

FALL 2018

GENTLE YOGA

Dates in November TBA (Chapel)

Led by Colleen Munson

Weekday yoga for all abilities and bodies, led by an experienced teacher.

EXAMEN

First Sundays 9:30 a.m. (Morgan Classroom)

Led by Jesse Anderson

The *Daily Examen* is an Ignatian technique of prayerful reflection on the events of the day in order to detect the presence of the holy in our daily lives.

NEW MEMBER CLASSES

First Sundays 12:00 (Chapel)

Led by Rev. Sarah Stewart

Four monthly classes to orient people who wish to become members of First Unitarian Church. We'll discuss spirituality and the meaning of membership. Lunch provided. Register at minister@firstunitarian.com.



OUR MISSION

In loving fellowship, we strive to

Honor the sacred

We worship together in the sacred space of our sanctuary through the spoken word and music. We are committed to nurturing the spiritual lives of our children.

Connect with each other

We choose to live in community. We are called to be present to one another in suffering, to risk being uncomfortable, and to celebrate the holy in each other and in the world around us.

Serve justice

We are committed to standing on the side of love and justice for our fellow human beings and all the earth. We are committed to caring for the global environment and future generations.

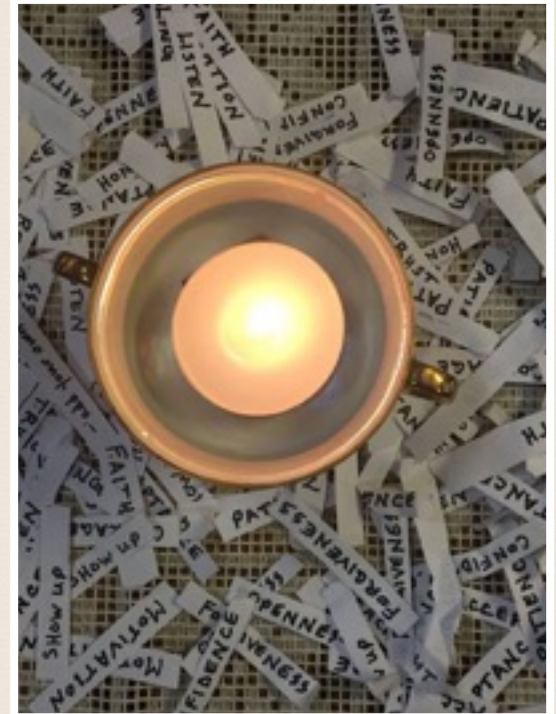
FIRST UNITARIAN CHURCH

90 Main St., Worcester, Mass. 01608

(508) 757-2708

www.firstunitarian.com

ADULT FAITH DEVELOPMENT



First Unitarian Church
Worcester, Massachusetts

Worship
Connection
Service



ADVENT SERIES: REAL GIFTS

Nov. 30, Dec. 7, Dec. 14, Dec. 21
12:00 (Dining Room)

Led by Rev. Barbara Merritt, Rev. Sarah Stewart and Andrew Coate

The real gifts of Christmas are not anything that we buy at a store. They are the virtues found in character, community and connection to the divine. Bring a lunch and join in a spiritual discussion for Advent.

FAITH LIKE A RIVER: UU HISTORY

Third Sundays 12:00 (Chapel)

Led by Andrew Coate, Ministerial Intern

Faith Like a River explores the dynamic course of Unitarian, Universalist, and Unitarian Universalist (UU) history—the people, ideas, and movements that have shaped our faith heritage. It invites participants to place themselves into our history and consider its legacies. Drop-ins welcome, but please attend the first session on October 21.



DIVERSE SPIRITUAL EXPERIENCES

FALL 2018

THE SPIRITUAL DIRECTION OF OUR LIVES

First Mondays 6:30 to 8:00 (Chapel)

Led by Rev. Sarah Stewart

We find our spiritual direction in solitude, in prayer, in community, and in service. This monthly discussion will invite us to explore these areas of our lives, and deepen our connection to the sacred, using the writings of Henri Nouwen.

VOICES AMONG US

Fourth Mondays 6:00 potluck (Dining Room),
7:00 presentation (Chapel)

Coordinated by Lee Reid

Each month, a member of First Unitarian Church presents on an area of their expertise. Gather for an optional potluck and stay for the discussion. Our diverse membership has many fascinating experiences to share.

HARVEST THE POWER

Second Mondays 6:30 to 8:30 (Chapel)

Led by Rev. Sarah Stewart and a lay leader

Harvest the Power helps lay leaders grow in spirit as they grow as leaders. The program's 12 workshops offer opportunities for both new and experienced leaders to enrich the skills they bring to their leadership and to experience their leadership journey as a Unitarian Universalist faith journey. Register at minister@firstunitarian.com

LUNCH WITH THE MINISTER

Fridays 12:00 to 1:00 (Dining Room)

Led by Rev. Sarah Stewart

Bring a bag lunch every Friday for conversation, fellowship, and spiritual exploration. We'll consider a short spiritual reading at each week, and ask a centering question about its meaning for our lives.