

Adult Small Groups



**In Spirit &
Community**

Fall 2010

United Church of Gainesville

Spiritual Exploration

The Bible Challenge: Read the Bible in Eight Months

Do you love tales of love, betrayal, fighting, and travel? Have you toyed with the idea of reading the Bible, cover to cover, but were afraid you might not complete it? Here's your chance! The Bible Challenge will read the entire old testament/Hebrew Bible over the next eight months. This is more of a support group than bible study. We'll read 150 pages (using the Good News Bible) per month, and meet to discuss it. In between our meetings we'll have group emails, lunch dates, etc. to discuss the exciting tales we'll read. Skip the "begats"! And join us!

Leaders: Jackie Davis and Anne Taylor

Dates: Second Sunday of each month, October-May

Time: 11:00 am

Place: Seminar A, UCG

The Practice of Mindfulness: Cultivating Peace and Joy in Ourselves and Our Community

"Mindfulness protects us, our families, and our society, and ensures a safe and happy present and a safe and happy future." – Thich Nhat Hanh

Being mindful is to be fully present, enjoying the people we are with, and being aware of our interconnectedness with all forms of life. Practicing mindfulness helps cultivate understanding, love, compassion, joy, and peace. During this time together we will enjoy guided sitting meditation, walking meditation, and other practices that help us to be solid, calm, and peaceful. There will also be time for mindful conversation with one another. No experience with mindfulness or meditation practice is necessary.

Leader: Mark Burlingame

Dates: Thursdays, October 7, 14, 21

Time: 7-8:30pm

Place: UCG Chapel

Limit: 15 participants

Empire and Apocalypse: A Study of Revelation

The book of Revelation is one of the scariest and most confusing in the Bible. Images of dragons and rivers of blood seem irrelevant at best, and contemporary interpretations which tie the end of the world to the rise of the UN are downright frightening (and hilarious). This BYOBible study will explore the strange and exciting world of Revelation and ask what lessons it might hold for us. We will give special attention to anti-empire and liberationist interpretations of Revelation. Yes, you need a Bible.

Leaders: Vince Amlin and David Dean

Dates: Thursdays, October 14-November 4

Time: 7-8:30pm

Place: UCG Library

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, November 30, December 7 and 14

Time: 6:30-7:30pm

Place: UCG Sanctuary

Personal Growth

Alzheimer's and Dementia Support Group

This support group for caregivers and family of those with Alzheimer's or other forms of dementia will offer information, resources, opportunities for sharing, and a network of support. This is an ongoing support group and open to the public as well.

Leaders: Linda Everitt, Rachele Amlin, Claudia Barrett, and Fonda Eyer

Dates: 3rd Tuesdays, ongoing

Time: 7:00-8:00

Place: UCG Library

Consider the Lilies: Psychological and Spiritual Resources for Dealing with Anxiety

Anxiety is part of the body's natural response to stress, but for many people anxiety can become an intrusive and unwelcome part of everyday life. This group is open to anyone who feels affected by anxiety or worry. We will share our experiences and explore psychological and spiritual resources for coping with anxiety.

Leader: Vince Amlin

Date: Tuesdays, September 14, 21, and 28

Time: 6:30-7:45pm

Location: UCG Chapel

Limit: 10 participants

Life is Attention...Life is a Tension

What are the life issues that you encounter with your partner? At work? As parents? As children of aging parents? With your health? If you are adjusting to a series of stressful events, coping with intense emotions and living once again "with a purpose" can seem like a daunting challenges. But our lives are defined by what we pay attention to, and what we fail to give our attention to... in other words, *You are what you attend to*. This workshop/seminar will have you consider "to what" you give your attention. Three Morita life principles will be introduced to help attendees look at the quality and focus of their attention. This (fun) workshop will offer individual and small group activities.

Leader: Gretchen Howard

Dates: Mondays, September 20 and 27

Time: 7:00-8:00pm

Location: UCG West Wing

Limit: 3-25 participants

MB - GPS for Couples

Using learnings from the Myers-Briggs Personality Type Indicator as a touchstone, we will find ways of understanding who we are so we can get to where we want to be as a couple. In our personal relationship, we (Larry and Sandy) find these insights to be helpful, like a GPS, when we get lost or stuck over issues and decisions that shouldn't be so hard to resolve. We promise that this will be a fun and interesting workshop with your spouse/partner. And from 5:00 to 5:30, we'll relax over wine, juice and appetizers. Note that you need to take the Myers-Briggs Inventory before you come. You may pick up copies in the church office or access it on-line at:

<http://www.humanmetrics.com/cgi-win/JTypes2.asp>.

Please bring an appetizer or a beverage to share. Child care is available; please sign up when you register.

Leader: Larry and Sandy Reimer

Date: Sunday, September 19

Time: 3-5:30 pm

Location: UCG West Wing

Dreams: The Language of the Soul

This 7-week group will explore dreams as the language of the soul and dream-work as a spiritual practice. Alice will bring to bear her knowledge of Jeremy Taylor's techniques, as well as extensive training in gestalt therapy and psychodrama to help participants begin to understand their own personal symbolologies and to capture their dreams. Please only sign-up for this group if you can commit to all 7 weeks.

