

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

## PUURL

## WINTER - SPRING 2011

What does it mean to live a life that is grounded in your values, beliefs and ideals? It involves more than thinking about it; it requires your involvement. At West Shore, we have created the PUURL program, which stands for "Practicing a Unitarian Universalist Religious Life" to inspire you to engage in your four quadrants each year: **Mind**—engagement with ideas; **Body**—your body in our "body" in social service/justice work; **Heart**—classes and practices that open to compassion; and/or courses that inspire your creativity through art; and **Spirit**—classes that ask you to engage with the "still, small voice" within.



PUURL is also part of the Many Paths program, *The Path to Spiritual* outlined in the 2010-2011 congregational handbook. At West Shore, your co-facilitators of Lifespan Faith Development offer you a variety of opportunities to engage with your mind, body, heart or spirit, with the goal of moving you towards greater spiritual maturity. We believe that spiritual maturity is not something attained only by an enlightened few. It is through the direct encounter with these four quadrants, and the regular practice of them, that spiritual maturity is developed.

We hope you take full advantage of these offerings and look forward to your ideas and suggestions.

Wayne Arnason, Kathleen Rolenz & Kathy Strawser

## MIND

### Great Minds...Great Books

Led by Don Mayer

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

January 10	<i>Game Change</i>	J. Heilemann & M. Halperin
February 14	<i>In the Heart of the Sea</i>	Nathaniel Philbick
March 14	<i>My Name is Asher Lev</i>	Chaim Potok
March 19	<i>Asher Lev</i> Theater Party	Cleveland Playhouse
April 11	<i>Elmer Gantry</i>	Sinclair Lewis

### Friday Morning Book Discussion

Led by Clint Anderson

#### *Fridays, January 21, 28, February 4, 11, 18, 9:30 – 11:00 a.m.*

A study of *The Cathedral of the World: A Universalist Theology* by Forrest Church will be led by Clint Anderson, a former member of West Shore (1992-93), who says he has returned to West Shore and the UU faith in large measure because of the writings of Forrest Church, theologian, and former pastor of the All Souls UU Church, NYC. To prepare for the study, if you have access to a computer, you can go to [www.youtube.com](http://www.youtube.com), put in "Forrest Church Cathedral of the World" and you will find a sermon he preached on the subject about two months before his passing. The book can be purchased at the church bUUK store, or ordered online.

## Exploring Happiness

Led by Barbara G. Howell & Dottie Brown  
*Tuesdays, March 29, April 5, 12,*  
*7:30 – 9:30 p.m.*

Based on material from Sissela Bok's book by the same name, these three sessions will investigate the history, science and values of "happiness." Through reading and discussion, we will try to define, understand, put into perspective and discover what the term offers and how we might better attain this elusive state.

## BODY

### Mindful Eating Support Group

Led by Lynne Brakeman  
*Six Mondays, January 10, 17, 24,*  
*February 7, 14, 21, 6:30 – 8:00 p.m.*

In America, we are surrounded by an oversupply of food and "non- food" and bombarded by media messages urging overconsumption. If you have struggled with the issues of eating, weight and self-esteem, join us for a six-week series based on the book *Mindful Eating*, by Jan Chozen Bays, M.D., an ordained Zen priest and leader of the Zen Community of Oregon. We will begin with a 10-minute period of meditation, read aloud together from the book, discuss how the reading relates to our everyday life and practice at least one mindful eating exercise from the book's accompanying CD. Participants are requested to bring a copy of *Mindful Eating* to each class. It can be purchased online or borrowed from an area public library.

## Tai Chi

Led by Soren Hansen  
*Eight Saturdays, Jan. 15, 22, 29, Feb. 5, 12, 19,*  
*26, March 5, (12, 19), 10:00 - noon*

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.

### Beginner's Yoga

Led by Erika Geigenbaum, Wildflower Yoga  
*Nine Mondays, 5:30 p.m. - 6:30.p.m.*  
*from January 31*

Enjoy the benefits of a relaxing beginner's yoga class. Modifications will be offered for more advanced or basic students. No experience necessary. Wear loose comfortable clothes. Bring a mat, if you have one, towel or blanket, if you don't.

