

ABOUT THE PUURL PROGRAM

FOR SEEKERS

At West Shore we recognize that people have different needs. Some are seekers, who want to sample a variety of programs over the course of the year. Many classes designed for seekers are one-time offerings not requiring a sustained commitment..

FOR STUDENTS

For those who are interested in more in-depth engagement, consider designing a program of self-study, which includes at least one class from all four quadrants. If you decide to embark upon a more intentional study of the religious life, the ministers are available to you as resource, guides and spiritual companions.

Do I have to sign up? Not all classes require pre-registration. You can “drop-in” to Morning Forum, Readings with Rumi and others that are listed as such in this booklet. However, for most classes, the facilitator needs to know how many people to expect and whether or not to arrange for childcare. Call Cathy Ross, Programs Assistant, at 440-333-2255, ext. 104 to make your reservation.

How can I sign up for PUURL?

- Return the form located in the church office and available in the pamphlet rack.
- Sign up at the church office. Sign up sheets are in the office PUURL notebook.
- Call the church office during business hours to register.
- Soon - Check the website registration form (www.wsuuc.org) - under construction!

Who do I pay the registration fee? What if I want to take a class and can't afford it?

Write a check or give cash to the facilitator at the first class, or mail it in to the church office. No one will be denied the opportunity to participate in PUURL. Please contact a minister for a waiver if you cannot afford to pay. **If a class is cancelled, you will be notified and refunded your registration fee.**

My class requires a book. Where do I get it? Books for classes are available through the church office and West Shore's bUukstore. Check with the office or with the facilitator of the group about purchasing your books.

West Shore's PUURL Program is a collaboration among professional and volunteer leaders. Do you have skills you can contribute as a teacher in any of these areas? What could West Shore offer in future semesters to expand our offerings?

ONE CHURCH  MANY PATHS
WEST SHORE UNITARIAN
UNIVERSALIST CHURCH

Details Inside:

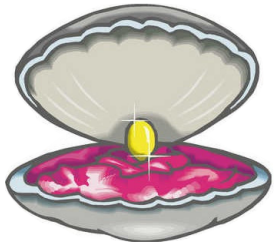
Articulating Your UU Faith
Art Practice & Show
Buxtehude
Connection Circles
Creative Worship Planning
Dances of Universal Peace
Dialogues In Diversity
Friday Morning Book Group
Getting To Know UU
Great Books
Green Sanctuary
Integral Spirituality
Interfaith Hospitality Network
Knitting Ministry
Living By Heart: Poetry Study
Morning Forum
Network Spiritual Progressives
New To UU
Path To Membership
Process Theology
Readings With Rumi
Roots & Branches
Sandwich Generation
Spirit of Life
Spiritual Retreat
The Path To Membership
Undoing Racism
UU Christian Fellowship
UU Humanists
Writing a Woman's Life
Zen Meditation

*Opportunities for Adult Religious
Education and Service*

PUURL

Practicing a Unitarian Universalist Religious Life

Fall 2007



WHAT IS PUURL?

*What's it all about — really?
Does my life have a purpose?
How can I grow spiritually?
I need a spiritual practice, but what?*

These are only a few of the questions that PUURL, our primary program for Spiritual Development, seeks to address. PUURL stands for

“Practicing a Unitarian Universalist Religious Life”

and we believe the only way to develop and deepen towards religious maturity is to engage with practice.

“To Practice” a religious life goes beyond taking a class. It’s a way of reframing your life.

PUURL is divided into four quadrants:

Mind Body Heart Spirit

We think that a well-balanced life will include attention paid to all four of these quadrants.

Maybe you enjoy *intellectual study*...

take a course in the “mind” quadrant.

Perhaps you feel that you’ve neglected your *body*.

Attend an offering on tai chi, yoga or zazen as a way of getting in touch with your body.

You have long wanted *to be of service* to those in need.

Volunteer opportunities are available for you at West Shore.

Maybe you’ve been thinking of taking up a *spiritual practice* but which one?

The PUURL Program

The PUURL program provides you with a variety of options to explore each quarter. The four quadrants are described in more detail on the next page. Challenge yourself to explore the PUURL’s of wisdom and depth that come with Practicing a Unitarian Universalist Religious Life.

