

What's Happening at Westminster...

"Realizing the Dream Dinner" will be served on Mon., Jan. 18, celebrating the vision of Martin Luther King at the Sweetness Seven Caf  (corner of Grant and Lafayette Streets). A simple menu featuring soups, stews, breads, cheeses and desserts, prepared and served by area clergy, will be served from 5:30 until 8:00 p.m. Tickets are \$25/person or \$40 for two. All proceeds will benefit VOICE-Buffalo. Tickets are limited! To attend, email Michele Beal micheleb@pslucc.org, with your name and phone # to reserve tickets. Payment will be made at the door.

Buffalo & WNY: Our Racism Report Card - Join us for a panel discussion on Friday, January 22 at 7pm in the Holmes Chapel. Moderated by Lavera Johnson, participants include: Scott Gehl, Executive Director, HOME (Housing Opportunities Made Equal), Frank Messiah, President, NAACP, Louisa Pacheco, Lead Organizer, VOICE-Buffalo, and Rod Watson, Urban Affairs Editor, The Buffalo News. Presented by the Racial Justice Committee.

Prayer Collage and the Soul's Invitation: A Creative and Playful Way to Listen to Your Soul. Saturday, January 30, 2010 9:30-3:30 in Parish Hall with Rev. Judith Bryan and Wende Birtch, Selecting from images clipped from magazines, you arrange the images intuitively, as guided by the Spirit. Those who have experienced this find it to be surprising and moving, satisfying and useful. Artistic ability is not required! \$30 includes a delicious lunch and materials. Please bring your own scissors. For more information, contact Judith at 832-8580 or revjbbryan@ yahoo.com

ADULT LEARNING AT WESTMINSTER

Adult Bible Study

Sunday, 9:35AM -10:45AM in Parish Hall balcony.

Save the Dates! The Adult Bible Committee welcomes **Rev. Dr. Lance Brown**, Sundays, February 14 through March 21. Dr. Brown will teach a special six-week series on the book of Exodus at our Sunday Morning Adult Bible class, 9:35am in the Parish Hall Balcony.

SPIRITUAL LIFE

Sunday, 9:35 -10:45am, Heritage Room

Yoga Tradition at the Himalayan Institute

Jan. 17: While not a religion, yoga offers a spiritual approach to life. We are pleased to welcome Rolf Sovik, Psy.D. who is the president of the Himalayan Institute. He and his wife, Mary Gail, are the co-directors of the Institute's branch in Buffalo, which this year celebrates its 30th anniversary in its home at the corner of Delaware and Barker. Rolf will speak about the role of meditation in yoga practice and teach us some breathing exercises that can help in calming tense nerves and awakening a sense of self-control.

Exploring The Power of Now-Jan. 24 & 31

Led by Robert Rutland. Eckhart Tolle, author of The Power of Now, In the book, Mr. Tolle reflects upon the transformative power of eternal present, and how it can dissolve the pain we create when we isolate ourselves within a mind-based ego, lost in past and future. When we "are" together, we can consider some of the teachings offered in this book.

Case Library Conversation Series

Sunday, 9:35 -10:45am

Lenten Offering

Join us for a four-week lecture/discussion series: Three Cups of Tea by Greg Mortenson, Feb. 28 - Mar. 21. Additional details are on the Information Table in the Holmes Room.

Music at Westminster

The Erie Saxophone Quartet

January 31, 5pm in the Holmes Chapel. Check out a recording of "Revey Venir du Printans" with the Fredonia Chamber Choir from their concert, now uploaded to ESQ Facebook page!

The Mozart Requiem

Westminster Choir & Soloists
with Chamber Orchestra

Sunday, march 7, 11am in the Sanctuary