



West Shore Unitarian Universalist Church presents  
**Uncle Waldo's Coffee House Concert**  
**Saturday, January 21, 2006, 7:30 p.m.**

**Featuring Robin Stone**

Award winning multi-instrumentalist/producer/singer/songwriter Robin Stone appears with her band at Uncle Waldo's to bring us her unique blend of jazz and funk. What does she sound like? "Take Dave Matthews and put him on a blind date with Natalie Cole. Get Joni Mitchell to bake cookies for Erykah Badu. Now have them all meet at Carole King's house for the party..."

This show will be a rare treat highlighting both sides of Robin's musical personality—her solo acoustic music and cutting loose with her band. Join us for an evening of intelligent groove delivered with Robin's incredibly crisp and unique voice and her exciting, inspiring stage presence.

**Tickets: \$12 - payable at the door**

Sign up in the church office or email [dlydon@wsuuc.org](mailto:dlydon@wsuuc.org) to reserve a seat.  
 Childcare available if arranged prior to evening

ONE CHURCH  MANY PATHS  
**West Shore Unitarian Universalist Church**

20401 Hilliard Boulevard Rocky River, OH 44116  
 Phone: 440.333.2255 FAX: 440.333.2287  
 Web site: [www.wsuuc.org](http://www.wsuuc.org)

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**PUURL**  
**Practicing a**  
**Unitarian**  
**Universalist**  
**Religious**  
**Life**

**OPPORTUNITIES FOR ADULT  
 RELIGIOUS EDUCATION AND SERVICE**

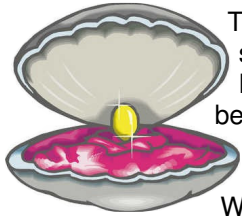
**Winter 2006**

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ONE CHURCH  MANY PATHS  
**West Shore Unitarian Universalist Church**

# What is PUURL?



The "pearl of great price" is an image used in both Western and Eastern scriptures to describe the goal of religious living. In a non-creedal church like ours, we don't use doctrinal language to define that goal for our members. Our members tell us what the "pearl of great price" means to them: personal growth, integrity of belief and action, wisdom regarding life's meanings, and deepening compassion for self and for others. How does West Shore UU Church help its members find this pearl? One way is through exploring what is involved in **P**racticing a **U**nitarian **U**niversalist **R**eligious **L**ife, a process represented by the initials **PUURL**.

PUURL is a way of thinking about the ongoing programs and classes available through the church to help us better understand what it means to practice a UU religious life. PUURL has four organizing principles, which can be thought of as four quadrants of learning: Mind, Body, Heart, and Spirit. The UU religious life involves exploration of each quadrant. This booklet offers an overview of the Spring 2005 PUURL offerings and how we see them expressing these four areas of growth and learning. This booklet combines classes organized by West Shore's Adult Programs Committee, classes and groups offered by the Ministry Team, ongoing support and interest groups at West Shore, and ongoing service opportunities offered through the church.

## How To Use This Booklet

Members, old and new, often ask if there is more to being involved at West Shore than attending services and assisting with the church's community and institutional life. Is there a curriculum, a path for spiritual growth for adults that compares to the structured curriculum available for children and youth? PUURL suggests such a structure and a way of thinking about the spiritual growth and learning opportunities West Shore offers you. This brochure invites you to design your own program to meet your goals and needs.

In the course of a year at West Shore, can you make time to undertake a class, a practice, or a service opportunity in each of the four quadrants? 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 the offerings in these quadrants? We look forward to hearing about your ideas.

Copies of books associated with classes can be purchased at the church office. Class fees may be paid directly to the instructor, or in the form of a check made out to the West Shore UU Church, PUURL on the memo line.  
For fee waivers, contact our Parish Co-Ministers Wayne Arnason or Kathleen Rolenz. It is recommended that you register in advance for all weekday and evening classes. To sign up for a class, return the reservation form included in this brochure or call the church office.

