

FOUR THURSDAYS IN MARCH

6 PM – Communal Meal for all ages ~ \$1.00 per person

Come eat a simple meal in community together - sponsored and prepared by various committees in the church to bring us together!

6:45 PM – Choose a Group (or just hang out!)

If you need child-care please let Janice Moran know (508-336-9355)



WEEK 1 (March 4)

~Meal prepared by Mission & Social Action Committee~

E3 ... Eating Right + Exercise Regularly = Energy!!

Discover how to make healthier choices for the well-being of you & loved ones!

Leaders: Lori Keough, Dawn Houle, Denise Strycharz, Lori Mowry

Wills 101 ~ Why a Will?

What happens if you leave this earth without one?

By what age should you have a will? These and many other ?'s!

Presentation by Attorney Luke Travis. Convenor: Rev. Daehler Hayes.

Sponsored by The Planned Giving Committee of the Seekonk Congregational U.C.C. ~

Joyce Almeida, David Medeiros, Pat Gilbert, Bob & Dolores Barrow, Brad & Patty Lawrence

Soup for Sunday~

Join one of three soup-making teams – learn to make the favorite recipe of your team leader – taste test the soup which will be then be sold on Sunday to Benefit Haiti Relief

Leaders: Linda Sable and mystery guest soup makers

WEEK 2 (March 11)

Meal prepared by the Board of Trustees and Planned Giving Committee

1) Living Room Discussion: Commitment and Trust:

Bedrocks of society's ability to build, grow, love...

where distrust and competition erode our personal and group security and comfort.

Come share your thoughts or just listen in.

Leaders: Carolyn Bradley and Rev. Daehler Hayes

2) Anti-Cancer: A New Way of Life"

by David Servan-Schreiber

Explore parts of this amazing book, and discover what is meant by Anti-Cancer Food / Anti-Cancer Mind / Anti-Cancer Body

Leaders: Linda Sable and Janice Moran



3) Step into Spring! Get Organized!!

Take a fresh look at the organizing dilemmas in your life during an interactive hour with one of our newest members who is a Professional Organizer. Learn valuable techniques for clearing out your mental and physical clutter. Getting organized will help you save time and money and reduce your stress and frustration levels!

Leader: Alyssa Marton

WEEK 3 (March 18)

Meal prepared by the Hospitality Committee

1) The Faith We Sing ...

Whether you carry a tune or not- if you like music ... come join with others singing favorite hymns and hearing stories about the impact on their faith

Leaders: Susan Barrow, Betty-Ann Brown, Cindy Pearson, Brad Lawrence



2) Nutrition and Fitness

Experience 5 exercises to do in 5 minutes plus quick, easy and inexpensive healthy snacks

led by Meg and Greg Salgueiro

3) "East Side/West Side" All around the Town!!

Come and see an original short video of our Confirmands in Providence and learn from them about the many facets of the city...

from homelessness and hopelessness to hopefulness!

How we can make life better!!

Leaders: Rev. Marilyn, Rev. Daehler and Confirmands

WEEK 4 (March 25)

Meal prepared by the Deacons

1) Health Care Proxy / Advanced Directives/

Do you know what a Health Care Proxy is? What a Living Will is? Do your children or other loved ones know what your end of life wishes are? Come join us for information, discussion and literature. Open to all adults age 18 and up.

Leader: Addie Heelan (Parish Nurse)

2) Haiti : Past/ Present/ Future/

We have been involved as a faith community for 20 years – Learn more about our ministry and mission in Haiti and how we can best respond in the years to come

Leaders: Rev. Daehler Hayes and Dr. Marina Rodriquez

3) Faith Stories from Our Faith Community~~

Would you like to be able to share your faith story (*at least with yourself?*) but have no idea how to articulate what you believe or why? Come and receive guidelines and possibilities AND hear the stories of some of our members as well.

Leader: Rev. Joy Utter and' secret' faith- story- tellers

4) MORE Budget Saving Tips for Living More Simply in These Days

Bring your ideas and share with others

Leaders: Linda Sable and others

(Other Seminars are pending – watch for additions)



Artist: Images.com

PLEASE SIGN UP ON THE WALL IN THE HALL OR CALL-508-336-9355