

ADULT PROGRAMS - MANY PATHS TO PRACTICING A UU RELIGIOUS LIFE

PUURL

Fall 2010 

What's new about Adult Programs at West Shore? For many years West Shore had simply "Adult Programs." In 2001, the co-ministers created a more comprehensive Adult Curriculum called "PUURL" which stands for "Practicing a Unitarian Universalist Religious Life." The hope of the PUURL program is that members and non-members alike would



alike would engage in one of the four areas of PUURL—Mind, Body, Heart and Spirit. PUURL was a way of framing all the classes offered by both the church staff and lay leaders. However, this fall, the Ministers and Director of Lifespan Faith Development have expanded our adult programs to recognize the fact that some of us are looking for more than taking an occasional class. The booklet "*On the Path to Deeper Involvement*," available in the church, on-line and when requested, by mail, still includes the PUURL program, as one of the "*Many Paths*" we offer to deeper involvement in your personal spiritual life as a member of this religious community.

Our PUURL program continues as a changing variety of open classes that anyone can attend as way to engage with Mind, Body, Heart and Spirit, the four learning quadrants for growth and understanding that we all contain. New PUURL classes for this fall are described in this insert.

The Mind Quadrant invites your participation in learning, study and discussion, by attending forums, lecture series, films, and classes throughout the year. Mind-oriented classes not advertised in this brochure come up often at West Shore throughout the year.

The Body Quadrant asks you to engage with your body in two ways; as a physical reality that needs your attention and discipline, and to "put your body where your beliefs" are in direct service to others and to the environment.

The Heart Quadrant involves exercising your creativity and your compassion through participation in the Creative Arts, by joining a Connection Circle, or engaging in our classes offerings that expand your capacity for compassion.

The Spirit Quadrant encourages you to explore spiritual practice opportunities, through classes, through Retreats such as the "Day of Silence" meditation retreat, or by participating in the activities of one of our theological identity groups.

Challenge yourself to explore the PUURL's of wisdom and depth that come with Practicing a Unitarian Universalist Religious Life. Try taking a class in each quadrant this year.

Reverends Wayne Arnason & Kathleen Rolenz



PUURL classes are all part of the Path to Spiritual Engagement and *Building Your Own Theology* is its core class:

Building Your Own Theology Led by Kathy Strawser, Director, Lifespan Faith Development
Wednesdays, October 6, 13, 20, 27, November 3, 10, 7:00 p.m.

This core adult religious education class is the one core class offered every year. It's open to newcomers to UUism or long-time members. BYOT focuses on helping you articulate the values, beliefs and practices that create your UU theology. Never be tongue-tied again when asked, "What do Unitarian Universalists believe?" BYOT is the one pre-requisite for taking classes on the Path to Spiritual Maturity.

THE MIND QUADRANT

Great Minds...Great Books

Led by Don Mayer

Second Monday of the month, 7:30 p.m.

Monday, September 13	<i>The Catcher in the Rye</i> , J.D. Salinger
Monday, October 11	<i>Othello</i> , William Shakespeare
Monday, October 16	Dinner/ <i>Othello</i> at Hanna Theater
Monday, November 8	<i>The Story of Edward Sawtelle</i> , David Wroblewski
Monday, December 13	Selected Poems of Emily Dickinson, see Don Mayer

End of Life Planning

Led by Bob Solich and Julie Skinner

Thursday, September 30, 7:00 – 8:00 p.m.

Busch Funeral and Crematory Services

This community program will answer your questions concerning general advance planning guidelines, as well as specific information regarding cremation laws, social security and veterans' benefits. Questions welcome!

Friday Morning Book Discussion

Led by Rev. Wayne Arnason and Kathy Strawser

Fridays, October 1, 8, 15, 22, 29, 9:30 – 11:00 a.m.

Bridging the Class Divide... "tells the inspiring story of author Linda Stout's life as the daughter of a tenant farmer, as a self-taught activist, and as a leader in the progressive movement. It also gives practical lessons on how to build real working relationships between people of different income levels, races and genders." Cost: \$18 for book, available at the church bUUK Store.

Experience A Classic: *To Kill A Mockingbird*

Led by Kathy Kosiorek

Mondays, October 4 & 11, 7:00 – 9:00 p.m.

Celebrate the 50th anniversary of Harper Lee's *To Kill a Mockingbird* by visiting or revisiting this American classic. Does its message ring true in 2010? What has changed in the last 50 years and what beliefs remain almost the same? Please read the novel before the first meeting.

Peace of Mind and Your Financial World

Led by Len Abrams

Thursdays, October 7 & 14, 7:00 p.m.

Session 1: Discovering Your True Purpose for Money

Session 2: Defeating Your Money Demons

Examine your attitudes with money and learn how to create tools to have a more positive relationship with your money and more. Complimentary workbook for all participants.