# Meditation Opportunities

## The Zen Buddhist Group

**Tuesdays, 5:30-6:30 p.m.**

New Location: Northview House Ministers' Office

The groups meets for twenty-five minutes of silent and still sitting practice, followed by a half hour of conversation about themes and life issues suggested by Buddhist practice and teaching. Group members take turns convening the session and preparing reflections for discussion. No previous experience in meditation is required, just a willingness to sit still. If you have any questions, please contact Anne Osborne at 440-617-9000 or [osborne815@yahoo.com](mailto:osborne815@yahoo.com).

## Opportunities For Service at West Shore

### Food Bank Volunteers

Each month West Shore volunteers pack food for distribution to those in need. Volunteers usually meet at the church at 9:30 a.m. and carpool to the Food Bank Warehouse. For more information about volunteering and specific dates, see *Shorelines*, or call Ruth Mennell at 440-333-4613.

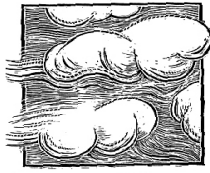
### Tutor at Our "Adopt-a-School" - Buhler Elementary School

This is a vital "hands-on" opportunity available for volunteers as one-on-one reading tutors for second graders. For more information, call the church office.

### Caring Team

Members of the Caring Team make monthly visits to homebound church members and friends. They also sponsor the 90 year olds birthday celebration in November, and deliver flowers twice a year. The Caring Team currently meets the 2nd Wednesday of each month at 2 p.m. For more information, contact Peggy Reid at 440-331-2957.

**NOTE:** During our building renovation project, it has become necessary to ask several of our groups to meet off-site due to space limitations. This is a temporary situation, and we look forward to the time when all groups can meet in our building again. Thanks in advance for your cooperation and understanding.



## The Spirit Quadrant...

*"Affirming a vision of a spiritual community."*

### Worship: The People's Work

January - April 2006, 7 - 9 p.m.

Led by Revs. Wayne Arnason and Kathleen Rolenz

What is worship? Why do people come to worship? How has worship changed (or not changed) in your congregation? Kathleen and Wayne spent 3 months on the road asking UU and non-UU pastors and laity those three, simple questions. This winter, Wayne and Kathleen want to engage the members of the congregation in their study of worship. Nine classes, required for the new worship associates team and open to all will explore both the traditional and non-traditional elements of worship in our church, and how they compare with what's happening in other traditions. During the course of the class, we intend to use some Sunday morning services as a "laboratory" for our research, applying the ideas and learnings from the class. The themes explored in these monthly classes will also be reflected in a monthly sermon series and in Connection Circles, West Shore's Small Group Program. You are invited to help us explore the ways our liturgy truly becomes "the people's work" of this congregation.

**Required reading:** *Beyond the Worship Wars: Building Vital and Faithful Worship* by Thomas G. Long. Available from the Alban Institute website [www.alban.org](http://www.alban.org) or from the church office. Cost: The book, plus \$5.00 or free-will donation. Childcare will be available if there are three or more children. Contact the church office in advance.

**The Classes:** Please be prompt. Each class will begin with a brief worship experience. Attendance at each session is mandatory for Worship Associates only; "Drop-ins" for single classes allowed with advance communication with the ministers.

Date/Time	Monthly Themes	Chapters	Chapter Title
January 12	Mystery	Chapter 1	Worship Wars
January 26	Mystery	Chapter 2	The Presence of Mystery
February 9	Welcoming The Stranger	Chapter 3	Why Do People Come To Worship
February 23	Welcoming The Stranger	Chapter 4	All The World's a Stage...
March 9	Sacred Space	Chapter 5	The Challenge of Music
March 23	Sacred Space	Chapter 6	The Space of Worship
April 6	Service	Chapter 7	Neighborhood and Mission
April 20	Service	Chapter 8	Memory and Celebration
April 27	Endings	Chapter 9	Leadership

## The Quadrants of PUURL

Practicing a Unitarian Universalist Religious Life can be as free-style, or as disciplined as you like. The Ministry Team, the Adult Programs Committee and our PUURL resource group, seek to develop an all-inclusive program of lifespan religious education which involves Mind, Body, Heart and Spirit. Descriptions of each of these four quadrants, and the practice they entail follow:



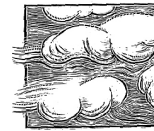
**The Heart Quadrant** involves both exercising our **social justice** and **creativity** through the practice of compassion and authenticity. Social justice work is heart work. Seeking to broaden our understanding of the barriers that separate races, classes, genders, and countries is part of our PUURL program. Our creativity and spirituality share a common source through art practice. Developing an art practice, or studying and engaging more intensely with an already established art practice is a dynamic way of studying the self and expressing the understandings that we discover within.



