



FIRST CONGREGATIONAL
UNITED CHURCH OF CHRIST · BOULDER



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SMALL GROUPS

FALL 2017

1128 Pine Street
Boulder, CO 80302

www.firstcong.net
303-442-1787

NOTES

Cost \$10 per class, preferred 8 week payment at first class
 Contact Virginia Schultz, arneyschultz@hotmail.com
 Keith Lance, keithlance@comcast.net, 303-466-1860 or
 720-232-5866 (mobile)

YOGA FOR BALANCE

Join our sweet, welcoming small group for a midweek adjustment of your body, mind and spirit in this ongoing course. Modifications of every pose are offered, so people practicing at all levels are welcome. There is a fee structure that especially rewards regular attendees. A portion of proceeds benefits the church's environmental ministry.

Instructor Diana Shellenberger, diana.shellenberger@gmail.com , 303-485-8460
 Date & time Wednesdays, 5:30-7pm
 Place Grace Gallery, FAITH Center (west end of church basement)
 Price Varies, between \$10-15 per lass, with best value for regular attendance

WHY ARE SMALL GROUPS IMPORTANT?

In a congregation our size, small groups are the primary way for people to connect with others while pursuing spiritual transformation in their lives. Small groups are a way of building an interconnected community, one in which we foster opportunities to sojourn together. When we nurture intentional relationships with one another, we embody a relational God – a God made known in the life and ministry of Jesus, who reminds us that wherever we gather in small numbers, the Christ Presence is with us.

All of our small groups embody four important values: Inviting, Growing, Connecting and Serving. Some groups may emphasize one value over another, but each group seeks to incorporate all four values. For example, while a book study group may be primarily about *growing* spiritually and intellectually through a book, it is also intentional about *inviting* others to join the group, *connecting* with one another to build community, and *serving* others through outreach.

Small Group Fair Oct 1

We have three kinds of small groups: Small Groups & Ministries (Bible studies, fellowship groups, discussion and support groups); Mission & Christian Social Action Groups (ongoing groups focused on service, social justice and inclusion); and Classes & Workshops (learning opportunities with professional instructors for nominal fee).

We hope the small group offerings at First Congregational Church will help you to discover and enrich your faith, to discern and use your gifts, and to build community within our congregation. Look through the many offerings, find something of interest to you, and get involved. **Sign up at the Small Groups Fair on Sunday, October 1 following both services, [online](#), or call/email the facilitator listed.**

If you have an idea for a future small group, or are interested in leading a group, contact our Small Groups Coordinator, Susan Wilkinson, at 303-772-3531 or suemacnutson@gmail.com. You may also contact Pedro Silva, Associate Pastor at 303-442-1787 x102 or pedro@firstcong.net.

“Where two or three are gathered together in my name, there am I in the midst of them.”

-- Jesus (Matthew 18:20)

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CLASSES & WORKSHOPS

GODDESS YOGA:

AWAKENING THROUGH THE CHAKRA SYSTEM

In this 8 week series, you will learn basic yoga poses and breathing that open and cleanse the chakras in your body. Expand your spiritual connection to Divine Love through the Kundalini, the deep feminine, as it’s called in the ancient yoga traditions, by finding the heart opening you’ve always wanted. The heart chakra is the foundation of yoga and is the focus of chakra opening and cleansing. By grounding through and clearing the chakras, you awaken your inner wisdom and move towards greater consciousness and healing. Each class will focus on a chakra or group of chakras and is designed to enhance your ability to access and utilize your body’s inner wisdom and heart connection—to find a deeper and more loving connection with yourself.

Open to men and women. All levels welcome but will be focused on teaching basic poses and breath practices so beginners are welcome and encouraged to attend.

CHECK OUT GODDESS YOGA: FREE CLASS September 29th 12 noon /Early Bird Price ends. No class October 6th.