Interested In Finding Out More about Unitarian Universalism and West Shore?

New To UU

Sundays, September 9, October 14, November 11 & December 9, Noon - 1:15 p.m.

Led by Revs. Wayne Arnason and Kathleen Rolenz

Grab some food at our Second Sunday Luncheon Series after the service and meet with one of the ministers for an orientation to Unitarian Universalism and West Shore Church. No sign-ups required.

The Path to Membership

Last Wednesday of the month, 7:00 - 9:00 p.m.

Led by Revs. Wayne Arnason and Kathleen Rolenz

Have you been coming to West Shore for a while? Curious about what membership is and isn’t and how it can benefit you? You’re welcome to attend any seminar to learn more; however, membership at one seminar is mandatory before joining the church. We’ll welcome new members in the service, Sunday, November 4.

PUURL Participation Fee

The Adult Programs Committee, with support from the co-ministers and the Director of Life-span Faith Development, has initiated a participation fee for all adult programming, with the exception of community service opportunities, listed in the PUURL brochure. The committee believes that a fee is in order, to address the costs of using the building for programs, to avoid charging a materials fee for many individual classes, to create a sense of value and recognition for programming, and to generate money for large-scale adult programs offerings that the regular budget cannot support.

The participation fee covers members, pledging friends and non-members, and its collection will be based on an honor system. Members and pledging friends will have a \$10 fee, and non-members, a \$20 fee. This one-time, per semester fee covers as many programs as one chooses to take. If there is an additional program cost, such as a book purchase, it will be stated in the PUURL brochure class description. It has been the church’s policy that a person’s inability to pay a fee will not prevent his/her participation in a program. That policy has not changed. Please speak with the co-ministers to have this participation fee reduced or waived, if needed. A fee may be paid at the church office on Sunday, or during office hours during the week. In addition, fees may be placed in the box marked “PUURL Participation” on the counter outside the church office.

The Adult Programs Committee works to bring a variety of quality programming to the adults of the West Shore Church community, and hopes that you will welcome the chance to support it in this new way.

~ IMPORTANT ~

New Information about PUURL on page 11

UU Christian Fellowship

First Thursday of the month, 7:00 - 9:00 p.m.

Led by Rev. Kathleen Rolenz and Candace Rich

Skeptical of the Bible? Interested in Scripture but not in dogma? John Buehren's *Understanding the Bible: A Guide for Skeptics and Believers*, (available at the church bookstore) is the basis of our monthly study. Drop-ins welcome.

Creative Worship Planning

Thursdays, September 27, October 25, November 29

7:00 - 8:00 p.m.

Led by Revs. Wayne Arnason and Kathleen Rolenz

The training segments of the fall Worship Associates meetings are open sessions! The focus will be discussion and exercises based on three DVD segments from consultant Marsha McFee's keynote presentation on creative worship. Recommended for anyone considering applying for '08 Worship Associates. Required DVD available for \$5 at the church bookstore

Zen Buddhist Sitting Group

Fridays, 8:00 - 9:30 a.m.

Led by Rev. Wayne Arnason

The time frame includes two twenty-minute periods of sitting meditation practice using whatever method you know, with a walking meditation between the two periods. Bring a cushion or sit in a chair. A half hour of dharma discussion follows the meditation. The group will discuss other times and place for Zen study this year.

Spiritual Retreat

Saturday, October 6, 9:00 a.m. - 4:00 p.m.

Led by Revs. Wayne Arnason and Kathleen Rolenz

Renew...Rest...Recharge. Take the day off and spend it in retreat time. Opportunities for meditation, reflection, prayer and/or spiritual direction, as is your practice. A good way to explore possible spiritual practices.

Minimum of ten participants registered by Monday, October 1. Adults only.

I do not prefer one religion or philosophy to another...I pray to be delivered from narrowness, partiality, exaggeration, bigotry. To the philosopher all sects, all nations, are alike. I like Brahma, Hari, Buddha, the Great Spirit, as well as God.

