

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 engage in one of the four areas of PUURL—Mind, Body, Heart and Spirit. PUURL was a way offered by both the church staff and lay leaders. However the Ministers and Development have expanded our adult programs to recognize the fact that more than taking an occasional class. The Program Handbook, published this program of Spiritual Development, known as "Many Paths." It is available in the requested, by mail. By engaging with PUURL, we offer opportunities for personal spiritual life as a member of this religious community.



PUURL offers as a changing variety of open classes that anyone can attend as a 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 class 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 - Practicing a UU Religious Life

Classes are all part of “*The Path to Spiritual Engagement*”

THE MIND QUADRANT

Great Minds...Great Books

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

Led by Don Mayer

- Monday, September 12 *The Great Gatsby* by F. Scott Fitzgerald
- Monday, October 10 *Taming of the Shrew* by William Shakespeare
- Friday, October 14 *Theater Party* at the Hanna Theater
- Monday, November 14 *Huckleberry Finn* by Mark Twain
- Monday, December 12 *Cleopatra: A Life* by Stacy Schiff

Friday Morning Book Group

Five Fridays, September 16, 23, 30, October 7, 14, 9:30 – 11:15 a.m.

Led by Clint Anderson & April Stoltz

We will engage with Christopher Phillips' fascinating book *Socrates Café: A Fresh Taste of Philosophy*, the story of the development of interactive philosophy discussion groups known as Socrates Cafes, found in many communities around the country. If philosophy scares you and if you think it is just for intellectuals, but you would like to learn more about it and find ways to apply the Socratic method to everyday living, come join us for some lively discussions. The book can be borrowed from local libraries or purchased online. Please sign up in the *PUURL* book in the church office.

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

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

Led by George Bliss & Anne Obradovich

HAFA (Humanists, Atheists, Free-Thinkers and Agnostics) offers interesting presentations, thought-provoking videos & free-wheeling discussions on a variety of topics appealing to free-thinkers of all stripes.

Morning Forum

Morning Forum features guest speakers and church members considering topics of religious, social, literary, and political interest to UU's monthly, at 10:30 a.m. Watch the church media for announcements of dates for Morning Forums.

THE BODY QUADRANT

Introductory Yoga

Five Tuesdays, September 20, 27, October 4, 11, 18, 5:30 – 6:30 p.m.

Led by Erika Feighenbaum, Ph.D., CYT

This introduction to foundational postures, breathing, and relaxation techniques of yoga focuses on relaxation and gentle approaches to Yoga practice. Adaptations for various skill levels provided. No prior yoga experience necessary. Wear loose, comfortable clothes. Bring a mat, if you have one, towel or blanket, if you don't.

Yoga Mind

Two Tuesdays, September 20 & 27, 6:30 – 7:30 p.m.

Led by Erika Feighenbaum, Ph.D., CYT

If you've mastered peace of mind on your yoga mat, but are still working on the next 23 hours, this interactive class will focus on the spiritual aspects of a yoga practice, primarily the yamas and niyamas (Yoga's foundational ethical precepts). Classes will include discussion, reflection activities, and/or meditation. No prior Yoga experience necessary. Bring a small journal or paper and pen. Most importantly, bring your questions and curiosity.

Laughter Yoga

Wednesday, October 5, 5:30 – 6:30 p.m.

Led by Erika Feighenbaum, Ph.D., CYT

Experience the stress relieving benefits of laughter and learn what has more than 10,000 worldwide laughter yoga clubs giggling. Laughter Yoga involves gentle stretches and warm ups, vocalization, laughter "warm ups," and movement. No sense of humor needed, just an open mind!

Interfaith Hospitality Network

WSUUC hosts overnight guests Christmas and Easter weeks

Led by Doris Matthey & Cathy Ross

West Shore Unitarian Universalist Church hosts families without homes in the building for a week. Volunteers are needed to provide meals, friendly conversation, and overnight staffing in the building.

Craft Ministry

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

Led by Jodith Janes

Participants create prayer shawls given to the Pastoral Care Team to deliver to members in need; they also create baby blankets given to infants and children at child dedication ceremonies.

Food Bank Volunteers

Second Thursday and Fourth Wednesday of the month

Led by Betsy Hutcheson

Since 2000, West Shore members go each month to help pack food at the Food Bank. Volunteers work from 10:00 a.m. to noon. Announcements about sign-ups are in the church newsletter and the order of service. For more information, contact Betsy at 440-331-3027. Meet in the church parking lot at 9:25 a.m. if you are interested in carpooling.

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

Members receive training in visitations, listening and referral to services, meets quarterly. Members stay in touch with our senior members, as well as individuals and families in need.