Instructor	Donna Roe Daniell, LCSW, RYT
Date & time	Friday 12:00 - 1:15 pm Series starts October 13 (Thru Dec. 1)
Place	Grace Gallery, FAITH Center (west end of church basement)
Cost	Payment by Series at \$96 / Early Bird is \$80 (\$10 per class) Drop-in price is \$13 per class - If can't make all classes
Contact	Donna Daniell, donnalcsw@gmail.com, 303 682-5220

TAI CHI AT FIRST CONG

Looking for a way to meditate and, at the same time, improve your muscle strength, flexibility, and balance? Tai Chi is a gentle, non-strenuous way to build a stronger body-mind-spirit connection. First Cong's long-running Tai Chi class led by Virginia Schultz meets on Mondays from 10 to 11 a.m. in the Chapel in the FAITH Center. Be advised to dress in loose clothing and light footwear (in a pinch, bring your slippers!) for maximum comfort. Designed for everyone from beginners up--this class is a wonderful way to start the week. You can start the Tai Chi class at any time.

Instructor	Virginia Schultz
Date & time	Mondays, 10-11 am, Sept. 25 - Nov.13
Place	Chapel, FAITH Center

MENTAL HEALTH / A2A MINISTRY

This group’s mission is to help our church extend God’s extravagant welcome to all persons, seeking to understand, include, and empower people with all differing abilities and disabilities, apparent or unapparent. We work to reduce the stigma around disability and mental illness by providing educational opportunities, resources, and spiritual support for those many people who live with a disability or a mental illness and for their families and friends. We meet monthly to develop programs, provide resources, and host conferences and conversations in our church on disabilities and mental illness.

Date & time Third Tuesdays, 7pm
Place Heritage Room, FAITH Center
Contact Anne Weiher , anne.weiher@gmail.com, 720-839-4139

SOUP KITCHEN

We set up and staff a warm lunch to those in need in our community one Sunday a month. Give yourself a special birthday gift by volunteering for the 4th Sunday of your birthday month, or choose another month. We encourage families to volunteer. Contact us at the email below and we’ll send you a website sign-up link to volunteer.

Date & time 4th Sundays
Place Plymouth Hall
Contact soupkitchen@firstcong.net or via [Quick Links](#) on The FCCB Weekly Update

TRAINS OF THE CARING MINISTRIES

Looking for ways to be helpful in the First Congregational UCC family? Board of Parish Life operates three caring ministries called

THE MEAL TRAIN (providing meals to members in times of need)

THE CARE TRAIN (sending cards or making phone calls to members in time of need) and THE RIDE TRAIN (providing rides to church or appointments to members who need this help). You will receive email notification and specific information as needs arise among church members. If you are able, you can respond and make a difference. Signups to participate in these “trains of caring” will occur during Fellowship Hour or by calling Carol Green or Gail McDougle, Co-Chairs of the Board of Parish Life.

Contact Carol Green (802-363-1868)
Gail McDougle (720-226-8337)

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SMALL GROUPS & MINISTRIES

ARTS MINISTRY

The Arts Ministry's mission is to create, encourage and promote opportunities for people to experience and explore the dynamic flow between spirituality and the arts. The arts are understood to include visual arts, dance, music, drama, creative writing or any other art form the Arts Ministry wishes to include in furthering its mission. The Arts Ministry offers three major areas for involvement:

Exhibitions - Bring rotating art into the building for congregational and community viewing; plan and install exhibitions; host First Friday opening receptions.

Worship - Provide fabric art and other visual art for sacred spaces; plan visual installations in the sanctuary; encourage use of drama and liturgical dance in worship.

Workshops - Provide experiential opportunities for non artists and artists to learn and grow; sponsor an artist in residence program at the church to enrich the congregation; offer educational opportunities to highlight various art forms, practices and media.

This Ministry is open to anyone who has an interest in participating in any of these activities. You need not be an artist.

Contact	Cindy Mueller	cynthia.k.mueller@gmail.com
	Bonney Forbes	bonneyforbes@gmail.com
	Alma Alber	almaalber@comcast.net

BIBLE STUDY

INVITATION TO GENESIS

"In the beginning . . ." These are the first words of Genesis, the first book of the Bible. We know them as the first words of the creation story, but it can also be said that book of Genesis is all about creation, the creation of the world, what went wrong with it, a new creation with Noah, and the creation of a people - Adam and Eve, Abraham and Sarah, Isaac, Rebecca and Rachel, Jacob and Esau, Joseph and his brothers. While our congregation spent time together in some of the stories of Genesis in worship over the summer, this Bible study is an invitation to go back, to look at them again, to learn the stories we didn't touch on, and to read and reflect on the whole of Genesis. \$10 covers the cost of the participant study guide from Disciple Bible. Facilitated by John Bisceglia and Chris Braudaway-Bauman, Senior Minister.