Biogenetics: Ethical Questions

Led by Suzanne Rusnak

Thursdays, October 7, 14, 21, 28, 7:00 – 8:30 p.m.

What values infuse our views of genetic testing for disease, cancer research, eugenics and death row decisions? Sessions will begin with a short presentation of science information, followed by lively discussion of issues-related questions.

A Small Loan, A Big Dream

Led by Dr. Charles Farrell

Mondays, October 18, 25, November 1, 8, 7:00 p.m.

Join us to discuss *Banker to the Poor* written by Muhammed Yunus, co-recipient of the Nobel Peace Prize. He chronicles the micro-credit loan system he imagined and made real, a community supported system that helps to raise people out of poverty, a program with an outstanding record of success. Please read the first 3 – 4 chapters for the first session.

Humanist, Atheists, Agnostics, & Free Thinkers (HAFA)

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

Led by George Bliss & Anne Obradovich

This group offers wide ranging discussion on humanist themes and concerns led by church members.

THE BODY QUADRANT

Beginner's Yoga

Led by Erika, Wildflower Yoga

Tuesdays, October 5, 12, 19, 26, 5:30 – 6:30 p.m.

Enjoy the benefits of a relaxing beginner's yoga class. Modifications will be offered for more advanced or basic students. No experience necessary. Wear loose comfortable clothes. Bring a mat, if you have one, towel or blanket, if you don't.

Interfaith Hospitality Network

Led by Doris Matthey & Cathy Ross

WSUUC hosts overnight guests Christmas and Easter weeks

Volunteers are needed to provide meals, friendly conversation, and overnight staffing in the building.

First Tuesday of the month, 7:30 p.m.

Participants help to create gift blankets for our baby dedications and healing shawls for ill members.

Food Bank Volunteers

Led Gloria & Bob Bemer

Second Thursday and Fourth Wednesday; 9:25 WSUUC parking lot

Since 2000, West Shore members go each month to help pack food at the Food Bank. Announcements about signups are in the church newsletter, the order of service and Rotunda table on Sundays.

Green Sanctuary

Led by John Mack

See Shorelines and West Shore Weekly for meeting date/time

In 2001, West Shore voted to enter the Green Sanctuary Accreditation Process, with the goal of becoming a church recognized as environmentally active and responsible. This group works on both educational and social action projects relating to environmental stewardship meetings.

THE HEART QUADRANT

Readings with Rumi

Sundays, 9:00 – 10 a.m.

This weekly small group meets to explore spiritual topics illuminated by the poetry of Rumi. Leadership rotates and is not necessarily composed of church members.

Pastoral Care Team

Led by Doris Matthey

Saturday, September 25, 12:30 – 2:30 p.m. for training;

2:30 – 3:30 p.m. team meeting/calendar planning

Members receive training in visitations, listening and referral to services. The focus of the September training is “When Do Kids Need Help?—a review of the emotional needs of children and information on the “red flags” parents need to know when children need treatment and where to find it. Presenters include Dottie Brown and Rae Speaker.

Inclusivity Ministry

Led by Kathy Kosiorek & April Stoltz

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

This group offers educational and service programs that engage our members in understanding linked oppressions based on race, sex, gender, age, sexual orientation and gender identity, ethnicity, ability, and class, and to discern how West Shore can become more inclusive to all persons.

THE SPIRIT QUADRANT

What Will My Life Mean?

Led by Marie Grossman & Midge Skwire

Wednesdays, September 8, 15, 22, 29, 5:30 – 7:00 p.m.;

bring a brown bag supper and join us at 5:00 p.m., if you'd like

How do we live our lives so they will mean something? Is there any purpose in our existence? More than 2,000 years apart, two wise men, Ecclesiastes and Rabbi Harold Kushner, grappled with these same questions. Rabbi Kushner in *When All You've Ever Wanted Isn't Enough* imagines that the Old Testament writer Ecclesiastes is asking, "What will my life mean?" because he is beginning to sense the terrifying possibility that his life may be over soon, and it will have meant nothing. The class will use excerpts from both works as a jumping off point as we look at these questions together. There is no need to buy the books or to do any reading outside of class.

Tending the Flame: The Art of UU Parenting

Led by Kathy Strawser

On-line, weekly, six-session class, September 26 – November 7

Welcome to our first, on-line, parents class! Each week we will read UUA author, parent and credentialed religious educator Michelle Richards' new book, *Tending the Flame*, a practical, proactive approach to raising Unitarian Universalist children. We'll read about and discuss spiritual practices in family life, teaching the seven principles in age-appropriate ways, answering difficult questions on religious matters and dealing with religious disagreements. All with grace, humor and community! Book is \$18, available at our bUUK Store; Kathy has three office copies available for loan.

UU Christian Fellowship (UUCF)

Led by Rev. Kathleen Rolenz

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

UUCF's purpose and intention is to study liberal Christianity through a Unitarian Universalist lens. The year will begin on September 2 with a Communion Service, and the rest of the year will engage with a curriculum called *The Bible Workbench*, created by Biblical scholars such as Marcus Borg and John Dominic Crossan.

