

ADULT PROGRAMS—MANY PATHS TO PRACTICING A UU RELIGIOUS LIFE

Fall 2009

PUURL



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 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 P.U.U.R.L. 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 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

***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 of Lifespan Faith Development
Wednesdays, October 7, 14, 21, 28, November 4, 11, 7:00 p.m.

This adult religious education classic is the one repeating core class offered every year. It is open to newcomers to this faith or long-time members. BYOT focuses on helping you to articulate your values, beliefs and practices that create your UU theology. Never be tongued again when someone asks, "What do Unitarian Universalists believe?" BYOT is the one prerequisite for taking classes on the Path to Spiritual Maturity.

MIND

Menu for the Future Led by Cheryl Cross
Tuesdays, October 6, 20, November 3, 17, December 1, 8, 7:00 – 8:30 p.m.

This newest Northwest Institute course's goals are to explore food systems and their impact, gain insight into agricultural and individual practices that promote personal and ecological well-being and to consider our role in creating/supporting sustainable food systems. Course book is \$20, available for purchase from the instructor. 6:30 brown bag dinner optional.

Friday Morning Book Discussion Led by Rev. Wayne Arnason
The Whole Five Feet by Christopher Beha
Fridays, October 2, 9, 16, 25, 9:30 – 11:00 a.m.

In 1909, Unitarian Charles W. Eliot, retired President of Harvard University, undertook to compile a library of great books that, if read, would offer a complete liberal education to a literate person unable to engage in higher education. He said the books could fit on a "five-foot shelf". At a critical point of illness and loss in his life, a young adult named Chris Beha decides to take a year to read the five-foot shelf. His new book about this year is a lively reflection on how books can change, and even save, your life. Beha invites us to consider whether we are losing the heart of what a liberal education used to mean. Purchase the book in the church bookstore or elsewhere, and read to page 57 by the first session!

Great Minds...Great Books

Led by Don Mayer

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

- September 14** *Dreams of Scipio*, Iain Pears
October 12 *The Infidel*, Ayaan Hirsi Ali
November 9 *Inherit the Wind*, Jerome Lawrence & Robert E. Lee
December 14 *American Lion*, Jon Meacham

Inherit the Wind will be produced at the Cleveland Playhouse, so we hope to have a theater party Friday, November 12.

BODY

Beginner's Yoga

Led by Erika Feighenbaum, PhD.

Tuesdays, September 15, 22, 29, October 6, 5:30 – 6:30 p.m. Certified Yoga Instructor

Introduction to foundational postures, breathing and relaxation techniques of yoga.

Modifications will be made for beginners or those with prior yoga experience. Wear loose, comfortable clothes. Bring a mat, if you have one, towel or blanket, if you don't.

HEART

Words So Large

Led by Eileen Pappalardo

Wednesdays, September 16, October 14, November 18, 7:00 – 8:30 p.m.

A peaceful united world is possible in the present moment. This class provides opportunities to experience peace through art focused "Interspirituality Practice" (exploring spiritual principles that unify rather than divide us). Peace is power and being peaceful is an antidote to the assertion that violent conflict is an inevitable human condition. Peace begins with sincere concentration and focus. Based on the scholarly studies, transliterations, and spiritual explorations of Neil Douglas Klotz. We will explore prayer, wisdom and purity.

SPIRIT

Life Review for Women Over Fifty

Led by Sally Follett & Karen Tomoff, LPCC

Mondays, September 14, 28, October 12, 26, November 9, 23, 7:00 – 9:00 p.m.

Where are we now? What have we left behind? And where are we going from here?

Discussion, photo collections and journaling, influenced by Zalman Schachter-Shalomi's *From Aging to Saging: A Profound New Vision of Growing Older*, will help us find answers to those important questions.

Readings with Rumi

Sundays, 9:00 – 10:00 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.

NEW “ MANY PATHS” COURSES AVAILABLE THIS FALL

These Path courses starting this fall are for church members only:

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

Weaving the Fabric of Diversity

Led by Inclusivity Ministry

Tuesday, September 22, and then the first and third Tuesdays, October 6, 20, November 3, 17, and December 1, 7:00 - 9:00 p.m.

We will offer a six-session group led by an experienced team from Inclusivity Ministry with support from the Ministry Team. "Weaving the Fabric" offers new information, creative exercises, case studies, and group discussion about the ways that our church community and our society includes or excludes certain groups with distinct identities or needs. Age, ability, sexual orientation and identity, race, and class are among the identities where linked oppressions are considered. This is one of three, core curriculum classes in this new Path series.

THE PATH TO SPIRITUAL MATURITY is designed to offer members the tools, practices and commitments that can sustain a lifelong engagement to religious living.

The “Eight Gates” Class

Led by Revs. Wayne Arnason and Kathleen Rolenz

Second Wednesdays, (except for November 18), beginning September 9, 7:00—9:00 p.m.

We will offer for the first time this ministers' class on Spiritual Maturity, open to church members with at least two years of active involvement at West Shore or other UU churches, preferably including experience with the "Building Your Own Theology" class. This class on Spiritual Maturity engages participants in eight gates to spiritual practice that form a lifelong matrix for sustaining a religious life. The core class will be offered annually. Applying for this class involves a conversation with one of the co-ministers and sign-up does not guarantee admission.

On-going groups at West Shore are Part of PUURL

Check the West Shore Calendar to confirm times of meetings: <http://www.wsuuc.org/calendar>

Craft Ministry, First Tuesdays of the month, 7:30 p.m. (Body)

Food Bank Volunteers, Second Thursday and Fourth Wednesdays (Body)

Green Sanctuary, First Sunday of the month, 11:00-12:00 (during 2nd Service) (Body)

Humanist, Atheists, Agnostics & Free-Thinkers, Second Thursdays of the month (Mind)

Inclusivity Ministry, Third Tuesday of the month, 7:30 p.m. (Heart)

Interfaith Hospitality Network, week of Christmas, Easter, Summer (Body)

Pastoral Care Team, usually last Saturdays 1-3 p.m. (Heart)