CROP WALK

A fun group walk with teams from [Boulder and Broomfield County churches](#) to raise money and awareness in support of our local Community Food Share and Church World Service in the fight to end hunger. We walk because homeless and less fortunate people have to walk to find food, jobs, or get to school or work. We solicit funds from friends, family, relatives and fellow workers who are all more than willing to help feed hungry children. The more walkers we have, the more support we provide to soup kitchens, Bridge House and other food pantries. This year's walk will be held Sunday, October 15.

Date & Time	Sunday October 15, Registration 1:30PM, Walk 2PM
Place	First Congregational Church UCC, Boulder
Contact	Denise Cone, denise.cone@msn.com

ECOMINISTRY

This committee meets once a month on the 2nd Sunday at 12 noon, offers "In Between" forums and "Expanded Forums," provides resources and educational opportunities and resources, works collaboratively with other Environmental action programs in Boulder County (Citizen's Climate Lobby and GreenFaith Circle, a newly launched interfaith environmental action collaborative with leadership and help from the FCC Eco-ministry Team), in the State of Colorado (Eco-justice Ministries, Interfaith Alliance of Colorado), and Nationally (Creation Justice Ministries, GreenFaith, and the national UCC Program.

Saving the Biosphere for sustainable human life by education, engagement, and action is our core vision. Reverence for Life: Love the Biosphere* (*and everything in it) is our spiritual orientation. A sense of urgency is our driving force.

Date & time	Second Sundays, 12-12:59pm
Place	Heritage Room, FAITH Center
Contact	Rob Stuart, frenchborobooks@icloud.com

HABITAT FOR HUMANITY

Our church is a long-time supporter of H4H. Volunteers are always welcomed for work days with the families who will soon occupy the homes. No experience is needed. Visit www.FlatironsHabitat.org to sign up. Remember to purchase your grocery cards during Fellowship Hour, which support Habitat in our community. They are available for King Soopers, Safeway and Natural Grocers.

Card Contact	Liz Hinebauch, hinebauch@comcast.net
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MISSIONS & CHRISTIAN SOCIAL ACTION

Boulder Chapter NAACP

This group, organized with the encouragement and participation of FCC members and staff, meets once a month on the 1st Monday at 6:30-7:30. The NAACP does its work through Committees. At the present time, five are forming: Education, Criminal Justice and Legal Redress, Economic Opportunity and Access, Media Diversity, Civic Engagement. The mission of this group is to work to ensure justice and equality and inclusion for people of all colors. Joining the NAACP is of great value, even if one cannot participate in committees or attend regularly.

Date & time First Mondays, 6:30-7:30pm
 Place Call Rob Stuart for details.
 Contact Rob Stuart, frenchborobooks@icloud.com
 207 479-2938

Citizens' Climate Lobby

The Boulder Chapter of CCL is an affiliate organization of FCC's Eco-ministry committee. This bipartisan organization trains and supports members to speak effectively with elected officials on climate and environmental issues. It works to build political will to frame policies that restore and protect the environment, especially the fragile biosphere that has made earth different from every other planet of which we are aware in the support of an extraordinary abundance of life forms—all mutually interdependent in profound ways. CCL has worked to create the bipartisan Congressional Climate Caucus, which has grown from 12 to 56 members (28 Republicans and 28 Democrats) in the last 6 months.

Contact Rob Stuart, frenchborobooks@icloud.com

COMMUNITY TABLE

FCC provides volunteer assistants to prepare and serve an evening meal open to all in need. We have been serving 90-100 people each week. This is a great opportunity to help others, and helpers of all ages are welcome. There are lots of choices in how to help, from setting tables, to serving, to cleanup, and we have a great time together, too.