~ Henry David Thoreau

THE QUADRANTS OF PUURL

Our comprehensive program for Spiritual Formation includes four quadrants:

Mind

The Mind Quadrant involves academic study, didactic learning and conversation. Examples of Mind Quadrant include:

- Attending Morning Forum or a lecture series;
- Engaging with book discussion groups, process theology, etc
- Joining the Getting To Know UU - UU traditions & beliefs.
- Studying world religions & traditions; scripture



Body

The Body Quadrant explores our physical body as a vehicle for self-realization; and embodied service to others. Examples of the Body Quadrant include:

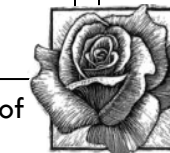
- Running; practicing tai chi, yoga
- Volunteering at the Interfaith Hospitality Network, food drives, tutoring the children at our adopted Cleveland school, etc.



Heart

The Heart Quadrant exercises our creativity and compassion. Examples of the Heart Quadrant include:

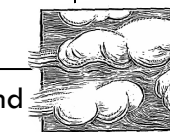
- Engaging with an art practice and the Art Appreciation Day
- Taking a course that involves the creative arts
- Participating in Pastoral Associates Program or the Caring Team



Spirit

The Spirit Quadrant has three components: spiritual discipline, liturgy and work with a spiritual teacher. Examples of the Spirit Quadrant include:

- Engaging in worship (liturgy)
- Practicing spiritual disciplines - zazen, prayer, spiritual retreat, chanting, journaling, etc.
- Working with a member of the ministry team on your spiritual development





THE MIND QUADRANT

Morning Forum

Sundays, 9:15 - 10:15 a.m.

Led by Bill Hayne and guest speakers

Experience a modern-day lyceum! Diverse speakers and a panorama of current topics. A long-standing West Shore tradition.

Integral Spirituality

**Mondays, October 3, November 7, December 5, January 2, February 6 & March 5
7:00 - 9:00 p.m.**

Led by Rev. Wayne Arnason and Soren Hansen

Visionary philosopher, thinker, organizer Ken Wilber's integral "theory of everything" embraces the truths of the world's psychological, scientific, philosophical, and spiritual traditions. His 2006 book *Integral Spirituality* will be the focus for six sessions of study on Wilber's integral approach discussion series. Required book is available in the church bookstore. Minimum of four participants registered by September 30.

Great Minds...Great Books

Second Monday of the month

Led by Don Mayer

Great literature...great discussion.

- September 11 *Einstein*, Walter Isaacson
- October 8 Emerson's *Essays: Selected Readings (Divinity School Address, Over soul, Self Reliance, Education, Nature)*
- November 15 *Jews, God and History*, Max I. Dimont, Sections 1-3
- December 10 *Jews, God and History*, Max I. Dimont, Sections 4-End

The Network of Spiritual Progressives

Second Monday of the month, 7:00 p.m.

Led by Rev. Thomas McCabe

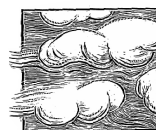
A Westside gathering that promotes changes in social, economic and political realm that honor the worth and dignity of every being. For more information on the NSP, log on to www.spiritualprogressives.org/

Buxtehude! Was He German or Danish???

Thursday, November 29, 7:30 - 9:00, Choir Loft

Led by David Blazer, West Shore Director of Music

2007 marks the 300th anniversary of the death of Dieterich Buxtehude—major composer of the Baroque period. Join us for an in-depth look at his life and hear examples of his organ and choral works, including a special performance of his *Magnificat*.



THE SPIRITUAL QUADRANT

Spirit of Life

Sunday mornings, October 7 - December 2, 9:00 - 10:00 a.m.

Co-led by Intern Minister Neal T. Anderson and Elaine Wilkinson

An opportunity to deepen your UU spirituality. Based on the popular hymn, *Spirit of Life*, this eleven-session series will explore a diversity of aspects of our spiritual lives, such as celebrations and rituals, caring for one another, spirituality in nature, hopes/dreams/visions, and much more. Participants can commit to the entire program or drop in to one or more sessions.

Articulating Your UU Faith

Five Mondays, October, 1, 8, 15, 22 & 29, 7:00 - 9:00 p.m.

Led by Intern Minister Neal T. Anderson

What do we tell people when they ask us about our religion? Explore and practice how we can each more effectively describe our Unitarian Universalism. Deepen your own path and prepare to introduce and articulate your faith to others. Become a more effective UU evangelist! Open to both adults and teens.

Living By Heart: Poetry Study

Introductory meeting: September 19, 7:00 - 9:00 p.m.

