

PUURL

Winter/Spring 2009
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 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

Winter/Spring *PUURL*

Welcome to *PUURL*'s winter/spring 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. The first three classes were offered in the fall, and the fourth is scheduled for this winter. These classes are open to all, with a particular focus on training members to become future leaders of West Shore, although we expect the skills learned from these classes would be useful in other areas of one's life, as well.

***Handling Conflict with CARE**

Led by Joe Schafer

Saturday, February 21, 10:00 a.m. - Noon

This session will focus on alternative modes of conflict management, with a special focus on two that are particularly important for WSUUC leaders and members. The workshop will provide practical strategies and verbal skills for engaging in constructive conflict resolution that are consistent with our CARE covenant. Content highlights include:

- Five modes of conflict resolution and their appropriate use.
- Handling "unresolvable" issues, or situations where "the cure is worse than the disease."
- Handling difficult issues in a clear and respectful manner - exposing the false choice of whether to be "straight with the person" or "nice to the person."

~The Mind Quadrant~

Morning Forum

Sundays, 9:15 – 10:15 a.m.

David Frazier leads a team that arranges Guest Speakers from academia, politics and the arts on a wide variety of topics.

Great Minds...Great Books

Led by Don Mayer

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

- **January 12** *Alexander Hamilton* Ron Chernow
- **February 9** *The Faith Club* Idlby, Oliver, Warner
- **March 9** *The Leopard** Guiseppe Di Lampadusa
- **April 13** *The Seagull*** Anton Chekov

We will discuss the possibility of reading *With Purpose and Principle: Essays about the Seven Principles of Unitarian Universalism*, Edward A. Frost, Editor, instead of *The Leopard* and decide what the group wishes. *The Seagull* will be produced by the Great Lakes Theater Festival this season, so we hope to have a theater party in the spring.

HAFA (Humanists, Atheists, Free Thinkers, Agnostics) Led by George Bliss, Jeffrey Randolph Lee

Second Thursdays, January 8, February 12,

March 12, April 9, May 14, 7:00 - 9:00 p.m.

Wide-ranging discussions on humanist themes and concerns led by church members.

*Friday Morning Book Discussions

A Mercy by Tony Morrison

Led by Baiba Caunite

First Session: January 16, 23, 30, February 6, 13,
9:30 – 11:00 a.m.

Set in the last couple of decades of the 17th century, when the U.S. was a half-lawless land of unbound desires whose bounty was being parceled up according to whims of various foreign kings, Toni Morrison's *A Mercy* is an intimate story with epic implications, sung in notes of deep ambivalence. Book available at bUUK Store and Amazon.com

**When All You Ever Wanted Isn't Enough* by Rabbi Harold Kushner

March 6, 13, 20, 27, April 3, 10, 9:30 - 11:00 a.m. Led by Midge Skwire, Marie Grossman

Rabbi Harold Kushner's book, *When All You Ever Wanted Isn't Enough*, looks to the Hebrew Bible's Ecclesiastes for wisdom for our world today. He addresses a need which is timeless and universal—the wish to live a meaningful life. Why is it that after attaining so many of our goals, we are left with a sense that something vital is missing? We'll explore how to live life as human beings are meant to live it. Bring a Bible to class. Book available at bUUK Store and Amazon.com.

***Friday Morning Book Discussions (cont'd)**

***Misquoting Jesus: The Story of Who Changed the Bible and Why* by Bart Ehrman**
May 1, 8, 15, 22, 9:30 – 11:00 a.m. Led by Elaine Wilkinson

“Whichever side you sit on regarding Biblical inerrancy, this is a rewarding read,” states one review of Bart D. Ehrman’s *Misquoting Jesus: The Story of Who Changed the Bible and Why*. Join us for discussion of this book by an outstanding Biblical scholar. Book available in libraries, bookstores and Amazon.com.

