



The Blast for Sunday, February 5 - Sunday, February 12, 2012
First Unitarian Universalist Church
 A community of love beyond belief: Transforming ourselves,
 Houston and the world.

This Sunday, February 5, 9:30 and 11:30 a.m. Worship Services

The Power of Forgiveness
Rev. Dr. Daniel O'Connell

How, when and who do we forgive? Are some things simply unforgivable?
 How do we treat wounds not healed by time?

Early Morning Book Group
Sundays, 8:30 a.m.



In chapters five and six of *Nurture Via Nature*, Matt Ridley discusses time as the fourth dimension in genetic development and how education nourishes the brain circuitry to flourish. Check our web page to see the books you've missed, and make this your year to read exceptionally good books with us.

<http://www.houstonbookclubs.org/SundayMorning>

*Forgiveness is the
 final form of love.*

Exploring Mindfulness
Sundays, 10:45 - 11:15 a.m.

We will listen to guided meditations, recorded mindfulness meditations and get to know one another by sharing our experiences.

Facilitators: Pam Perry, Dennis Milam and Adriana Ley Smith



Owning Your Religious Past
Sundays, through February 12,
11:00 a.m.

The majority of Unitarian Universalists come into the denomination from other religions, often after having made several stops along the path to our religion. This workshop will provide insight, understanding and some simple yet powerful tools through which we may re-examine and retrieve positive aspects of past religious connections. **Facilitator: Steve Braun**

Sunday Discussion Circle
11:30 a.m. - 12:30 p.m.



How do you bring magic into your life? Bring a story of magic that is meaningful to you, or a magic trick. **Facilitators: Stan and Michelle**

Finding Your Way at First Church
Sundays, after church



After the services join us for an informal conversation in **Channing Hall at the Welcome Table** where you can meet with one of the ministers and Welcome Team members who will answer your questions about our church while you enjoy a cup of coffee or a meal.

Monday Meditation Time
7:00 p.m. – 8:30 p.m., Fireside Room

These classes are appropriate for both beginners and experienced meditators. Each class includes a short session of gentle Qigong movements to relax and loosen up the body, basic instructions for following the breath as a focus in Vipassana (Insight) meditation and a period of silent meditation. **Facilitator: Ginger Clarkson** Contact Ginger at mbr_vdc@yahoo.com

Saint Valentine's Concert and Dance
featuring

The Texas Southern University Jazz Experience Big Band

Saturday, February 11, 6:00 p.m. in Channing Hall

Join us for an evening of amazing jazz music, desserts and champagne. Dance or just enjoy the music. Singles are welcome as well as couples who could make this their Valentines "date." Advance tickets may be purchased for \$25.00 in Channing Hall on Sunday, in the church office during the week or at www.firstuu.org by clicking on "donations." **Tickets will be available at the door but advance ticket purchases will help us to plan for this fun and exciting event.** Don't miss one of the best parties you'll ever experience at First Church and invite friends to come with you. **Childcare will be available.**

For more information about these or any First Church ministry visit www.firstuu.org, call the office at 713-526-5200, or stop by the information table on Sunday morning. Visit our Facebook at www.facebook.com/FirstUUHouston.

Next Sunday, February 12, 9:30 and 10:30 a.m. Worship Services

The Greatest of These . . .

Rev. Adam Robinson

“Love is an act of endless forgiveness, a tender look which becomes a habit.” Peter Ustinov

A Community of Love Beyond Belief:
Transforming Ourselves, Houston and the World

Sermon-Based Growth Groups

Ten week small group meetings beginning the week of
February 5 and ending the week of April 8, 2012

Would you like to belong to a church group where
you have the possibility of growing in

Depth of Relationships?

Spiritual Discipline?

Knowledge of Unitarian Universalism?

Growth Groups are small groups designed to provide First Church members and friends with a setting in which to get to know each other while discussing the week's sermon and how the subject matter affects our daily lives and spiritual growth. The groups will meet weekly for ten weeks—after the first three weeks, we ask for a commitment to the group.

Groups offered at the following times:

- Sundays, 10:45 a.m. – 12:15 p.m.
- Mondays, 10:00 a.m. – 11:30 a.m.
- Thursdays, 10:00 a.m. – 11:30 a.m.



All classes meet at or near the church. We will make child care available if requested on the sign-up sheet in advance. Sign up at the Information Table to choose a group. You will be contacted before the class date with more information.

Come make music with us!

Our children's choirs and youth choir are beginning rehearsals again and
now is a good time to join!

If you like to sing and want to be part of the choir or if you aren't sure and want to check it out...that's cool, too...let us know. We don't rehearse every Sunday morning, so we will need to send you an e-mail about our schedule. Our rehearsals are generally Sunday mornings between services, from about 10:30-11:15 a.m.



Chalice Lights Choir is for Kindergarten to 2nd grade.

Harmonica is for 3rd-6th grade.

Kolosvar is for middle & high school youth.

We are singing, learning, having fun, making friends and sharing talents. It's good stuff!

To get involved, contact Carol Burrus, children's choir director (carol.burrus@gmail.com), Charlie Burrus, youth choir director (charlie.burrus@gmail.com) or Jason Oby, music director (jason@firstuu.org)

Thinking about Joining?
Membership Enrollment Day is the
First Sunday of Each Month



If you would like to join First Church, we ask that you complete the Enrollment Forms: New Member Information, Talents and Interests, Pledge Card and Skills Inventory. These forms are available in the office or from a Sunday Morning Hospitality Team member. Membership enrollment is held the first Sunday of each month at the Welcome Table in Channing Hall after each worship service.

The next opportunity is Sunday, February 5. You can turn in your enrollment forms at the Welcome Table in Channing Hall. We welcome the possibility of your joining us soon and hope that your relationship with First Church will be spiritually, intellectually, and emotionally rewarding.



On the first Sunday of each month, young adults in their 20s and 30s go out for lunch together. Join them Sunday, February 5, when they will meet in the front courtyard and head out to a nearby café for good food, conversation and fellowship.