Inclusivity Ministry

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

Led by Kathy Kosiorek & April Stoltz

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. We welcome Mike Uth, our guest on October 18, from the American Civil Liberties Union speaker bureau, who will address racial disparities caused by state and national drug policies.

THE SPIRIT QUADRANT

UU Christian Fellowship (UUCF)

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

Led by Group Members

UUCF's purpose is to study liberal Christianity through a Unitarian Universalist lens. Each year the group picks the area of study. You do not have to consider yourself a Christian to attend.

Sitting Meditation Group

Friday Mornings, 8:00 – 9:30 a.m.

Led by Group Members

This meditation group meets for two periods of sitting meditation followed by discussion. This group is open to all and presumes no Buddhist commitment, although most people have Zen experience.

River Rocks Zen Sangha Sitting Group

Monday evenings, 5:00 - 6:30 p.m.

Led by Group Members

This is a group of UU Buddhists with active Zen practice, exploring affiliation with the Boundless Way Zen Community and their authorized teachers. This group begins with a formal Zen liturgy, then goes to two sitting periods with walking meditation, followed by Dharma Conversation.

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.

“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.*

A People So BOLD

Two Saturdays, September 10 & February 4, 10:00 a.m.

Led by Mary-Jo Maish & Ellen Carvill-Ziemer

This brief introduction to the history, premises, definitions, and disciplines of our congregation’s commitment to fighting linked oppressions is essential for everyone who serves on our committees, task forces or working groups. If you have taken diversity or anti-racism training outside West Shore, please attend this workshop to get oriented to West Shore’s history, vocabulary and approach.

A Class on Class

Four Thursdays, October 6, 13, 20, 27, 7:00 p.m.

Led by Ellen Carvill-Ziemer, Laura DiRienzo & Kim Stanuch

Four-week interactive exploration of the different skills and values necessary for survival in the different economic classes of the United States. We will be using (and critiquing) Ruby Payne’s work to gain a deeper understanding about the socio-economic sources of people’s values and behaviors.

Catalyst Training Weekend

Friday & Saturday, October 14 – 15, Columbus, Ohio

Led by the Catalyst Project Trainers

Catalyst Project is committed to anti-racist work with the goal of deepening anti-racist commitment in white communities and building multi-racial movements for liberation. Catalyst programs prioritize leadership development, supporting grassroots organizations and multi-racial alliance building.

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.*

Building Your Own Theology

Wednesdays, September 28, October 5, 12, 26, November 2, 9, 7:00 p.m.

Led by Kathy Strawser, Director, Lifespan Faith Development

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. BYOT is a pre-requisite for taking the class on "Spiritual Maturity" beginning January 2012.

Spiritual Maturity

Thursdays, January 5 to February 23, 7:00 p.m.

Led by Rev. Wayne Arnason

This annual class changes to a weekly ,eight-session format this year because of the minister's sabbatical schedule. Registration required in December!

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.

Gestalt and the Church – I

Saturday, September 24, 10:00 a.m. – Noon

Led by Cil Knutsen

Gestalt is a study of human patterns, systems and behaviors. 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. This first of three sessions will provide an overview of Gestalt Principles and then delve into the "Cycle of Experience." Session II will focus on "Level of System" and Session III will focus on "Resistance & Polarities." Each session will build on the others and serve as prerequisites for first time students and those unfamiliar with Gestalt practices. For returning students; you will understand it more fully if you wish to sign up for encore classes.

The Art of Leading Small Groups

Saturday, November 5, 10:00 a.m.– Noon

Led by Suzanne Rusnak

Have you ever found yourself in a small group setting and wished it had been led differently? Did some people dominate the conversation and others didn't say a word? There is an art and skill to facilitating a small group where everyone feels heard and participates equally. Learning the art of small group leadership is a skill that can translate to your work life, home and family life, and certainly within church volunteerism as well.

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- Building Your Own Theology
- Catalyst training Weekend
- Church Gestalt
- Craft Ministry
- Food Bank Volunteers
- Friday Morning Book Discussion
- Gestalt and the Church—1
- Great Minds...Great Books
- HAFA
- Inclusivity Ministry
- Interfaith Hospitality Network
- Introductory Yoga
- Laughter Yoga
- Morning Forum
- Pastoral Care Team
- Policy Governance 101
- Readings With Rumi
- Spiritual Maturity
- UU Christian Fellowship
- Yoga Mind
- Sitting Meditation Group
- The Art of Leading Small Groups
- River Rocks Zen Sangha

O N E C H U R C H  M A N Y P A T H S
West Shore Unitarian Universalist Church

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