Building Your Own Theology Led by Revs. Wayne Arnason and Kathleen Rolenz
Thursdays, January 22, 29,
February 5, 12, 7:00 -9:00 p.m.

Never be tongue-tied again when someone asks “What do Unitarian Universalists believe?” Whether you are a newcomer to Unitarian Universalism, or a long-time member, this class will focus on helping YOU to articulate your values, beliefs and practices that create s called your UU theology. Minimum of six participants; advance sign-up required.

***~The Body Quadrant~**

Tai Chi Led by Soren Hansen
Saturday mornings , 9:00 – 11:00 a.m.
January 17, 24, 31, February 7, 14, 21, 28, March 7 (Optional dates: March 14 & 21)

Experience the interplay between yin and yang as the foundation of creation. An introductory class focusing on relaxation and balance.

Green Sanctuary Led by Pat Smith
First Sunday of the month, January 4, February 1, March 1,
April 5, May 3, 12:00 p.m.

Being embodied invites our practical work to ensure environmental health and integrity.

Dances of Universal Peace Led by Eileen Pappalardo
First Sundays, January 4, February 1, March 1,
April 5, May 3, 4:00-5:30 p.m.

Connect with the universal and inner peace with dances of body prayer and short, sung phrases from the major religious traditions.

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!

Craft Ministry

Led by Jodith Janes

*First Tuesdays of the month, January 6, February 3,
March 3, April 7, May 5, 7:00 – 9:00 p.m.*

Help create gifts blankets for our baby dedications and healing quilts for ill members.

“Transgender Experience Film Festival”

Offered by our Inclusivity Ministry

As part of the educational process preparing to welcome Sunshine Jeremiah Wolfe in August as our 2009-2010 intern minister, the Inclusivity Ministry is sponsoring a potluck and film series depicting different aspects of the transgendered culture’s experience. Bring a dish to share! Plan to stay after the film for discussion involving local community leaders!

- ***Call Me Malcolm***

Saturday, March 21, Potluck - 5:30 p.m.; Film & Discussion - 7:00 p.m.

This award winning documentary from the United Church of Christ is about a 27 year-old transgender seminary student, and his struggle with faith, love and gender identity.

- ***Boys Don’t Cry***

Friday, April 17, 6:00 potluck; 7:15 film and discussion

Academy Award Winner Hilary Swank portrays a high school student born female seeking to pass as a male. Some disturbing violence is depicted.

- ***Southern Comfort***

Friday, May 8, 5:30 potluck; 6:00 film and discussion

Winner of the Grand Jury Documentary Prize at the 2001 Sundance Film Festival, it is the story of Robert Eads, a 52-year-old female to male transsexual who has successfully passed as male. Diagnosed with ovarian cancer, he is denied treatment by two dozen doctors who fear that taking on a transgender patient might harm their practice.

Please check your local library for other books and documentaries about transgender and transsexual individuals. There is an easy –to-access-and-read list of materials on the UUA website. Use the keyword “UUA transgender resources” in Google. Watch for a day-long Transgender Experience Training Day on Sat. March 7 sponsored by the Intern Committee.

Pastoral Care Team

Led by Doris Matthey

***Fourth Saturday of the month, January 24, February 28,
March 28, April 25, May 23, 1:00 – 3:00 p.m.***

Food Bank Volunteers

Second Thursday and Fourth Wednesday, 10:00 - Noon

Last Thursday of the month, 6:00 - 8:00 p.m.

Ruth Mennell, 440-333-4613

Gloria Bemer, 440-777-9108

Interfaith Hospitality Network
WSUUC hosts overnight guests April 12 – 19.

Cathy Ross, 216-502-4679

Volunteers to provide meals, friendly conversation, and overnight staffing in the building are needed.