**The Body Quadrant** includes explorations of our **physical body** as a vehicle for self-realization that includes our whole being. It also includes **work practice** opportunities. Our ordinary, daily tasks become fruitful opportunities to broaden our spiritual practice, as well as to explore work that does not harm and nourishes ourselves and others. We offer volunteer service opportunities both inside the church and in the community as part of PUURL.



**The Mind Quadrant** involves **academic study, didactic learning and conversation**. This important component of any religious and spiritual discipline and practice has been where UUs have historically excelled and placed great emphasis.



**The Spirit Quadrant** has three components: **spiritual discipline, liturgy,** and **work with a spiritual teacher**. 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 also includes limited possibilities for spiritual direction with one of the ministers, known as the PUURL Intensive.

# Participating in P.U.U.R.L

**Do I have to sign up for classes?** 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 s/he is expecting and to arrange for childcare if necessary. Also, if a class doesn’t meet the minimum number of participants, the facilitator may choose to cancel the class and he/she will need to contact you.

**How can I sign up for classes?** In the church office there is a church notebook that contains sign-up sheets for all classes offered. Just ask the office volunteer to show you the notebook. You may also call our Program Administrator, Deb Lydon at 440-333-2255 during regular business hours to sign up for a class. We also hope to have on-line registration via our web-site later on this year.

**I signed up for a class and it was cancelled! What happened?** The minimum number of participants is six. Occasionally a facilitator will offer a class without the having met the minimum requirements, but usually a class will be cancelled.

**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 the facilitator for a waiver if you cannot afford to pay.

## PUURL Class Registration—Winter 2006

**Name** \_\_\_\_\_

**Phone/E-mail** \_\_\_\_\_

**Course:** 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Total Fees** (if any): \_\_\_\_\_

**Please make checks payable to West Shore UU Church.**  
Return this registration form to the church office.

### Let Your Life Speak

**Three consecutive Wednesday evenings in March 8, 15, 22, 7 - 8:30 p.m.**

Led by Rev. Wayne Arnason

“...the life I am living is not the same as the life that wants to live me.” These haunting words from Quaker educator Parker Palmer represent the challenge of these three-session conversation with Rev. Arnason about vocation. This is a class for all adult ages—for younger members whose life work is still in formation, for middle-aged members who are asking whether they are in the right place, and for older members wondering if there is another life that wants to live them during retirement. Purchase Parker’s book, *Let Your Life Speak*, at the church office, and read the first two chapters before the first class. Cost: \$13.00 (for book)

### The Gift of Time

**Thursday, March 9, Strawser’s House, 1508 Parkway Drive, Lakewood, 7:30 - 9 p.m.**

Led by Kathy Strawser, Director of Lifespan Faith Development

“There is more to life than increasing its speed,” said Mahatmas Ghandi. Busy, burdened, and bewildered, we say we’re not going fast, just trying to keep up. And our children are not exempt from this frantic pace. How did this happen? How is it impacting our personal and professional lives? How can we, especially families, take back our time? For one evening, we’ll take time to breathe and reclaim time as a family value. Limit: 10 participants; childcare compensation available.

### Great Minds...Great Books

**Second Monday of the Month, Shuttee Hall (January and February), 7:30 p.m.**

Led by Don Mayer

If you enjoy good literature and discussion, please join us.