Leader: Alice Martin

Dates: Sundays, September 5-October 24

Time: 5-6:30

Location: Seminar A, UCG

Limit: 10 participants

Going Deeper: Dream Interpretation through Enactment

Come explore a tool for drawing meaning and insight out of your dream-time. This is an experiential workshop in which we will enact participant's dreams using the tools and techniques of psychodrama therapy. This method builds well on the work of Jeremy Taylor. No previous dream interpretation or psychodrama experience is necessary but you must be willing to be an active participant. Since this work relies on the synergy of the group, we ask that you commit to being there for all 3 sessions.

Leader: Salina Briseno-Kiker and Ann Gill

Dates: Sundays, October 17, 24, and 31

Time: 12:30-2pm

Location: UCG West Wing

Limit: minimum of 5 participants, no max limit

Dreamwork

This dream group will explore the deeper meaning of our own dreams using Jeremy Taylor's approach as described in his Dreamwork Tool Kit. This interactive approach allows not only the individual dreamer, but all participants in the group with an opportunity to gain greater insight into their own unfolding spiritual path. Participants are encouraged to bring a dream to present to the group, and we hope to process at least three dreams per evening. There is no requirement to present a dream, however, as the interactive nature of the group often results in personal "ahas"!

Leader: Trish Peterson

Dates: Wednesdays, November 3, 10, and 17

Time: 7:30-9:00pm

Location: Seminar A, UCG

Limit: 10 participants

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. Sign up to receive email reminders for upcoming gatherings or changes of plans.

Leader: Cindy Bergbower

Dates: 2nd Sundays: Sept. 12, Oct. 10, Nov. 21 (3rd Sunday)

Time: 7:30-8:30 PM

Place: UCG Sanctuary

Arts, Fellowship & Recreation

Friends Over Fifty

We meet to share lunch and outdoor walks on these three Sunday afternoons. The first gathering will take place at the LaFramenta's with a walk at nearby Ring Park. Then the group will decide about subsequent locations.

Leader: Joanne LaFramenta

Dates: Sundays, Sept. 19, Oct. 17, Nov. 21

Time: after the second service

Location: 1st gathering at the LaFramenta's

Limit: 20

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.

Note the early start date!

Leaders: Reisa & Paul George

Dates: Sundays, Sept. 26, Oct. 24, Nov. 14, Dec. 5

Time: 2:30pm

Place:Hippodrome Theater

Bridge Group

Whether you are just beginning or have already mastered the game of bridge, come enjoy 5 fun evenings of card playing at the Rose's.

Leader: Vivian Rose

Dates: Thursdays, Sept. 2-30

Time: 7-9 pm

Location: Vivian and Jerry's home (directions to be sent)

Limit: 12 participants

Cedar Key Kayak Trip

This sea kayak trip for experienced paddlers will explore some interesting marine environments around the Cedar Keys. The Keys are wonderful for birding and photography, and we will make stops for both activities. This is a day trip and we will spend about 4 hours on the water. There will be opportunities for swimming, beach combing, and a walk through a historic cemetery as we wend our way from Atsena Otie to the backwaters behind Fenimore Mill. Open to adults 18 years and older.

Leader: Matt Dube

Date: Sunday, October 3

Time: 9am

Location: meet at Town Beach, Cedar Key

Limit: 8 adults

Drum Circle

Beginners and experienced drummers are welcome to the drum circle. Bring your own drum, or use one of ours. Some simple instructions, then we'll make some wild and beautiful music.

Leaders: Connie Caldwell and Mary Fukuyama

Dates: Sundays, October 10 and November 14

Time: 7-9pm

Location: TBA- will be announced by email

Birding on the Prairie

Grab your binoculars and join us at LaChua Trail, one of the best birding spots in the county. We expect to see many of our beautiful resident birds as well as many of the birds who spend the winter with us in retreat from the cold up north and should spot some of the earliest arriving Sandhill Cranes who spend just a little over two months with us each winter. Beginning and experienced birders are welcome.

Leader: Anne Casella

Date: November 20

Time: 8am

Location: LaChua Trail (Alachua Sink, Paynes Prairie)

Limit: 15 participants (binoculars recommended)

UCG Live Poets

Yearning to be poetic? Never quite understood how to read poetry? Always wanted to read poetry out loud? Want to share a poem you wrote? This group will explore all possibilities. *Ten Poems to Last a Lifetime* by Roger Housden will be our guide, but not our authority, as we develop the time together. A list of the poems will be provided, or you may purchase this small book on your own. Used books at bargain prices available from Amazon.com.

Leader: Jessica Elkins

Date: 1st and 3rd Tuesdays, October 5-December 7

Time: 7-8:30pm

Location: Seminar A

Euchre! Euchre! Euchre!

Those of you who hail from Michigan, Ohio, or Indiana already know the card game phenomenon that is Euchre, but if you hail from some other part of the country, you'll find this game easy to learn and fun to play. Come enjoy 3 evenings of relaxation and recreation!