Zen Buddhist Sitting Group

Led by Rev. Wayne Arnason

Friday Mornings, 8:00 – 9:30 a.m.

This meditation group called the River Rocks Sangha meets for two periods of sitting meditation followed by discussion.



Day of Silence

Led by Rev. Wayne Arnason

Saturday, November 6, 9:00 a.m. – 4:00 p.m.

Our fall day of meditative practice at West Shore Church follows a Zen monastery day's format, with no more than three continuous, twenty-minute sitting periods at a time, interspersed with work and art practice. We provide morning coffee/tea. Please bring food to share with six people for our silent potluck lunch, and if you have a cushion you use for sitting meditation, please bring it. One extra zafu cushion will be available; otherwise, sitting meditation will be on whatever chair you find comfortable.

“MANY PATHS” COURSES AVAILABLE THIS FALL

These Path courses are for church members only

THE PATH TO MULTICULTURAL COMPETENCY *is designed to help our members become culturally competent and committed allies in the fight against racism and oppression.*

Building the World We Dream About: Part 1

Led by April Stoltz

Wednesday evenings starting September 15 - November 17, 7:00 – 9:00 p.m.

(calendar for future dates will be set)

Through a series of weekly, interactive seminars, we will explore topics that increase our understanding of race and ethnicity, as well as systemic racism, through spiritual reflection, journaling, visual arts, poetry, music, theater tools, and simulations. The first two months of the class are especially appropriate for members who have never taken an anti-racism anti-oppression course or training before, although experienced people will find a refreshing approach to the same crucial questions around white privilege and racism. Part 2 of the course starting in January will be open ONLY to those who have taken a previous training or course in anti-racism anti-oppression. Part 2 focuses on multicultural competency, and includes guest speakers and field trips. The curriculum culminates with worship and the creation of action plans for transformation.

THE PATH TO SPIRITUAL MATURITY *is designed to offer experienced Unitarian Universalists the tools, the practices and the commitments to sustain a lifelong engagement in religious living.*

Spiritual Maturity

Led by Revs. Wayne Arnason & Kathleen Rolenz

September 8, October 13, November 17, December 8, January 12, February 9, March 9, May 11, June 8, 7:00 – 9:00 p.m.

This class is open to church members with at least two years of active involvement at West

Shore or other UU churches, and with experience in our “Building Your Own Theology” or “Spiritual Autobiography” classes. We engage participants in eight “gates” of spiritual practice that form a lifelong matrix for sustaining a religious life. Signing up for this class involves a conversation with one of the co-ministers and sign up does not guarantee admission. You can express your interest directly to one of the co-ministers or through the church office.

THE PATH TO LEADERSHIP is designed to prepare committed members to serve in leadership roles at West Shore by providing them with the knowledge and skills they need to offer their gifts.

Small Group Leadership Skills

Led by Suzanne Rusnak

Saturday, October 2, 10:00 a.m.– noon

This course focuses on the skills needed to chair, facilitate or manage any small group or committee. You’ll learn about group dynamics and theory, management style and skills and engage in case studies to practically apply this knowledge.

Policy Governance 101

Led by Gary Kustis

Saturday, November 13, 10:00 a.m.- noon

This course looks at the John Carver model of policy governance as put into action at West Shore. You will be exposed to the basic ideas behind policy governance, learn about how West Shore has adopted and adapted it for our own use, and experience policy governance as it has been implemented at West Shore. New Board members and committee chairs are especially encouraged to attend this workshop.

Church Gestalt

Saturday, December 4, 10:00 a.m. – noon

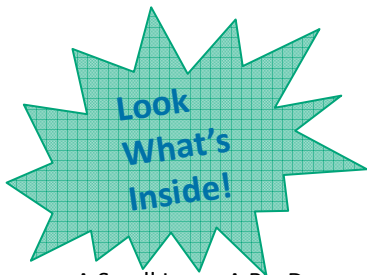
Led by Cil Knutsen & Rev. Kathleen Rolenz

Gestalt is a study of form and shapes, and when applied to the church system, it is a way of looking at the individual parts of church life in its relationship to the whole. We’ll explore basic Gestalt theory and look at the way it relates to life at West Shore.

PARTICIPATION FEES

We hope you enjoy previewing and taking advantage of the many opportunities for *PUURL* adult religious education at our church. Register on-line or at the church office. Please remember to complete your semester participation fee, \$10 for members and pledging friends; \$20 for non-members. Honor-system payments can be made to the *PUURL* box on the office counter or, if preferred, to Church Finance Administrator Suehana Kieres.





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- What Will My Life Mean?
- Zen Buddhist Sitting Group

ONE CHURCH  MANY PATHS
West Shore Unitarian Universalist Church

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