

# LIFESTREAM @ FIRST UNITARIAN OF WILMINGTON

Opportunities for Personal and Spiritual Growth & Social Transformation

WELCOME:  
OPEN TO ALL

We welcome you to join us for any of these opportunities for learning and connection in community. We value conversations that matter and learning from our experiences and the experiences of others. Several of these opportunities are also offered online.

Plan to join us and bring a friend!

-Rev. Larry Peers

## JANUARY 2023 PROGRAMS

Sunday, January 8, 2023

**10:30 AM GUEST SPEAKER, REV. KAREN HERING AT OUR WORSHIP SERVICE. (IN THE BUILDING & ONLINE).**

**12:00-3:00 PM WORKSHOP "THRESHOLD LIVING: FINDING OUR WAY IN TIMES OF GREAT CHANGE" (IN THE BUILDING & ONLINE)**

Every day, we find ourselves on a threshold between what has been and what might be. Whether you're living through significant personal transitions or navigating a world reshaping itself faster than ever, this program invites you to pause and consider the gifts and



losses present on the threshold. With guided writing, embodied practices, and conversation, this is an invitation to explore the emergent possibilities on the cusp of the new year and to make the most of the chaos of change. Led by **Karen Hering**, author of *Trusting Change: Finding Our Way through Personal and Global Transformation* and *Writing to Wake the Soul: Opening the Sacred Conversation Within*.

MONDAY, JANUARY 16, 2023, 6:30 PM

**MLK DAY EVENT: FILM SCREENING IN COLLABORATION WITH THE YWCA "WHO WE ARE"**



Join the film screening of *Who We Are: A Chronicle of Racism in America*, written by Jeffery Robinson, Former ACLU Deputy Legal Director, and directed by Emily Kunstler and Sarah Kunstler.

*This is an event hosted by the YWCA at the First Unitarian Church of Wilmington. Doors open at 6:00 p.m. for pizza and beverages. The screening begins promptly at 6:30 p.m.*

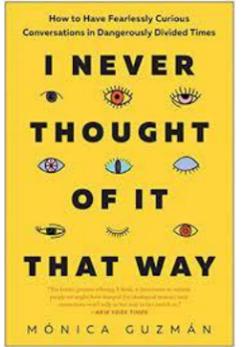
**To register for this event only go to: <https://bit.ly/3Xa57ig>**

SUNDAY, JANUARY 29, 2023 12:00-1:00 P.M

**BOOK DISCUSSION: "I NEVER THOUGHT OF IT THAT WAY"**

Join us for this discussion of "*I Never Thought of It That Way: How to Have Fearlessly Curious Conversations in Dangerously Divided Times.*"

Facilitated by **Gerry Konzelmann** and **Rev. Larry Peers**



## FEBRUARY 2023 PROGRAMS

WEDNESDAYS, FEBRUARY 1, 8, 15, 2023, 1:00-2:30 PM

**"POETRY AS A TOOL FOR WELLNESS" WITH REV. LARRY PEERS (IN BUILDING AND ONLINE)**



Join us for this new series on using poetry to find meaning in our lives. Rather than trying to understand exactly what the author may have intended, we will provide generous support to one another as we focus on how poems and words can offer healing and understanding. This is not about writing the perfect poem but about finding ways to express your thoughts and experiences creatively as well as to learn from one another.

**Rev. Larry Peers**, Minister at First Unitarian Church in Wilmington draws upon his training with the Institute for Poetic Medicine in this ongoing series.

SUNDAY, FEBRUARY 19, 2023

**"LET US ALL BREATHE TOGETHER" WITH RABBI SHEILA PELTZ WEINBERG**

**10:30 AM GUEST SPEAKER, RABBI SHEILA PELTZ AT OUR WORSHIP SERVICE. (IN THE BUILDING AND ONLINE).**

**12:00-1:00 PM CONVERSATION AND BOOK SIGNING WITH RABBI WEINBERG ON HER BOOK, LET US ALL BREATHE TOGETHER (IN THE BUILDING AND ONLINE).**



Let's face it: the global pandemic, combined with accelerated violence and negativity throughout America, sparked a vortex of high anxiety for the world and its people. In *Let Us All Breathe Together*, Rabbi Weinberg offers a thoughtful collection of spiritual messages, insightful poems, and perceptive essays that explore ways to unite faith with reality—all, which combine to provide a valuable guide through the uncertainties of turbulent times.

