

## Writers' Circle

Facilitator: Valerie Nielsen  
First Wed. of each month.  
9:30-11:30 a.m.  
Church Library



Using various exercises we write together on a variety of topics and then share if we choose. The group offers a safe, supportive atmosphere. Writers are invited to bring manuscripts they are working on, if they wish feedback.

In our group we have writers with all levels of skill from novices to professionals, and all are included. New members are welcome.

For further information, contact Valerie Nielsen at 905-643-5425 or email [valerie01@sympatico.ca](mailto:valerie01@sympatico.ca)

*To live happily is an inward power of the soul.*  
Marcus Aurelius

*Who loses a day loses life.*  
Ralph Waldo Emerson

## Weekly Tai Chi

Facilitator:  
Mark Fenton  
Mondays, 7-8:30 pm



Tai Chi is an ancient Chinese stress management technique and moving meditation. It offers spiritual self-development, gentle relaxation and health improvement. Beginners can join at any time.



## Young Adult Potluck and Spiritual Gathering

Coordinator: Kate Hicks  
2nd Sunday of the month, 5-8 p.m.

A potluck social and spiritual discussion group for members, adherents or friends of First Unitarian who are in their 20's or 30's. Please join us. Childcare will be provided. To find out more contact Kate Hicks at 407-1294  
email: [youngadult\\_sasc@yahoo.ca](mailto:youngadult_sasc@yahoo.ca), or join our Facebook Group.

## How to Register

Look for signup sheets on the main bulleting boards or call the contact person.  
Registration helps us plan.  
**Or just show up.** In most cases, you are welcome to simply show up.



The First Unitarian  
Church of Hamilton  
170 Dundurn St. South  
Hamilton, ON L8P 4K3  
905-527-8441

## Adult Religious Exploration Committee



## Ongoing Adult Education Programs

Programs are open to all members, adherents and visitors.



## Drumming Circle: Come Drum With Us

Facilitator: Eduardo Cordero  
Every Friday 7-9 pm  
Fellowship Hall

Anyone can drum. Drumming appeals to our sense of rhythm. Drumming gets us out of our heads. It is a relaxing, meditative group activity. If you don't have a drum, there will be extra drums available. The Hamilton First Unitarian Church Drummers were formed over two years ago. The number of drummers attending has increased as well as the skill and enjoyment of the drummers. The drummers are very proud of having been invited by the "Grandmothers of Africa" to play for several fundraising events in Hamilton, Oakville and Troy. For further information contact Eduardo at 905-548-5111.

My drumming is always an experiment.

Pat Mastelotto



## Food for Thought Book Discussion Group

Coordinator: Dawn Ludbrook  
905-627-4896  
3rd Monday 7:30-9:00 p.m.  
(except as noted)  
Church Library

Hope you can join us for a lively, informative, easygoing discussion. All are welcome!

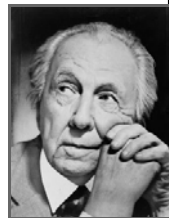
Sept. 19  
*Annabel*  
by Kathleen Winter



Oct. 18  
*The Beauty of Humanity Movement*  
by Camilla Gibb

Nov. 21  
*Room*  
by Emma Donoghue

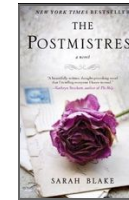
Dec. 19  
*The Sentimentalists*  
By Johanna Skibsrud



Jan. 16  
*Loving Frank*  
by Nancy Horan

Feb. 20  
*Major Pettigrew's Last Stand*  
by Helen Simonson

March 19  
*The Postmistress*  
by Sarah Blake



April 16  
*The Immortal Life of Henrietta Lacks*  
by Rebecca Skloot

May 21  
*The Case for God*  
By Karen Armstrong

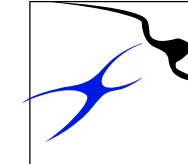
June 18  
Potluck & Choosing of Books



## Lotus Sutra A Reading & Meditations Group

Facilitator: David Zulak  
Wednesdays, 7-9 p.m.  
Starting Sept. 21

This group will study "Peaceful Action, Open Heart" by Thich Nhat Hanh and continue to meet until the book is completed. Limited numbers.



## Spiritual Practices Support Group

Facilitators: Paul Hawkins,  
Ali Steinbergs

2nd & 4th Thursdays of each month.  
10:30 a.m.—12:30 p.m.

This group provides an opportunity to pause and consider the significance of spirituality in our daily lives, to experience a variety of spiritual practices and to share experiences with spiritual practice. Everyone is welcome.

## FUUD—Unitarian Universalists and Our Relationship with Food

Facilitator: Paul Hawkins  
Every Saturday, 9-11 a.m.

A supportive setting where individuals can explore their relationships with food and achieve their own weight management goals in relationship to the Seven Principles of Unitarian Universalism. Group members should commit to attend at least two Saturdays each month. New members may join the group at any time.

