

PUURL

Fall 2008
Practicing a
Unitarian Universalist Religious Life



What's it all about—really? How can I grow spiritually? I need a spiritual practice, but what? How can this church inspire me to live a life of meaning and purpose?

These are some of the questions that PUURL, our primary program for Spiritual Development, seeks to address. PUURL stands for “Practicing a Unitarian Universalist Religious Life.” We believe the best way develop and deepen towards religious maturity, is to engage with this goal as a “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, and Spirit**. We think that a well-balanced life will include attention paid to all four of these quadrants. The PUURL Program is a pointer to the opportunities available in the church to work in these quadrants, and may lead you to other opportunities outside the church as well.

The Mind Quadrant invites your participation in learning, study and discussion, by attending the many forums, lecture series and classes found under the mind quadrant in this brochure.

The Heart Quadrant involves exercising your creativity and your compassion, through participation in the Creative Art Practice or other artistic endeavor, by joining a Connection Circle, or engaging in activities that expand your capacity for compassion.

The Spirit Quadrant encourages you to explore spiritual practice opportunities, such as attending a Day of Silence meditation retreat, or the Christian fellowship group. Engaging with the spirit quadrant helps you find the practice that feels right for you.

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.

*Challenge yourself to explore the PUURLS'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

Fall 2008 *PUURL*

Welcome to *PUURL*'s fall semester! Please take the time to review the very rich array of opportunities in each of the four *PUURL* quadrants. The Adult Programs Committee asks that you take note of the following:

- Many classes require pre-registration. This practice allows a facilitator to know the class size and how best to prepare for the session(s). It also allows the church to announce if a class must be cancelled. An asterisk (*) before the title of a class means pre-registration is required.
- We will continue to request a semester *PUURL* participation fee, \$10 for members and pledging friends, and \$20 for non-members, which covers participation (but not book costs) for any and all classes. You may drop your fee in the *PUURL* box outside the main office, or you may pay on-line, via the church website. For fee reduction/exemption, please see one of the co-ministers.
- This publication includes a list of meeting dates and times for all classes and a description for NEW classes. A complete *PUURL* brochure describing every offering in full detail is available at in the church pamphlet rack or on our website www.wsuuc.org.

Leadership Development Programs

These programs are designed to help develop leadership qualities in five key areas of church life; small group & committee leadership, governance, appreciative inquiry, conflict mediation techniques and radical hospitality. Three of the five programs will be offered this fall. These classes are open to all, with a particular focus on training members to become future leaders of West Shore.; although we expect that the skills learned from these classes would be useful in other areas of one's life as well. While there is no fee, we do ask members to sign up so that the leaders can prepare and the staff can make appropriate room assignments.

***Group Leadership Skills** Led by Suzanne Rusnak, with Rev. Wayne Arnason
Saturday, September 6, 10:00 a.m. – Noon

***Governance with a Purpose** Led by Gary Kustis
Saturday, October 11, 10:00 a.m. - Noon

***Appreciative Inquiry** Co-led by Rev. Kathleen Rolenz
Saturday, December 6, 10:00 a.m. - Noon

*PUURL's programs are divided into four quadrants: **Mind, Body, Heart and Spirit**. The leaders at West Shore believe that in order to "Practice a Unitarian Universalist Life" to the fullest, it is best to consider taking coursework in all four of these areas by the end of the 2008-2009 church year.*

West Shore Adult Programs Committee Proudly Presents
Fall 2008 Lecture Series
Liberal Religious Values and the American Political System

Paul Loeb, Social Activist and Author
Soul of a Citizen - Acting in a Critical Time

Saturday, October 4, 9:00 a.m. - 4:00 p.m.
Full day workshop, presentation and reception

Thursday, September 25, 7:00 p.m.

Religious Rhetoric and Presidential Politics: The Bully Pulpit and American Civil Religion
Dr. Justin Vaughn, Political Science Dept., Cleveland State University

Tuesday, September 30, 7:00 p.m.

Contemporary Atheism and its Contribution to American Political Discourse
Dr. Mano Singham, Physics Dept., Case Western Reserve University

Monday, October 6, 7:00 p.m.

Deists, Dissenters, and Disestablishment: The Revolution in American Religion
Dr. Gary Kornblith, History Dept., Oberlin College

Thursday, October 9, 7:00 p.m.

Presence, Participation, Power: Our Place in Politics
Rev. Felix Carrion, Stillspeaking Coordinator, United Church of Christ, Cleveland

Saturday, October 11, TBA

The Good, the Bad, and the Ugly: The Role of Morality in American Presidential Politics
Dr. Amy Story, Philosophy Dept., Baldwin-Wallace College

Tuesday, October 14, 7:00 p.m.