Date & time 1st Wednesdays, various shifts between 4:15-6:30p
 Place First United Methodist Church, 1421 Spruce St
 Contact Denise Cone, denise.cone@msn.com

Date & Time Beginning Wednesday, October 18, 5:30 to 6:45 pm, (1st, 3rd and 5th Wednesdays after that for a total of 10 sessions)
 Place Heritage Room, FAITH Center
 Contact Chris Braudaway-Bauman, Chris@firstcong.net

BOOK DISCUSSION: KNOCKING ON HEAVEN'S DOOR, BY KATY BUTLER (2013)

The Ministry of Last Things invites you to participate in a four-week book discussion of *Knocking on Heaven's Door*. You are welcome to join us for any or all of the four sessions.

When does death stop being a curse and become a blessing? Where is the line between saving a life and prolonging a dying? When do you say to a doctor, "Let my loved one go?" Butler's memoir attempts to explore these difficult questions. With a reporter's skill and a daughter's love, Butler describes what happens when our fear of death collides with modern medicine. This exquisite blend of memoir and investigative reporting lays bare the tangled web of technology, medicine, and commerce that dying has become. *Knocking on Heaven's Door* inspires us to consider our own responses to these questions, and will inspire the difficult conversations we need to have with loved ones as it illuminates the path to a better way of death. The book (308 pages) is available at local libraries, in bookstores, and online (Amazon.com, BarnesandNoble.com).

Date & time Sundays: October 22, 29, November 5, 12
 4:00 pm to 5:30 pm
 Place Heritage Room, FAITH Center
 Contact Kathy Dansky, kxd9@psu.edu

BREAKFAST BUNCH

A group of seniors meets weekly for breakfast. Join us - no need to call ahead - just come! This group meets year round and newbies are always welcome.

Date & time Mondays, 8:30am
 Place Parkway Café, 4700 Old Pearl (behind Toyota dealership)
 Contact Mary Greenwald, 303-443-6478,

FAMILY FELLOWSHIP DINNER GROUP

This is an opportunity for families with young children up through elementary school age to gather in fellowship (older siblings are welcome). On one weekend night a month, we will gather for an early evening potluck dinner at the home of one of the group members. There is no planned program, just a chance for FCC parents and children to spend time together, while still getting home for bed-time. If you are interested in being on the email list, contact Allison Tatterson.

Date & Time TBD by Host
 Place TBD by Host
 Contact Allison Tatterson, allison_tatterson@yahoo.com

FELLOWSHIP OF THE GRAPE (FOG)

Fellowship of the Grape (FOG) is an ongoing monthly gathering of over-21 church members or visitors to share wine and get to know each other informally. People volunteer to host at their homes on a monthly basis, and can set a theme, such as wines from New Zealand, California white wines, or anything they choose. Participants bring a bottle of wine and a hearty appetizer to share. Hosts provide space, plates and napkins, and a non-alcoholic beverage alternative. The church provides wine glasses for the event. Sign up to receive email notices, and/or to be a volunteer host. Notices also appear in the Friday Weekly Update. All are welcome!

Date & time 4th Friday of each month, 6-8 pm, beginning September 22. No meetings in November or December.

Place Rotating location, volunteer hosts each month
 Contact Karen Cumbo 970-222-0176 or kjcumbo@gmail.com
 Bob Cutler at 303-819-7695 or rcutler@aceinvesting.com

IMAGING THE WORD:

AN ART LECTONARY APPROACH TO DISCOVERING MEANING FROM THE BIBLE

Over the two millennium of Christianity, visual artists have tried to capture and share their understanding of God and passages of the Bible through their

work. As an exercise in expanding our understanding of the Scriptures, this Adult Sunday School class will reflect on one of the lectionary Bible readings through the artist's lens.

WOMEN'S SPIRITUALITY GROUP

Explore issues of faith and life with a group of supportive women seeking to deepen their awareness and to live with greater wholeness. Make friendships, take time for yourself, and nurture your spirit. This fall we are reading *The Gifts of Imperfection*, by Brené Brown. Books have been ordered and are available at the Boulder Bookstore in the Book Club section at the 11th St. entrance. This is a drop in group; it is not necessary to have read the book to attend. All women are welcome.