First Wednesday of the month, 7:00-9:00 p.m.

Led by Rev. Kathleen Rolenz

Are you looking for a spiritual practice but aren't comfortable sitting still for twenty minutes? Through a series of exercises, conversation, and, if you choose, memorization, we'll explore the great poets of the world's response to the inner life. Bring one of your favorite poems to the first class. **Minimum of 6 participants registered who can commit to attending at least one class by September 18.**

The Spirit Quadrant

PUURL can include taking up or continuing the formal practice of a spiritual discipline that you do on a regular, if not daily basis.

Liturgy is another part of the Spirit Quadrant. Liturgy means "the people's work." It is an expression of the underlying religious truths within our lives.

In addition, the Spirit Quadrant includes limited possibilities for spiritual direction with one of the ministers, known as the PUURL Intensive.

Creative Audience Art Practice

Saturday, December 1, 10:00 a.m. - 12:00 p.m.

Led by Revs. Wayne Arnason and Kathleen Rolenz

Have you got a creative spark inside of you yearning to be set free? Consider participating in West Shore's fall semester "art practice" event.

- Reflect on one of the following monthly themes: September: *The Work Worth Doing*; October: *Via Negativa*; November: *Sacrament*; December: *Finding Home*.
- Create an art piece, play some music, sing, dance, draw, make a sculpture, etc.

Participate in the December 1st "creative audience" art practice. This is a non-judgmental, non-critical, appreciative approach to deepening one's relationship with art. Minimum of six participants registered by November 30.

Readings with Rumi

Sunday mornings, 9:00 - 10:00 a.m.

Explore the poetry and mysticism of the Persian poet, Rumi, through a contemplative process of reading, reflecting, responding and resting with the text.

Writing a Woman's Life

Seven Mondays, September 24 - November 5, 7:30 - 9:00 p.m.

Co-led by Rev. Marjorie Skwire and Edie Schwede

This program, a repeat of a popular class first offered in 1992, challenges women to consider the possibilities of the rest of their lives, through a chapter-by-chapter study of Carolyn G. Heilbrun's *Writing a Woman's Life*. Bring a journal and the book (available at the church bookstore) to the first class.

Sandwich Generation

Four Wednesdays, September 26, October 3, 10, 17, 7:00 - 9:00 p.m.

Facilitated by Martie Travis, Parish Nurse

What's it like to care for elderly parents and/or adult children who have returned to your "empty nest?" What are the issues and how might the situation(s) be impacting YOU? Come to share your stories, your concerns and your changing identity from living in this unique situation. Open discussion of group members' individual experiences and concerns, rather than the facilitator's knowledge, comprises this program's content.

The Heart Quadrant

To live a well-balanced spiritual life, one's heart must be engaged.

The arts, music, poetry have all been traditional ways to engage one's heart.

Reaching out beyond one's comfort zone and extending friendship to the stranger is also a spiritual practice, through the art of "radical hospitality."

See if any of these courses speak to your heart.

Process Theology

Third Monday of the month, 7:00 p.m.

Science, religion, reality and the divine. Thoughts on the big questions through the work of Alfred North Whitehead. Film and text discussion alternate each month.

Roots & Branches:

Historical and Contemporary Issues in Unitarian Universalism

Two Tuesday evenings: October 30 and November 6, 7:00 - 9:00 p.m.

Led by Revs. Wayne Arnason and Kathleen Rolenz

Unitarian Universalists aren't called heretics for nothing! We have an exciting and significant story to tell about our roots as a faith tradition. Contemporary Unitarian Universalism is grappling with important, and often unique questions and challenges. This class will look at our historical "roots" as well as how we've "branched out" beyond our roots as we emerge a radical religion poised for the 21st century. **Attendance at both evenings not required; however, a minimum of six must register interest in attending at least one evening by October 28.**

HABA (Humanists, Atheists, Free Thinkers, Agnostics)

First Thursday of the month, 7:00 - 9:00 p.m.

Led by George Bliss

Free thinkers, unite! Lively discussion focuses on promoting diverse views and rational thinkers' place in our denomination and aspirations, is the central value. A society in which human rights are completely realized: the right to health, instruction, freedom, spirituality, search for the meaning of life, and an existence with dignity. The lively discussions at West Shore focus on promoting diverse views and rational thinkers' place in our denomination.