~The Heart Quadrant~

***Creative Audience Art Practice**
Saturday, March 21 10:00 – Noon

Led by Rev. Wayne Arnason

Reflect on one of the following monthly themes:

- January - Justice
- February - Sacrifice
- March - Letting Go

Create an artistic response to one of these themes. Then participate in the “creative audience” art practice, a non-judgmental, non-critical, appreciative approach to deepening one’s relationship with art. Register your intent to come in advance

Readings with Rumi
Sundays, 9:00 – 10:00 a.m.

This weekly small group meets at church to explore spiritual topics illuminated by the poetry of Rumi. Leadership rotates and is not necessarily composed of church members.

***Connections Circles**

Organized by Sarajane Wilson, 440-503-6363
Nancy Juergens, 440-871-8261

Openings are available in these monthly small group meetings engaged in deep listening to personal reflections on the spiritual themes of the month (listed above). To join, call Sarajane or Nancy during the month of January.

~The Spirit Quadrant~

Zen Buddhist Sitting Group
Fridays, 8:00 – 9:00 a.m.

Led by Rev. Wayne Arnason

This weekly sitting includes two twenty-minute silent periods divided by five minutes of silent walking meditation. After sitting, Rev. Wayne Arnason leads discussion on Buddhist teaching.

UU Christian Fellowship

Led by Rev. Kathleen Rolenz

*First Thursdays, January 1, February 5, March 5,
April 2, May 7, 7:00 – 9:00 p.m.*

Ever feel like Jesus has been kidnapped by the Christian Right or the Secular Left? *Saving Jesus* is a revolutionary DVD-based small group exploration of Jesus or the third millennium. Featuring religious voices of our day from leading Biblical scholars such as Marcus Borg, John Dominic Crossan, Matthew Fox, Amy-Jill Levine, James Forbes and others. These are stand-alone sessions and no prior preparation is needed to attend. All welcome.

Singing Your Way Through:*A Workshop for Times of Spiritual Transition**

Led by Rev. Mary Grigolia

*Friday, March 6, 7:30 – 9:00 p.m., free introductory session
Saturday, March 7, 9:30 a.m. – 4:30 p.m., sliding fee scale:
\$25 – \$100, checks made out to Rev. Mary Grigolia*

Do you ask yourself, "Who am I now? And who am I becoming?" Change happens. We repeatedly face impermanence - in our bodies, relationships, and roles in the world. How do we develop the spiritual capacity and resilience to grieve that which is passing away and open to that which is coming into being? How do we integrate who we've been with who we are becoming? Through singing, meditating, journaling, and sharing, participants in this workshop will explore the terrain of four stages of transition and transformation. No singing experience required!

Rev. Mary Grigolia, workshop leader, will leave you with new songs to continue your exploration and accompany you on your journey. Singing is Rev. Grigolia's spiritual practice. She is a published and recorded songwriter, a teacher of meditation, and a Unitarian Universalist minister who has served congregations in Ohio and North Carolina. If you have any questions, please contact Rev. Kathleen Rolenz.

***Day of Silence**

Led by Rev. Wayne Arnason

Saturday, April 4, 9:00 a.m. – 4:00 p.m.

Our spring day of meditative practice at West Shore Church. The format follows a Zen monastery day, with no more than three continuous twenty-minute sitting periods at a time, interspersed with work and art practice. We provide the morning coffee/tea. Please bring food to share with six people for our silent potluck lunch, and if you have a cushion you use for sitting meditation, please bring it. One extra zafu cushion will be available; otherwise, sitting meditation will be on whatever chair you find comfortable.

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phone 440.333.2255 • fax 440.333.2287 • www.wsuuc.org

Especially for the First Time & Frequent Visitor

Getting to Know UU

Second Sunday of each month, 12:00 – 1:15, January 11, February 8, March 8, noon – 1:15 p.m.

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**

Saturday, January 17, 10:00 – noon; Wednesdays, January 28, February 25 or March 25, 7:00 -9:00 p.m.

Led by Rev. Kathleen Rolenz or Wayne Arnason, and by 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.