

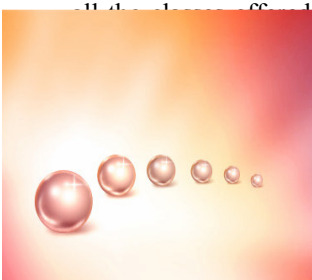
# ADULT PROGRAMS - MANY PATHS TO PRACTICING A UU RELIGIOUS LIFE

PUURL

Winter 2010



**W**hat'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 programs 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*

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**Building Your Own Theology** Led by Kathy Strawser, Director, Lifespan Faith Development  
*Wednesdays, February 3, 10, 17, 24, March 3, 10, 7:00 p.m.*

This 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.

**MIND**

**Great Minds...Great Books** Led by Don Mayer  
*Second Monday of the month, 7:30 p.m.*

**January 11** *The Help*, Kathryn Stockett      **March 8** *Long Day's Journey into Night*, Eugene O'Neill  
**February 8** *Poetry of Mary Oliver*      **April 12** *The Thoreau You Don't Know*, Robert Sullivan

**Friday Morning Book Discussion, Round 1** Led by Intern Minister Sunshine J. Wolfe  
*Fridays, January 16, 23, February 5, 12, 19, 26, March 12, 19, 26, 9:30-11:00 a.m.*

We will begin by reading *Pathologies of Power: Health, Human Rights and the New War on the Poor* by Paul Farmer. This book explores ethics, in particular medical ethics, to consider the nature of people and human rights. The author's experience as a medical doctor in Haiti and Russia offers a unique perspective on the big moral questions of our lives. After we read this book we will decide the second book from a list of suggestions from the intern minister based on the group's interest.

**Friday Morning Book Discussion, Round 2** Led by Chris Baumhauer & Rev. Marjorie Skwire  
*Six Fridays, April 16, 23, 30, May 7, 14, 21, 9:30-11:00 a.m.*

Three Biblical Women: Tales of Seduction, Murder and Mayhem. We will examine three Biblical narratives—Ruth, Esther and Judith (from the Apocrypha)—and learn about the strong women who gave these books their names. Bring a Bible of any translation, and, if you have one, an Apocrypha (sometimes found between the Testaments in Christian Bibles.)

**Progressive Thinkers Book Club** Led by Sharon Hogan and Heather Macalla  
*Sundays, March 28 & April 18, 7:00 p.m.*

Margaret Atwood is an award winning Canadian author and activist who explores themes of interest to UU's. We will discuss two of her recent titles that focus on the disparity of class and gender, genetic engineering, and spirituality in the titles *Oryx and Crake* (March 28) and *The Year of the Flood* (April 18). Both tell the tale of social inequalities and genetic engineering that eventually lead to catastrophic climate change and a human made plague. What went wrong? Are we on the same path?

**Understanding Islam and the Media** Led by Intern Minister Sunshine J. Wolfe  
*Saturdays, January 23, February 6, 20, March 13, 27, April 10, 10:00—Noon*

In a media that often equates Islam with terrorism, how do we talk about Islam in ways that express the value and beauty of this ancient religion? This class will start with a basic overview of religion, faith, and diversity in some Muslim communities throughout the world. We will then explore some basic history of Islam and its relationships to Judaism and Christianity that help shade media perception of Islam. Through film, poetry, literature, and news media we will look at the language that is utilized in the media to talk about Islam and to begin to understand modern Muslim communities in relationship with Western society. A *small* amount of reading may be expected as a part of participation.

## BODY

### **Beginner's Yoga**

*Six Mondays, January 25, Feb. 1, 8, 15, 22, March 1, 5:30-6:30 p.m.*

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.

Led by Erika Feighenbaum, PhD.

Certified Yoga Instructor

### **Tai Chi**

*Eight Saturdays, January 16, 23, 30, February 6, 13, 20, 27, March 6, (13), 9:00-11:00 a.m.*

Experience the interplay between yin and yang as the foundation of creation. Learn the gentle practice called the Eight Sections of Brocade, as well as the so-called "first circle," of three, of the Tai Chi Wu style. At home practice of this new skill is an expectation.

Led by Soren Hansen.

## HEART

### **Readings with Rumi**

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.