- Monday, January 9      *The World is Flat* by Thomas Friedman
- Monday, February 13      *The Devil in White City* by Erik Larson
- Monday, March 13      *1776* by David McCullough
- Monday, April 10      *America’s Secret War* by George Friedman

### Process Theology

Led by David Frazier and Molly Holland

This ongoing group meets one evening a month at different times and locations to explore themes and ideas tracing their roots to the work of Alfred North Whitehead. Topics of interest include the relationship between science and religion, reality as linked, interdependent events, and the nature of the divine. Our meetings will alternate between viewing a movie dealing with process philosophy followed by a discussion one month and conversation the next month on a text of interest. We welcome new attendees, adults and teens. Contact Molly Holland, 216-382-4367, for current details.

### Winter Walk In The Metroparks

**Saturday, February 11, Rocky River Nature Center, 10 a.m.**

Led by Jim Hamilton

Join Metroparks enthusiast Jim Hamilton for a morning hike in Greater Cleveland's Emerald Necklace. Our walk will uncover both the dormancy and surprising activity in winter wildlife, plants and wetlands in our park system. Adults and children (accompanied by a parent) are welcome.

### Recreational Drumming Circle

**Second Tuesday of every month, beginning February 14, Baker Hall, 7 - 8:30 p.m.**

Led by George Remias

This class provides a community-wide opportunity to express creativity. Its goal is to facilitate the primal need to share and support one another through percussion-based music. Drum circles can help provide stress reduction, self-expression, and community connection, in addition to exercising the body, mind and spirit. Spontaneous acts of kindness, musical chanting, and dancing are also encouraged. No prior drumming experience is necessary. While a small supply of drum and percussion instruments will be made available, attendees are highly encouraged to bring their own. Adults and teens are welcome.



### The Mind Quadrant...

*"Open minds celebrate inquiry and diversity."*

#### Friday Morning Book Discussion Group

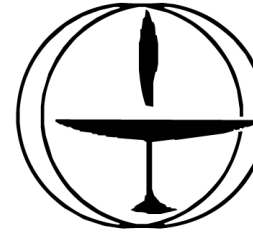
**Fridays, January 6 - March 10, Church Library, 9:30-11 a.m.**

Led by Rev. Kathleen Rolenz and Kathy Strawser

*Blink: The Power of Thinking Without Thinking*, by Malcolm Gladwell, from January 6 to February 10, led by Rev. Kathleen Rolenz. The author explains in a readable and understandable way why that snap decision you made turned out to be correct. He also tells us why "less is more" in some decisions. Cost: \$18.00 (for book)

*The Kite Runner*, by Khaled Hosseini, from February 17 to March 10, led by Kathy Strawser. The author tells a story of fierce cruelty and fierce yet redeeming love. Both transform the life of Amir, the privileged young narrator, who comes of age during the last peaceful days of Afghanistan's monarchy, before the revolution, the Russian invasion, and the Taliban plunge his country into violence. Cost: \$9.00 (for book)

## Want to Find Out More About West Shore?



### Introduction To Unitarian Universalism

**Wednesday, February 8 & 15, 2006**

This program is an introduction to Unitarian Universalism and West Shore Unitarian Universalist Church for newcomers and long term attendees. Sponsored by the Membership Committee and led by the Parish Co-Ministers Wayne Arnason and Kathleen Rolenz, this class will meet on two consecutive Wednesday evenings from 7 - 9 p.m. at the church library. Childcare is available upon request. Pre-registration required.

### Membership Seminar

**Wednesday, February 22, 2006**

This seminar, led by the Parish Co-Ministers, outlines what it means to be a member of West Shore Unitarian Universalist Church. It is open to those interested in joining the church at an upcoming New Member Sunday. The class meets from 7 - 9 p.m. Appointments may also be made with the ministers to discuss membership. Childcare is available upon request. *Pre-registration required.*

### New Member Sunday

**Sunday, February 26, 2006, at 11 a.m.**

*Followed by a New Member Reception*

## Sunday Morning Adult Education Programs

### Morning Forum

**Sundays, 9:45 - 10:45 a.m.**

New Location: Rocky River Council Chamber, 21002 Hilliard Boulevard, Rocky River  
Led by Bill Hayne and Guest Speakers

Morning Forum features speakers from universities, political life, business and/or leaders within our community. These speakers are seeking the truth from a variety of viewpoints - intellectually, spiritually and intuitively. The search is based upon the vision of our Unitarian Universalist heritage.