### Philosophy of Yoga

Led by Erika Feigenbaum  
*Five Wednesdays, February 2, 16, March 2, 16,*  
*30, 5:30—6:30 p.m.*

Ready to deepen your practice or simply interested in learning more about the guiding principles of Yoga? This interactive class will focus on the ethical precepts that can ground the spiritual aspects of a yoga practice, primarily the yamas and niyamas. Each class will include: a few minutes of physical practice (seated, no mat needed), discussion of two precepts, and time for reflection and/or meditation. No prior Yoga experience necessary. Wear comfortable clothing. Bring a small journal or paper and pen for reflection time and your curiosity.

## Moving Meditation

Led by Rev. Dr. Warren Campbell-Gaston,  
Licensed Massotherapist

**Monday, February 7, 7:00 – 9:00 p.m.**

Enjoy the experience of moving your body to the rhythms of a variety of music as a way of allowing body-spirit connection to happen. Please wear loose, comfortable clothes and soft-soled shoes.

## HEART

### What to Say When

#### You Don't Know What to Say

Led by Rev. Kathleen Rolenz

**Saturday, January 22, 1:00-2:00 p.m.**

Have you ever found yourself in the awkward position of wanting to provide comfort to someone but not knowing what to say? Have you either said the wrong thing or not said anything at all? All of us have, or will find ourselves in this situation at some time. This brief course addresses being present to grief and loss, and will provide you with skills on how to gracefully provide support and comfort.



*“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.”*

## SPIRIT

### Minister's Class: Meaning & Purpose

Led by Revs. Arnason & Rolenz

**Thursdays, January 6 & 13, 7:00 p.m.**

This class is especially designed for new members of West Shore, although long time members are welcome to attend as well. We'll explore the meaning and purpose of life in general—your life in particular—and how the activities and ministries at West Shore provide an opportunity for you to put your beliefs and values into service. You must sign up for this class, either by calling the church office or on the church website: [www.wsuuc.org](http://www.wsuuc.org). Childcare available with one week's advance notice (by January 2 & 6)

### The Book of Mark

Led by Rev. Kathleen Rolenz

**First Thursday of the month, 7:00 p.m.**

*“Who Do You Say That I Am?”* asks Jesus of his disciples in the book of Mark. Some 2,000 years later, we're still asking the same question. The book of Mark is believed to be one of the earliest books written, which contain clues about Jesus' life and the community that surrounded him. We'll be using William Placher's book *“Mark: A Theological Commentary on the Bible,”* as a guide. Purchase of the book is advised, but not mandatory.

### Zen Buddhist Sitting Group

Rev. Wayne Arnason

**Friday Mornings, 8:00 – 9:30 a.m.**

**continuing January 7**

This meditation group called the River Rocks Sangha meets for two periods of sitting meditation followed by discussion.

## Day of Silence

Led by Rev. Wayne Arnason

***Saturday, March 19, 9:00 a.m.– 4:00 p.m.***

Our spring day of meditative practice at West Shore Church follows a Zen monastery day's format, with no more than three, continuous, twenty-minute sitting periods at a time, interspersed with work and art practice. We provide 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.

## Writing the Story of Your Life

***Saturday, April 2, 9:30 a.m. to 12:30 p.m.***

***Mini Retreat & Introduction to the group***

Led by Reverend Kathleen C. Rolenz

### Spiritual Autobiography Classes

Led by Ellen Carvill-Ziemer, Alene Mack, & Kathleen Rolenz

***Wednesday evenings,***

***April 6, 13, 20 & 27, 7:00– 9:00 p.m.***

Learn more about the stories of your life and explore with others through guided autobiographical writing. ***Attendance at the Saturday morning retreat is mandatory before taking the class. Participants are asked to attend all four sessions of the writing class.*** Please decide to take this class and register for it before **March 16**. This class is a pre-requisite before taking the Spiritual Maturity class in Winter 2012.

## PUURL Policies

- **Registration/Cancellation Policies.** You must pre-register for all classes unless specified otherwise. Classes without the minimum number (6) will be cancelled 24 hours prior to start time. You will be contacted by phone or email if you have registered.
- **Registration Fees.** Please remember to complete your semester participation fee, \$10 for members and pledging friends; \$20 for non-members. Honor-system payments can be made to the PUURL box on the office counter or, if preferred, to Church Finance Administrator Suehana Kieres.
- **Child Care** is generally not provided for most adult PUURL classes. However, a childcare subsidy may be available upon request. Please contact the instructor of the class to discuss your childcare needs.