Date & time Tuesdays, 12-1:30pm
 Place Heritage Room, FAITH Center
 Contact Susan Pfretzschner, 303 440-6346, susanpf2@comcast.net

WONDER WOMEN

Wonder Women is an ongoing "drop in" group of women who meet twice monthly to share thoughts and experiences on "the meaning of life" after age 60. We typically read from a book chosen by the group. There is no "homework": we read the selections as we begin, then sharing thoughts, experiences and questions. This Fall we will begin with a session on September 21st with Rev Chris on Islam. We will look at the sweep of history and the beliefs of this worldwide religion. Then we will select a book to use for the Fall. All are welcome.

Date & time 1st & 3rd Thursdays, 1:30-3pm
 Place Heritage Room, FAITH Center
 Contact Alma Alber, 303-449-5663, almaalber@comcast.net

THE STORY OF GOD WITH MORGAN FREEMAN

This small group will focus on the second (& shortened) season of the series "[The Story of God with Morgan Freeman](#)". As we did for the first season, the meetings will be in two parts: we will watch one episode from the first season of this thought provoking series (52 minutes) followed by a brief intermission and the second part will be a group discussion of the topics brought up in the episode. This will allow people who've already viewed the episode to attend only the discussion.

Dates & Times Every other Wednesday from 5:15 pm - 6:45 pm, on
October 4th (S2|E1) The Chosen One,
October 18th (S2|E2) Heaven & Hell, &
November 1st (S2|E3) Proof of God.

Place Conference Rm, FAITH Center

Contact Kevin Pettit, kevin.pettit@comcast.net

WHAT IS OUR STORY? FROM FCC TO UCC:

A TWO PART SERIES

Several times a year, after worship, the Membership Committee hosts small welcome receptions for newcomers to meet members of the congregation and staff, and to provide an opportunity to learn a little more about our life together.

Those gatherings are great, but we want to do more to help folks get to know First Congregational Church and the wider United Church of Christ we're a part of – our history, our covenants, our quirks – the ways we understand what it means to be the church and what we mean when we say, "God is still speaking." Whether you are a newcomer or have been a member of our church for years, you are welcome to attend for one or both sessions. Please let us know if you plan to come so that we can plan food and age appropriate activities for kids.

Leaders: Members of the Membership Committee, Gail McDougale, and the Ministers, Chris Braudaway-Bauman

Date & time Sundays, February 11th and 18th from 11:45 am to 1:15 pm

Place Heritage Room

Contact Julie Griffitts julie.griffitts@gmail.com

We will read the selected lectionary text, reflect on its meaning, and view images of artwork depicting that passage. Sometimes this will be from well-known Renaissance Masters, modern Western interpretations, or from completely different cultures. Through this experience, we as a class will not only learn scripture, but we will learn how others have interpreted scripture visually over the ages.

Date & Time 1st & 2nd Sundays 9:30-10:15am

Place Standish Rm, FAITH Center

Contact Mark Meyer, mc_meyer@sbcglobal.net

INFINITELY SIMPLE SUPPORT GROUP

The Mental Health Ministry is committed to the implementation of the Welcoming, Inclusive, Supportive and Engaging (WISE) covenant for mental health in our congregation. We are working closely with Infinitely Simple, a job-driven training and employment social enterprise venture, which provides opportunities to those in recovery from mental health challenges. We will explore putting FCC's WISE covenant in action as we learn about ways to provide practical and spiritual help for Infinitely Simple's vital mission. If you are an accomplished seamstress, quilter, an innovative cook, publicist, salesperson, retail guru, grant writer, or just interested in joining a small but mighty group committed to helping support those with mental health challenges, come check us out!

Date and Time 3-4:40pm on the 1st Tues of the month

Place Heritage Room, Faith Center

Contact Anne Weiher, anne.weiher@gmail.com

KNITTING MINISTRY

If you are interested in learning to knit, or knitting with others, you are invited to join this group. The knitting is simple, and the camaraderie is great. We knit prayer shawls for those in our church community in need of comfort and support in difficult times; baby blankets for new additions to our congregation, and blankets for graduating seniors. Shawls have been made for centuries; they are universal and embracing. They enfold, comfort, cover, wrap, nurture, hug, shelter and beautify, and are symbolic of God's inclusive and unconditional love. Over the last 13 years, we have provided more than close to 250 shawls and blankets to others. Come join us in this fun and rewarding ministry. We mostly knit on our own but come once a month to share the fellowship of knitting together.

