

Food for Thought Thursdays Adult Education Series

Food for Thought Thursdays is about continuing adult religious education and spiritual education and enrichment.

We will present five weeks of programming designed to explore spiritual, ethical, and faith development and UU identity for adults.

Evenings begin with coffee and dessert at 6:30pm, with the program to follow from 7 to 8:30pm. Childcare will be provided as needed.

There is a charge of \$4 per person to cover refreshments and childcare. Preregistration is required for childcare. Maximum charge is \$16 per family.

Registration forms are available at the church or online at www.uunashua.org.

Questions? Contact Kim Hicks, Registrar, at KimmyHicks@gmail.com or the Church Office at 882-1091 or office-admin@uunashua.org.

UU Church of Nashua

Our Vision

The Unitarian Universalist Church of Nashua, New Hampshire will be a beacon of liberal religious thought and action whose members are committed to the search for truth and meaning, the acceptance of diversity, and the promotion of social justice within a supportive and caring community.

Our Mission and Covenant

Embracing the Purposes and Principles of Unitarian Universalism and the Vision we have chosen, as members of the Unitarian Universalist Church of Nashua, New Hampshire, we will:

- Support and respect one another in our searches for meaning, value, and personal/spiritual growth;
- Join with one another in providing, nurturing, and celebrating a free religious community through common worship, shared activities, and programs for all ages;
- Promote a sense of family within the congregation through mutual support and friendship, and by attending to each other's needs;
- Be a positive presence for, and work to create, a more just, humane and caring society through outreach to our local community and to the wider human family.

Food for Thought Thursday

Adult Education Series with Dessert and Child Care

Fall 2008
October 4, 11, 25, November 1 and 8

Creating a Green Sanctuary

A Green Sanctuary is a congregation that lives out its commitment to the Earth by creating a sustainable life style for its members as individuals and as a faith community. Sustainable living is not about our material comfort (though these choices are an important part of the overall life style); it is about choosing to live in a way that nurtures life, builds relationships, and rejects material consumption as the sole determinant of happiness.



**Unitarian Universalist Church
of Nashua**

58 Lowell Street, Nashua, NH
603 882-1091, www.uunashua.org

Food for Thought Thursdays October – November 2007

Creating a Green Sanctuary

Program Goals:

- To build awareness of societal environmental issues among UU's
- To generate commitment for personal life style changes
- To motivate UU's to community action on environmental issues
- To build a connection between spiritual practice and environmental consciousness
- To build awareness of and rectify environmental injustices

New Hampshire's Changing Climate and What You Can Do

October 4

This presentation will give an overview of New Hampshire's changing climate and highlight projections for this century. We will then emphasize simple steps residents can take to reduce their carbon emissions and save money in the process. Think there's nothing you can do to slow climate change? Join us and learn the many ways you can be part of the solution!

Presenters are Denise Blaha and Julia Dundorf, Co-Directors of the New Hampshire Carbon Challenge, a residential outreach initiative of the University of New Hampshire. <http://carbonchallenge.sr.unh.edu>

Nashua Green Team

October 11

The job of the Nashua Green Team, comprised of appointed representatives from city departments,

public officials, business leaders, citizens and environmental experts, is to develop and monitor an action plan to achieve the goals of reducing energy expenditures, increasing energy efficiency, decreasing air pollution, and to establish a framework which can be used by city officials to make environmentally responsible decisions in the course of their work.

This evening, Janice Tremblay and Angela Vincent will join us to share the Nashua Green Team's successes and plans for the future, and to provide insight into methods the City is using to accomplish savings, educate the community, and to develop sources of sustainable funding for green projects. www.nashuagreenteam.org.

Locally Produced Foods

October 25

Consumer Supported Agriculture (CSA) puts the consumer in direct relationship with the production of their food. Supporting locally and ethically produced foods is a significant part of sustainable living.

Tonight our speakers will be from businesses who specialize in locally produced foods, including fruit, vegetables, meat & poultry, maple syrup, and more. CSA's represented include Country Dreams Farm Stand in Nashua, Kelly Corner Farm of Chichester, Sawyer's Maple Farm of New Ipswich, and Bear Hill Farm CSA (Co-op) in Tyngsboro, MA. All of these business participate in the Nashua Farmer's Market. www.kellycornerfarm.com, www.sawyersmaplefarm.com, www.bearhillfarmcsa.com

Environmental Stewardship as a Spiritual Practice

November 1

The Rev. Dr. Mary E. Westfall currently serves as the minister of the Durham Community Church (UCC). Through her ministry and doctoral studies She has focused extensively on the environment as a moral and spiritual issue. Mary works with congregations that are seeking to move forward in connecting faith and practice good science and deep spirituality.

Tonight Reverend Westfall will provide the opportunity to explore ways to reawaken a sense of awe and wonder at the natural world in order to better connect environmental commitments with spiritual practice.

Reducing Consumption and Increasing Efficiency

November 8

Public Service of New Hampshire works with customers at all levels of electric usage to reduce consumption and to increase efficiency. There are many ways to reduce energy consumption and to control expenses. However, where to look for the best opportunities, how to prioritize them and how to manage them can be a challenge.

Philip Boivin is an Account Executive with PSNH and a Certified Energy Manager. He works with many large power accounts in the Nashua area including manufacturing businesses, hospitals, the City of Nashua, and the Nashua School District to help them address their various electrical needs, especially energy efficiency projects.