Required

Crystal Bowl Deep Relaxation

Using sound as a focus of attention, the crystal bowls provide an opportunity for deep relaxation for the body and mind. By clearing and balancing the energy centers within the physical body, stress is reduced both physically and mentally. Come relax, and enjoy the return to balance with this gift you give yourself. The effects are cumulative and relaxation becomes easier with practice.

Bring a pillow and cover to stretch out on the floor for a deeper experience. The sanctuary provides the perfect sacred environment for our journey together.

Leader: Cindy Bergbower

Dates: Sundays, Sept. 13, Oct. 11, Nov. 8th

Time: 7:30-8:30 PM

Place: UCG Sanctuary

Contra Dancing for Everyone!

Did you enjoy Contra Dancing at Retreat, or wonder what you missed? Contra dance is simple walking patterns to live music. Join in the fun at the Thelma Boltin Center. Wear flat shoes that slide easily and lightweight clothing. Admission is \$7.00 for adults, 21 and under \$5.00. ***RSVP at jba5540@yahoo.com if you plan to come*

Leader: Julie Anspach.

Dates: Sundays, Sep 6, Oct 4, Nov 8, Dec 6, Jan 3, Feb 7, Mar 7

Times: Lesson is at 3:30 pm, dancing from 4:00-7:00pm.

Location: Thelma Boltin Center, 516 NE 2nd Ave

Unemployment Support Group

This group meets on Wednesdays at 3:00pm at Coffee Culture, 2020 NW 13th Street. For more info, email Scott Winzeler at winzellerscott@yahoo.com.

Overnights & Retreats

Men's Fishing Trip, October 10 & 11

The Men's fishing trip is Saturday October 10 and Sunday October 11. We leave Gainesville early Saturday afternoon for Crystal River and stay at the Days Inn. We will have a Men's Seminar, watch the UF/LSU Football game and have dinner at Charlie's Fish House. Sunday will be a day of deep sea fishing aboard the "Thunder" fishing vessel out of Hernando.. The cost is \$125 which includes everything except dinner Saturday night and live bait. There is a limit of 28 so sign-up when **registration begins on Sunday Sept 6.** For more information e-mail Mike Chance at mdchance@hotmail.com

Women's Overnight, February 6 & 7

Episcopal Conference Center, Live Oak. Information will be available in the November newsletter

All-Church Retreat, April 23 – 25

Lake Yale