Leader: Beverly Sleeper

Dates: Wednesdays, September 8, 15, and 22

Time: 7:00

Location: UCG West Wing

Piano Fun: Not Your Mother's Piano Lessons!

Never had lessons and would like to explore playing an instrument? In 6 - 8 hourly sessions we'll have fun while covering basics of rhythm patterns, melody playing, musical symbols, and how to navigate a keyboard. Access to a piano or keyboard for playing at home is necessary. Some loaners are available. Class schedule to be determined by participants from mornings through early afternoon or evenings. Pat has taught music to all ages: infants to seniors!

Leader: Pat Morse

Date/Time: Date and time TBD by the group

Location: Pat's home (directions sent by email)

Limit: 6 participants

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 Walt Barry

Date: November 13

Time: 9am

Location: parking lot at SE 4th Ave and SE 4th St

Stadiums Are for More Than Football!

Have you ever wondered why hundreds of people visit the football stadium on the UF campus every evening? They are there to enjoy the multitude of exercise opportunities available in the stands, throughout the ramps and the walkways. We will explore as a group the many ways to climb up and down, jump, twist and turn in the stadium. So come on out and de-stress after sitting in front of a computer all day. All fitness levels are encouraged. No affiliation with UF needed. (Warning: doing stadiums can be habit forming)

Leader: Erick Smith

Date: Tuesdays, October 12, 19, and 26

Time: 5:30-6:30pm

Location: Ben Hill Griffin Stadium

Food for Thought Book Group

Combining our love of books and our love of international food, we propose a book group where we all read a book and meet to discuss it over dinner at homes throughout the Gainesville area. The menu will be potluck but with a theme related to the author of the book the group has chosen (i.e., an Indian author would suggest Indian food, a Chinese author a Chinese menu; Barbara Kingsolver, vegan and perhaps homegrown food).

Leaders: Sal and Lilliam Pancorbo

Dates: 2nd Fridays, ongoing

Time: 7:00 pm

Location: rotates between group members

Limit: 16 people- men and women encouraged!

Continuing Book Groups

Mostly Fiction (full)

Leader: Barbara Beynon

Feral Readers (full)

Organizer: Lea Galigani

Dinner and a Good Book (full)

Leader: Alyson McElwain

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 Sign-Up Necessary

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 and Betsy Harris

Dates: 3rd Mondays: Sept. 20, Oct. 18, Nov. 15, Dec. 20

Time: 6 pm

Location: Kitchen

Weekly Meditation

Our weekly Sunday morning meditation time is a peaceful and powerful way to begin your week. This time is used primarily for silent meditation in our beautiful chapel space with leaders occasionally focusing reflection around a short reading. This group provides a quiet, sacred space for all UCG members. No sign-up is necessary, and everyone is welcome.

Leaders: Leadership rotates each week

Dates: Every Sunday (unless otherwise announced)

Time: 8:30-9:00

Place: UCG Chapel

Overnights & Retreats

Men's Overnight

The Men's Overnight gathers men of all ages for two days of spiritual formation and recreation. This year's retreat will take place on November 6th and 7th at the Montgomery Presbyterian Conference Center. Watch upcoming newsletters for more details.

Registration for Adult Small Groups

After registration ends, an email will be sent to all participants to indicate which group(s) you are in; then the group leader will contact participants directly. If you need any additional information, please contact Vince Amlin at vincea@ucgainesville.org

Please print:

Name _____

Email _____

Phone _____

Date and time of registration _____

Please check your calendar to assure that you are available for each session. Members of UCG, official friends and actively participating visitors have priority.

Registration deadline is Sunday, September 5th

This group of Adult Small Groups was developed by Vince Amlin with special thanks to Sandy Reimer, Alyson McElwain and Lisa Goldstein



Interested in Helping to Plan the Next Round of Small Groups? Email Vince Amlin at vincea@ucgainesville.org.

Adult Small Groups (fill out and tear off):

- _____ The Bible Challenge: Read the Bible in 8 Months
- _____ The Practice of Mindfulness
- _____ Empire and Apocalypse: A Study of Revelation
- _____ Contemplative Prayer
- _____ Going Deeper: Dream Interpretation thru Enactment
- _____ Dreams: The Language of the Soul
- _____ Dreamwork
- _____ Consider the Lilies: Dealing with Anxiety
- _____ Alzheimer's and Dementia Support Group
- _____ Life is a Attention...Life is a Tension
- _____ MB-GPS for Couples
- _____ Crystal Bowl Deep Relaxation
- _____ Friends Over Fifty
- _____ Sunday Afternoon at the Movies
- _____ Bridge Group
- _____ Cedar Key Kayak Trip
- _____ Drum Circle
- _____ Birding on the Prairie
- _____ UCG Live Poets
- _____ Euchre! Euchre! Euchre!
- _____ Piano Fun: Not Your Mother's Piano Lessons!
- _____ Hawthorne Rail Trail Bike Ride
- _____ Stadiums are for More than Football
- _____ Food for Thought Book Group
- _____ New - Forming book club
- _____ will lead or organize a new book club