Friday Morning Book Discussion

Fridays, September 14 & 28, October 12 & 26, 9:30 - 11:00 a.m.

Led by Elaine Wilkinson

We all know the story of the *Mayflower* and the first Thanksgiving, but how much of our story is myth, and how did it get started? Nathaniel Philbrick's readable, award-winning *Mayflower* gives an account of the history of the Pilgrims and Plymouth Colony with perspectives of both the English Americans and the Native Americans, and shows how the myth of our origins began. Book copies available at the church bookstore.

The Mind Quadrant

Practicing a UU Religious Life involves the mind, body, heart and spirit. The PUURL program encourages you to take at least one course per year that engages your mind in study, research, reflection and conversation.



THE BODY QUADRANT

Green Sanctuary

First Sunday of each month, 12:00 p.m.

Care about the environment? Want to make a difference in your corner of the world? Join the Green Sanctuary group that helps educate this congregation about the realities of “being green.”

Dances of Universal Peace

First Sunday of each month, 4:00 - 5:30 p.m.

Led by Carolyn Horvath, Tom Leonhardt, Eileen Pappalardo and Jim Priolo

Connect with the universal and inner peace with dances of body prayer and short, sung phrases from the major religious traditions. Held in Baker Hall.

Knitting Ministry

First Monday of the month, 7:00 - 9:00 p.m.

Led by Jodith Janes

Beginner or experienced, knitter or crocheter? Come together to converse and create prayer shawls. Needed: worsted weight yarn and size 10-11 needles.

Undoing Racism

Third Tuesday of the month, usually, 7:30 p.m.

Convened by April Stoltz and Kathy Kosiorek

Are you interested in a safe but challenging place to understand racism within and among us, in collaborating with outside groups to support diversity and address discrimination? Join us! Check *Shorelines* and Sunday order of service for more information.

Undoing Racism Intentional Inclusivity Workshop

Saturday, September 15, 8:30 a.m. – 12:00 p.m.

Guest speaker: Tonae Bolton-Dove; \$20 fee; open to northeast Ohio congregations.

Why is service part of the Body Quadrant?

There are at least two ways to think about having a body practice. One is to engage your physical body in a discipline, such as tai chi, yoga, dance, meditative walking or running.

Another way of understanding body practice is by physically “showing up” for social justice work. Understanding the complexities of racism, or engaging with another culture different than one’s own is one way of engaging with the PUURL body practice quadrant.

Caring Team

Second Wednesday of the month, 2:00 p.m.

What would a church be without a group that checks in on our seniors, home and hospital bound? This group meets monthly and makes regular visits to church members. They also host one of the liveliest parties of the year—celebrating our 90 year olds!

Food Bank Volunteers

Two hours, two mornings each month

Roll up your sleeves and work alongside other church members who volunteer at the Cleveland Foodbank. Contact Ruth Mennell, 440-333-4613 for dates and times of distribution and to carpool.

Dialogues in Diversity

Speakers, films, and discussion promote conversations among persons of different races, religions and backgrounds. Check *Shorelines* and Sunday order of service for monthly topics, dates and time. Organized by Chris and Raymond Claytor

Interfaith Hospitality Network (IHN)

What do you do if you have no place to live? IHN organizes churches to host families for a week in their building. Volunteers are needed to supply meals and provide hospitality. New volunteers will be asked to attend a 1-1/2 hour training session. For more information or to volunteer, contact Doris Matthey at 216-228-5270.



THE HEART QUADRANT

Connection Circles

On-going groups, different meeting days and times

Contact: Joanne Duffy (jmduffy@centurytel.net or 440-930-2611)

Would you like more from your church experience than small talk during coffee hour? Connection Circles are small group meetings, usually meeting monthly from October-May. The groups are run by a facilitator, and framed by covenants that include no cross-talk, shared silence and deep reflection on one of the monthly worship themes. Those who want to try out a Connection Circle should sign up for a “First Connection” Experience. The first two are occurring two Saturdays, September 22 & 29 at 10 p.m. In addition, we will offer three new Connection Circle affinity groups, one for health care professionals, one for young adults and one for day-time, parents of young children. Registration begins after church on September 16th.