**“MANY PATHS” COURSES**  
**AVAILABLE THIS WINTER/SPRING**  
These path courses are for church members only

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

**Building the World We Dream About:**

**Part 2** Led by Jeff Norris & April Stoltz

**Wednesdays, January 19 – March 23**

**7:00 – 9:00 p.m.**

Part 2 of the course will be open ONLY to those who have taken a previous training or course in anti-racism/anti-oppression. Part 2 focuses on multicultural competency, and includes guest speakers and field trips. The curriculum culminates with worship and the creation of action plans for transformation.

**THE PATH TO LEADERSHIP** *is designed to prepare committed members to serve in leadership roles at West Shore by providing them with the knowledge and skills they need to offer their gifts.*

**“A People So Bold-II”: Anti-Racism 101**

Led by Ellen Carvill-Ziemer & Mary Jo Maish

**Saturday, January 15, 10:00 - noon**

Many leaders and those aspiring to leadership at West Shore have trouble with the time to take longer courses in anti-racism and anti-oppression found in the Path to Multicultural Competency. This brief introduction to the history, premises, definitions, and disciplines of our congregation's commitment to fighting linked oppressions is essential for everyone who serves on our committees, task forces, or working groups. If you have taken diversity or anti-racism training outside West Shore, please attend this workshop to get oriented to West Shore's history and approach.

**Conflict Management 101: A Commitment to CARE**

**Saturday, February 5, 10:00 - 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? Convened by the CARE Team.

## Gestalt Principles & The Church - Level of System

### Gestalt Principles & The Church—Overview of Polarities

Led by Cil Knutsen & Rev. Kathleen Rolenz

***Saturday, Feb 19, (Level of System) and May 14, both 10:00 - noon.***

Gestalt is a study of form, patterns and shapes, and when applied to the church system, it is a way of looking at the individual parts of church life in its relationship to the whole. We'll explore basic Gestalt theory about various types of systems of individuals and the concept of polarities and look at the way these concepts relate to life at West Shore.

### Policy Governance

***Saturday, June 4, 10:00 - noon***

This course looks at the John Carver model of policy governance as put into action at West Shore. You will be exposed to the basic ideas behind policy governance, learn about how West Shore has adopted and adapted it for our own use, and experience policy governance as it has been implemented at West Shore. New Board and Nominating Committee members are especially encouraged to attend this workshop.

## Ongoing Opportunities to Practice Your Religious Life (PUURL)

*The following classes, workshops and committees are monthly opportunities to engage your mind, body, heart or spirit in service to self and others.*



## Mind

### HAFA

Led by George Bliss & Anne Obradovich

***Second Thursday of the month, 7:30 p.m.***

HAFA (Humanists, Atheists, Free-Thinkers and Agnostics) offers interesting presentations, thought-provoking videos and free-wheeling discussions on a variety of topics appealing to free-thinkers of all stripes.

### Green Sanctuary

Led by John Mack

***Second Tuesday of the month, 7:00 – 9:00 p.m.***

In 2001, West Shore voted to enter the Green Sanctuary Accreditation Process, with the goal of becoming a church recognized environmentally as active and responsible. This group works on both educational and social action projects relating to environmental stewardship meetings

## Body

### Craft Ministry

Led by Jodith Janes

*First Tuesday of the month, 7:00 p.m.*

Participants help to create gift blankets for our baby dedications and healing shawls for ill members.

### Interfaith Hospitality Network

Led by Doris Matthey & Cathy Ross

*WSUUC hosts overnight guests Christmas and Easter weeks, and one week during the summer (usually July 4<sup>th</sup>)* Volunteers are needed to provide meals, friendly conversation, and overnight staffing in the building.

## Heart

### Food Bank Volunteers

Led by Betsy Hutcheson

*Second Thursday and Fourth Wednesday, 9:25 a.m. WSUUC parking lot*

Since 2000, West Shore members go each month to help pack food at the Food Bank. Volunteers work from 10:00 – noon each day. Announcements about sign-ups are in the church newsletter and the order of service. For more information, please contact Betsy (440.331.3027).

### Pastoral Care Team

Led by Doris Matthey

*Quarterly Meetings*

Commissioned Lay Leader

This group visits our homebound members, and also is the point of contact for crisis. Members receive training in visitations, listening and referral to services.

### Inclusivity Ministry

Led by Kathy Kosierek & April Stoltz

*Third Tuesday of the month, 7:00 p.m.*

This group offers educational and service programs that engage our members in understanding linked oppressions based on race, sex, gender, age, sexual orientation and gender identity, ethnicity, ability, and class, to discern how West Shore can become more inclusive to all persons.

## Spirit

### 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.



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

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