**Rabbi Sheila Peltz Weinberg** has published widely on such topics as feminism, spiritual direction, parenting, social justice and mindfulness. Rabbi Weinberg has taught mindfulness meditation and yoga to rabbis, Jewish professionals and lay people in the context of the Institute for Jewish Spirituality.

She serves as a spiritual director and was creator and co-leader of the Jewish Mindfulness Teacher Training Program.

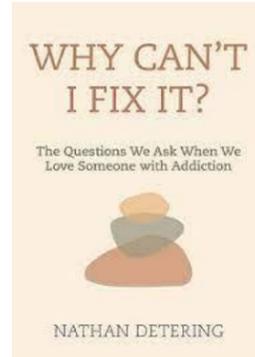
## MARCH 2023 PROGRAM

SUNDAY, MARCH 12, 2023

REV. NATHAN DETERING. AUTHOR "WHY CAN'T I FIX IT: THE QUESTIONS WE ASK WHEN WE LOVE SOMEONE WITH ADDICTION"

10:30 AM: GUEST SPEAKER, REV. NATHAN DETERING, AT FIRST UNITARIAN WORSHIP SERVICE (IN THE BUILDING & ONLINE)

12:00-1:00 PM: CONVERSATION AND BOOK SIGNING WITH REV. NATHAN DETERING



When **Rev. Nathan Detering** shared the story of his brother's death from a drug overdose with the members of his congregation, many of them shared their own addiction stories with him. Realizing the healing power of sharing stories and questions in community, Rev.



Detering conducted interviews to identify and address the common questions that haunt us when we love someone with addiction. In conversations both within and outside his community, he heard the palpable need for those struggling with loved one's addictions to know they are not alone.

Weaving together his own and others' deeply felt experiences of addiction, *Why Can't I Fix It?* responds to sometimes desperate questions such as: Why is this happening? What can you do? What can't you do? How do you care for yourself and the rest of your family? While the answers to these questions aren't easily found, *Why Can't I Fix It?* encourages those of us who are struggling with our loved one's

addictions to practice self-care and self-compassion, understand the cultural context for emotional responses and expectations of ourselves and others.

### Also in March: First Unitarian's Concert Series Presents

SUNDAY, MARCH 19, 2023, 3:00 PM

"GLOBAL WARMING" WITH PALISADES VIRTUOSI



First Unitarian will present chamber music ensemble Palisades Virtuosi in "Global Warning", a program of works designed to bring attention to the climate concerns we now face. The program features *Harness the Winds* by world-renowned jazz bassist and composer Rufus Reid. Other works on the program are *Adrienne Albert's Global Warming*, *Donald Draganski's Trio from Rio*, *Godfrey Schroth's Aye-Aye* (from *Endangered Species*), *Kristofer Spike's Elegy* (for a dying planet) and PV's very first commissioned work from 2003, *Aaron Grad's Lep•i•dop•ter•ol•o•gy*. Palisades Virtuosi consists of flautist Margaret Swinchoski, clarinetist Ronald Mokrynski and pianist Ron Levy. Visit [www.palisadesvirtuosi.org](http://www.palisadesvirtuosi.org) for more information.

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For more information and to pre-register, go to our **LifeStream Programs** page:

<https://firstuuwilm.org/connect/lifestream-at-first-unitarian-church/>

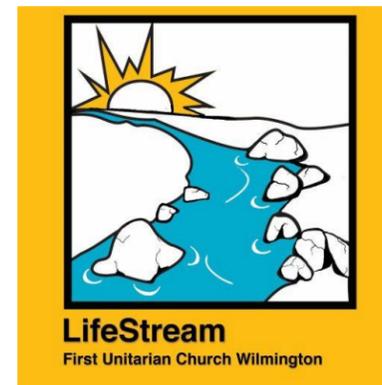
Welcome

First Unitarian Church of Wilmington is a beloved community that nourishes minds and spirits, fights injustice, and transforms the world through loving action.

We would love for you to join us for:

- Worship Sunday mornings 10:30 a.m. live stream worship or in our building
- Religious exploration programs for children and youth
- Small groups and Soul Matters Groups that meeting monthly
- First Unitarian Concert Series
- *LifeStream* Program for Personal & Spiritual Growth and Social Transformation
- Social Justice and Service Projects
- Much more

For more information or to receive our weekly e-news, go to: [www.firstuuwilm.org](http://www.firstuuwilm.org)



First Unitarian Church of Wilmington

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