### Readings with Rumi

**Sundays, 9 - 10 a.m.**

New Location: Starbucks, 19555 Detroit Road, Rocky River

Using the ancient art of *Lectio Divina*, which means reading sacred text, members of this group continue to explore the poetry and mysticism of the Persian poet, Rumi.

## Weekday and Evening Classes - Winter 2006



### **The Heart Quadrant...**

*"Open hearts respond with love to the pain  
and promise of the world."*

#### **Undoing Racism**

**Third Tuesday of the Month, 7:30 p.m.**

New Location: Fairview Park Regional Library, 21012 Lorain Road

Led by April Stoltz

The Undoing Racism group meets on a monthly basis to explore issues of racism and multi-culturalism at many levels - personal, cultural, and institutional. In addition, the group hosts several special programs, potlucks, movies, and discussions throughout the year on themes of racism and classism.

#### **Undoing Racism Potluck & Movie, Baker Hall**

**Third Saturday of the Month, 5 p.m.**

Every month a new movie is selected around the themes of racism, classism, sexism, and other prejudicial behaviors. The potluck begins at 5 p.m. followed by the movie at 6 p.m. Please B.Y.O.D. (Bring Your Own Dishes) as we are a "Green Sanctuary."

#### **Dialogues in Diversity - Program To Resume Spring 2006**

Led by Chris and Raymond Claytor

Dialogues in Diversity was created to promote conversations between persons of different races, religions and backgrounds as a way of getting to know people whose life stories are different than our own. Monthly events are presented, which are open to everyone.

#### **Reader's Write**

Reader's Write is open to authors of all ages. The topics are the focus of upcoming worship services and Connections Circles, and are intentionally broad in order to give room for expression. So, fire up your computer or ten-cent ballpoint, get to work, and be published! Submissions need to be under 200 words, and sincerity and thoughtfulness, rather than style, matter to the editors. Send your submissions to Kathy Strawser, c/o West Shore UU Church, place in the church mailbox, or e-mail [kstrawser@wsuuc.org](mailto:kstrawser@wsuuc.org).

- February Topic due by January 17      *Meeting The Stranger*
- March Topic due by February 14      *Sacred Space*
- April Topic due by March 14      *Service*

#### **West Shore Artists Series**

**Sunday, March 19, 3:30 p.m.**

**West Shore Sanctuary**

The Lakewood High School a capella choir will be our special guest. The West Shore Choir will join the youth under the direction of Dr. Lisa Hansen in two movements of the Mozart *Requiem* to conclude the program.

**Sunday, May, 7, 11 a.m.**

**West Shore Sanctuary**

The West Shore Choir, under the direction of co-director David Blazer, will present the Mozart *Organ Mass*.



### **The Body Quadrant...**

*"Open hands work for peace and justice."*

#### **Knitting Ministry**

**First Monday of the Month, 7 - 9 p.m.**

New Location: Starbucks, 19555 Detroit Road, Rocky River

Led by Katie Norris

This group welcomes both beginner and experienced knitters to create prayer shawls for acknowledging the joys and concerns of members of our congregation. New knitters should bring a ball of worsted weight yarn and size 10-11 knitting needles.

#### **Wu Style Tai Ji (Tai Chi)**

**Begins Saturday, January 21, Baker Hall, 9 - 11 a.m.**

Led by Soren Hansen

Tai Ji is the most widely practiced martial art in the world today. The term "Tai Ji" refers to the ancient Chinese cosmological concept of the interplay between two opposite yet complementary forces (Yin and Yang) as being the foundation of creation. This is an introductory class with a focus on relaxing and balance.

#### **Dances of Universal Peace**

**Sunday, January 22, Baker Hall, 4 - 5:30 p.m.**

Led by Paul Taylor

The dances of universal peace are a practice of body prayer and short, sung phrases from the major religious traditions. We will dance simple circle dances, similar to folk dances, with repeated steps, and connect with the universe. All ages welcome. The cost of this event is a free will offering.