Protestant Ethic, Social Gospel, and the Difference between Republicans and Democrats
Dr. Joseph White, Political Science Chair, Case Western Reserve University

Wednesday, October 22, 7:00 p.m.

The Presidency and the Pulpit: Crossroads of Religion and Politics in Modern America
Dr. Sven Dubie, History Dept., John Carroll University

Further information, including speaker bios, is located in the fall lecture series brochure, available at the church and by entering the following link into your computer monitor's browser:

wsuuc.org/religious-education/adult-special-events.php

Ticket Prices...continued on page 4

Ticket Sales—Fall 2008 Lecture Series

Tickets will be available at the church, on Sundays in the Rotunda and during the week, beginning *Sunday, September 7*. Categories of purchase include:

- Sponsor—Admission to entire series, Paul Loeb Day, lunch and reception - \$50
- Pass-holder—Admission to the seven, single evening speaker dates - \$40
- Loeb Date—Admission to Paul Loeb Day, lunch, no reception - \$20
- Single—Admission to each evening speaker date - \$7
- Single—Student admission to each evening speaker date - \$5

~The Mind Quadrant~

Morning Forum

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

Led by Bill Hayne and guest speakers

Great Minds...Great Books

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

Led by Don Mayer

<i>September 8</i>	<i>Three Cups of Tea</i>	Greg Mortenson
<i>October 13</i>	<i>Macbeth</i>	William Shakespeare
<i>November 10</i>	<i>American Creation</i>	Joseph Ellis
<i>December 8</i>	<i>Lolita</i>	Vladimir Nabakov

Macbeth will be produced by the Great Lakes Theater Festival this season, so we hope to have a theater party in the fall.

***The New Retirement**

Wednesdays, October 1, 8, 15, 5:30 – 7:30 p.m. (Bring your own dinner)

Led by Rev. Wayne Arnason and Barbara Howell

Our church has many people in their fifties looking ahead to retirement and quite a few recent retirees 55 – 62 who are finding out that retirement isn't anything like they imagined. What are the developmental and spiritual issues facing those contemplating or entering a brand new life known as retirement? Experienced retirees also encouraged to attend!

***Red States – Blue States: The Thousand Year History We Take to the Polls**

Tuesdays, October 21 & 28, 7:00 – 9:00 p.m.

Led by Ede Prendergast

Come to learn about and discuss the contributions of four major immigrant groups—the Pilgrims, Quaker-Pietists, Southern aristocrats/servants and the Scotch Irish—and their impact on current politics.

FAQ: Do I have to sign up for classes? For most classes, the answer is “yes.” While we understand that sometimes it’s difficult to decide until the last minute, leaders need to know how many people to expect, and the church staff has to assign the right size room for the group. Thanks for your understanding!

HAFAs

Led by George Bliss and Jeffrey Randolph Lee

(Humanists, Atheists, Free Thinkers, Agnostics)

Second Thursdays, September 11, October 9, November 13, December 11, 7:00 p.m.

***Friday Morning Book Discussion**

Led by Kathy Strawser

October 3, 10, 17, 9:30 – 11:00 a.m.

Nancy Mairs's *Waist-High in the World: A Life Among the Nondisabled* blends intimate memoir and passionate advocacy. She takes on the subject woven through all her writing: disability and its effect on life, work and spirit. **Please read the book in its entirety before the first session and keep a journal of thoughts and reactions based on passages you find memorable.** You will be encouraged to bring your own life experiences, as well as to reflect on the life and insights that Mairs describes, to our discussion. Book available at the BUUK store.

***The Roots and Branches Classes**

Led by Rev. Kathleen Rolenz

Part 1: Know Your Roots: Unitarian Universalist History 101

Thursday, October 9, 7:30 – 9:30 p.m.

An overview of critical turning points in Unitarian Universalist history.

***Part 2: Branches: Contemporary Issues in Unitarian Universalism**

Thursday, October 16, 7:30 – 9:30 p.m.

Led by Rev. Wayne Arnason

An examination of movements and contemporary issues that have influenced and shaped Unitarian Universalism.

~The Heart Quadrant~

***Creative Audience Art Practice**

Led by Rev. Wayne Arnason

Saturday, November 22, 10:00 a.m. – Noon

Reflect on one of the following monthly themes:

- September: Thirst
- October: Atonement
- November: Gratitude

Create an artistic response. Then participate in the “creative audience” art practice, a non-judgmental, no-critical, appreciative approach to deepening one’s relationship with art. Minimum of six participants registered by *Thursday, November 20*.

***Connections Circles**

Organized by Sarajane Wilson and Nancy Juergens

Sign up begins on Sunday, September 14

From October through May, small groups organized around affinities, identities, or simply an interest in going deeper covenant to meet monthly for a two hour time of deep listening. Most Connection Circles focus on spiritual issues raised by the monthly worship themes.