Date & time 1st Tuesday, 1:30-2:30pm

Place Heritage Room, FAITH Center

Contact Alma Alber, 303-449-5663, almaalber@comcast.net

MEN'S BREAKFAST

Men gather every Friday morning to satisfy stomachs with juice, bagels and cream cheese. We stimulate brains with strong coffee and topical programs that range from the political to the personal. Lively discussions draw from a wide variety of perspectives, in a context of mutual affirmation. We hold in common a love of church, and a genuine concern for society and for one another. Many attend weekly; others choose monthly or quarterly, as schedules permit. Drop ins welcome!

Date & time Fridays, 7-8:30am
 Place Standish Room, FAITH Center
 Contact Pedro Silva, 303-442-1787, pedro@firstcong.net

MEMOIR WRITING GROUPS

Have you ever considered writing a memoir? The goal of each member of these groups is to write ~40 vignettes which will eventually comprise a memoir. We write in response to a weekly "prompt" and then read our vignettes to the group. Each group is limited to 7 members.

Date & Time Mondays, 9:00-11:00 am and Tuesdays, 2:00-4:00 pm
 Place 3rd floor Conference Room
 Contact (Mon) Donna Daniell, donnalcs@gmail.com, 303 682-5220
 (Tues) Nancy Wade, nmwade1@gmail.com, 303-579-7746

MOVIE GROUP

Do you enjoy conversations about thought-provoking films? Movie Group may be just for you. The movie might be a popular release; an independent, foreign, or "art" film; or a classic. Participants are encouraged to recommend films for Movie Group. We watch the movie on our own, then meet to discuss it. Movie Group will meet monthly from September to December in the homes of participants on Friday, Saturday, or Sunday evenings. Often, there will be two sessions per film. If you are interested in participating in Movie Group, have a film to recommend, and/or are willing to host a Movie Group session in your home, please let us know.

Date & Time September-To Be Decided
 Place Various participants houses
 Contact Bev Nelson at bevnelsonadr@comcast.net
 Keith Lance at keithlance@comcast.net.

MUSIC GROUPS

Adult Choir

The Adult Choir is always delighted to welcome new members in all sections to our friendly group of music-makers who enjoy being together and singing a wide variety of music. Rehearsal: Thursdays 7:15-9:00 pm

Congregational Bells

We ring a 5-octave set of Malmark bells, 4 ½ octave set of tone chimes, and have a 3-octave duplicate set of bells. The door to the bells room is always open to people interested in ringing, both on a regular basis and as substitute ringers. No previous ringing experience is needed, but it is a plus if you can read music. Rehearsal: Tuesdays at 5:45-7:00 pm

Youth Singers

Youth Singers meets in the chapel on Sunday mornings 11:45 am-12:30 pm. The age ranges from 6th – 12th grade and we sing a great variety of music, from classic to contemporary Christian. On occasion we perform with both the children's choir and the adult choir. No previous music skills are needed, only your interest in singing together with friends and having a lot of fun. Come and check us out!

Faith Singers

Faith Singers, our children's choir for grades 2 - 5, will meet after worship on Sundays 11:45 am-12:30 pm in the Choir Room. This choir is under the direction of our Children's Music Director, Liesl Bryant. We'll be learning an exciting new musical this year!

Contact Kajsa Teitelbaum, Director of Music, kajsa@firstcong.net
 Liesl Bryant, Children's Music Director,
 Fall Bell Choir Director, Liesl@firstcong.net

SPIRITUAL SUPPORT GROUP FOR MENTAL HEALTH & WELLNESS

A Spiritual Support Group for Mental Health and Wellness meets for persons who are affected with mental health challenges, as well as for family and friends. This confidential and safe group is to share, learn, and grow in a supportive environment and is facilitated by Anne Weiher, a research psychologist and teacher as well as a person in recovery

Date & time 2nd & 4th Mondays, 7-8:30pm
 Place Heritage Room, FAITH Center
 Contact Anne Weiher, anne.weiher@gmail.com