*Sundays, 9:00-10:00 a.m.*

### **Animal Rights and Human Responsibilities**

*Six Tuesdays, February 2, 16, March 2, 16, April 6, 20, 7:00-8:30 p.m.*

"At the heart of the impulse we call religious is the desire to lessen suffering and to extend justice and compassion. Increasingly, religious faiths and denominations are considering what this means in relation to non-human animals." We will explore this issue through discussions based on questions provided for reflection, recommended articles, and two DVD's. (Resource: Section 3, *Ethical Eating: Food and Environmental Justice*, a UU Congregational Study/Action Issue)

Led by Cheryl Cross

### **Once a Catholic...**

*January 16, 2010 10:00 a.m. - noon*

...always a Catholic? If you have joined West Shore within the past three years and are still struggling to articulate what Unitarian Universalism is and means to your Catholic family and friends, this class is for you. This conversation will explore your Catholic roots and how they can be transformed into Unitarian Universalist wings. If you need childcare, please let us know by January 9th; minimum number of four children required for child care. Email Rev. Kathleen Rolenz if you have any questions. (krolenz@wsuuc.org)

led by Rev. Kathleen C. Rolenz

## SPIRIT

### **The Enneagram as a Spiritual Resource**

*Thursdays, March 11 & 18, 7:00-9:00 p.m.*

The *enneagram* is a geometric image that's become a spiritual and psychological tool to help us comprehend basic motivations and develop practices that foster spiritual growth. This class explains the basics of the enneagram and how it works as a system. We will consider where your motivations fit in the diagram and how to engage with the enneagram as a spiritual and psychological tool.

Led by Intern Minister Sunshine J. Wolfe

### **Open Spaces: Art, Meditation and Devotion**

*First Wednesdays, January 6, February 3, March 3, 7:00-8:30 p.m.*

Spiritual practice opens spaces. This class will explore various art forms infused with movement, mantra, and song to facilitate deeper meditation, devotion and unity. Like an artist's hands form useful empty spaces, we will create a space for the Divine to dwell within. Limit: 10 participants

Led by Eileen Pappalardo

## **“MANY PATHS” COURSES AVAILABLE THIS SPRING**

*These Path courses are for church members only:*

**Finding Meaning & Purpose: The Ministers' Class**      Revs. Wayne Arnason & Kathleen Rolenz  
*Two Thursdays, January 7 & 14, or May 6 & 13, 7:00-9:00 p.m.* Twice a year those who have attended the Path to Membership class and have made a decision to join West Shore are invited to join the ministers for a two-session class that engages with our church's mission: "to help more people lead lives of meaning and purpose." The first session looks at where meaning is found in this life, rather than in a life beyond the one we have been given. In the second session, we consider "purpose" and other ways of finding and sustaining it beyond "God's plan" or God's will"

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

**Spiritual Autobiography: Writing the Story of Your Life**      Co-led by Mark Holloway and Barbara Allbritain-Walker

*Saturday, April 10, 10:00 a.m.-noon, then six consecutive Wednesdays, April 14, 21, 28, May 5, 12, 19, 5:30-7:30 p.m.* Where have you been? Where are you now? Where are you going? This is your chance to sharpen your memories, write your autobiography, and frame it with the language of theological insight. Learn more about the meaning and purpose of your life and share your story with others through this exploration of guided autobiography.

**THE PATH TO LEADERSHIP** is designed to prepare committed members to serve as church leaders by providing them with the skills to offer their gifts of leadership to the church community.

**Conflict Management**      Co-led by Joe Schafer, the CARE Covenant Team  
*Saturday, February 6, 10:00 a.m.– Noon* Every congregation experiences conflict. Personalities and agendas don't always blend well. How can we accept and engage conflict creatively? How does our CARE Covenant help us with tools for conflict resolution?

**Appreciative Inquiry**      Led by Rev. Kathleen Rolenz  
*Saturday, March 6, 10:00 a.m.– Noon* Appreciative Inquiry is a way of approaching challenges, goals and planning by asking about the strengths and gifts we bring to what is facing us. It's a powerful tool we use at West Shore to accomplish our mission.

### **On-going groups at West Shore are Part of PUURL**

**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 (HAFA)**, *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)*

**UU Christian Fellowship**, *First Thursdays of the month, 7 p.m. (Spirit)*

**Zen Buddhist Sitting Group**, *Every Friday morning at 8 a.m. (Spirit)*

*... And many, many more! Confirm times of meetings: <http://www.wsuuc.org/calendar>. Check the church newsletter, *The Shorelines* for current updates, the website and the 2009-2010 booklet "On the Path to Deeper Involvement"*