***Green Sanctuary: Second Thursdays are Green Days!**

The Green Sanctuary Committee is offering a film & book discussion series during the Fall of 2008, as part of our accreditation process to become a certified "Green Sanctuary" and because of interest expressed by church members on these topics. We're excited to present these offerings to you and hope you'll join us for any part or all of the series!

Thirst, a film

Led by Nancy Meyer-Emerick

Thursday, September 11, 7:00 p.m.

How are the world's water resources being used? Watch the film, with free popcorn, and join in discussion afterwards. A prayer to honor of memory of September 11 opens the evening.

***Morgan Water Plant Tour**

Led by Nancy Meyer-Emerick

Saturday, September 13

Where does our water come from, really? What happens to it? Take a tour of the Morgan Water Plant with members of the Green Sanctuary Committee.

In Defense of Food, a book discussion

Led by Martie Wiersma

Thursday, October 9, 7:00 p.m.

Eat food. Not too much. Mostly plants. That, more or less, is the short answer to the supposedly incredibly complicated and confusing question of what we humans should eat in order to be maximally healthy. Join with members of the Green Sanctuary Committee to discuss Michael Pollan's *In Defense of Food*, our lifestyle choices and how they affect the food we eat. Copies of book available at the bUUK store.

***Simple Living**

Led by Martie Wiersma

Thursday, November 13, 7:00 p.m.

How do we simplify our lives and live more closely to the earth? Join us for discussion and a shared meal.

Animal, Vegetable, Miracle: A Year of Food, a book discussion

Led by Dawn McNulty

Thursday, December 11, 7:00 p.m.

Author Barbara Kingsolver and her family sweep readers along on their journey away from the industrial-food pipeline to a rural life in which they vow to buy only food raised in their own neighborhood, grow it themselves, or learn to live without it. Join the discussion with other members of the Green Sanctuary Committee to discover how we might do the same! Copies of book available at the bUUK store.

Join us for our regular Green Sanctuary monthly meeting led by Pat Smith
First Sunday of each month beginning September 7, at Noon.

~The Body Quadrant~

Dances of Universal Peace

First Sunday of each month, 12:30 - 2:00 p.m.

Led by Eileen Pappalardo and Jim Priolo

Craft Ministry

First Tuesday of each month, October 7, November 4, December 2, 7:00 – 9:00 p.m.

Led by Jodith Janes

Inclusivity Ministry

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

Led by April Stotz and Kathy Kosoriek

This year we will focus on helping to implement the Board of Trustees 2008 vote to become an “anti-racist, anti-oppressive, multicultural congregation.” Join us for the ***Jubilee World II Workshop on October 17-19*** and for potlucks, movies and discussions throughout the year.

Pastoral Care Team

Fourth Saturday every other month, beginning October 25, 1:00 – 3:00 p.m.

Led by Doris Matthey

Food Bank Volunteers

Second Thursday and Fourth Wednesday, 10:00 a.m. – Noon

Last Thursday, 6:00 8:00 p.m.

Ruth Mennell, 440-333-4613

Gloria Bemer, 440-777-9108

Interfaith Hospitality Network

WSUUC hosts December 21 – 27

Cathy Ross, 216-502-4679

~The Spirit Quadrant~

UU Christian Fellowship

First Thursdays, September 4, October 2, November 6, December 4, through May, 7:00 – 9:00 p.m.

Led by Rev. Kathleen Rolenz

Ever feel like Jesus has been kidnapped by the Christian Right or the Secular Left? *Saving Jesus* is DVD-based small group exploration of Jesus for the third millennium. These are stand-alone sessions and no prior preparation is needed to attend. All are welcome.

Zen Buddhist Sitting Group

Fridays, 8:00 – 9:30 a.m.

Led by Rev. Wayne Arnason

***Day of Silence - Fall Meditative Practice at West Shore**

Saturday, November 1, 9:00 a.m. – 4:00 p.m.

Led by Rev. Wayne Arnason



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Especially for the First Time & Frequent Visitor

Getting to Know UU
Second Sunday of each month, 12:00 - 1:15 p.m.
September 14, October 12, November 9

This class is an introduction to Unitarian Universalism held after the worship service. Grab some lunch from the all-church potluck and go to the Chapel.

***The Path to Membership**
Wednesday, September 24, October 22, 7:00 – 9:00 p.m.
Saturday, November 22, 10:00 a.m. - noon
 Led by Revs. Kathleen Rolenz and Wayne Arnason,
 Kathleen Heck, Membership Coordinator

This class will explore the meaning of membership at West Shore, as well as, opportunities for involvement in the life of the congregation.