

ADULT PROGRAMS - MANY PATHS TO PRACTICING A UU RELIGIOUS LIFE

PUURL

Winter/Spring 2012

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 for staff and lay leaders. However the Ministers and Director of Lifespan Faith led our adult programs to recognize the fact that some of us are looking for a personal class. The Program Handbook, published this fall describes the larger development, known as "Many Paths." It is available in the church, on-line and by engaging with PUURL, we offer opportunities for deeper involvement in our community. The program continues as a changing variety of open classes that anyone can attend as well as Mind, Body, Heart and Spirit, the four learning quadrants for growth and understanding that we all contain. New PUURL classes for this winter/spring 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 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



PUURL - Practicing a UU Religious Life

Classes are all part of “*The Path to Spiritual Engagement*”

THE MIND QUADRANT

Middle East Nosh

Eight Thursdays, January 5, 12, 19, 26, February 2, 9, 16, 23, at Noon

Bring a bag lunch and come for conversation about a series of important issues facing Israel and Palestine led by Revs. Wayne Arnason and Kathleen Rolenz. There is no sign up and you can attend one session or all eight. The following themes will be discussed:

- Foundational Narratives
- Land Ownership
- Borders: What is Palestine? What is Israel?
- The Settlements
- The Wall
- Non-Violent Resistance
- A Jewish State
- A Palestinian State

Socrates Café

Sundays, January 8 & 22, 7:30 p.m.

The Sunday Night Socrates Café book-study group has decided that, due to great enthusiasm and momentum, they would like to continue meeting. The study of the book by Christopher Phillips has ended, so future meetings will be actual Socrates Café philosophy-discussion sessions. It is not a prerequisite to have read the book beforehand in order to participate, though it might be helpful. If you enjoy open, free-wheeling discussions on philosophy and life, you are warmly invited to join this group! Further information will be forthcoming, as the planning committee makes continuing decisions about the group. Led by Clint Anderson and April Stoltz.

Great Minds...Great Books

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

January 9:	<i>The Immortal Life of Henrietta Lacks</i> by Rebecca Skloot
February 6:	<i>In the Garden of Beasts</i> by Erik Larson
March 12:	<i>The Greater Journey</i> by David McCullough
April 16:	<i>Romeo and Juliet</i> by William Shakespeare
April 20:	Theater Party at the Hanna Theater

Led by Don Mayer

Friday Morning Book Discussion Group

Five Fridays, January 13, 20, 27, February 3, 10, 9:30 - 11:00 am

The next series of meetings for the Friday book group will be a study of the 1970's philosophy classic *Zen and the Art of Motorcycle Maintenance* by Robert Pirsig. The book centers on a motorcycle trip Pirsig took with his son, Chris, during which many questions of philosophy and life came to the surface. According to an online review by James Tiptree, Jr., "the core of Pirsig's theme is the unification of holistic, subjective perspective with analytic, objective perspective." Can spirituality and technology coexist? How do we find quality in life? These questions are addressed in a down-to-earth, practical, and often moving manner. The book is readily available from libraries and online booksellers. Led by Clint Anderson.

Humanist, Atheists, Agnostics, & Free Thinkers (HAFA)

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

HAFA offers interesting presentations, thought-provoking videos and free-wheeling discussions on a variety of topics appealing to free-thinkers of all stripes. These lively conversations are led by George Bliss and Anne Obradovich.

Morning Forum

Sundays as announced, 10:30 a.m.

Morning Forum features guest speakers and church members considering topics of religious, social, literary, and political interest to UU's at least monthly. Watch the church media for announcements of dates for Morning Forums.

THE BODY QUADRANT

Tai Chi

Eight Saturdays, January 14, 21, 28, February 4, 11, 18, 25, March 3, 10:00 a.m. – Noon

Experience the interplay between yin and yang as the foundation of creation. Learn the gentle practice called the Eight Section 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.

Family Promise

WSUUC hosts overnight guests Easter week, April 1 - 8, 2012

Volunteers are needed to provide meals, friendly conversation, and overnight staffing in the building. Led by Doris Matthey and Cathy Ross.

Craft Ministry

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. Led by Jodith Janes.

Food Bank Volunteers

Second Thursday and Fourth Wednesday of the month

9:25 a.m. from the WSUUC parking lot

Since 2000, West Shore members go each month to help pack food at the Food Bank. Volunteers work from 10:00 a.m. to noon each day. Announcements about sign-ups are in the church newsletter and the order of service. For more information, please contact Betsy Hutcheson at 440-331-3027 for more information. Led by Betsy Hutcheson.

THE HEART QUADRANT

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.

Pastoral Care Team

Members receive training in visitations, listening and referral to services, meets quarterly. Members stay in touch with our senior members, as well as individuals and families in crisis or need. Led by Doris Matthey.

THE SPIRIT QUADRANT

Sexuality and Spirituality

Six Wednesdays, March 14, 21, 28, April 4, 11, 18, 7:00 p.m.

Sexuality unites the physical, psychological and spiritual dimensions of our humanness. In sexual love, the deepest and most private aspect of the self is shared with the same depth in another person. Sexuality offers the opportunity to experience transcendence through intimacy with another. In loving sexual expression, pleasure and responsibility arise together, thus uniting the personal and social dimensions of life. Class activities include lecture, art, sacred texts, meditation and discussion. Thomas Moore's *The Soul of Sex* is suggested reading. Led by Warren Campbell-Gaston.

UU Christian Fellowship (UUCF)

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

UU Christian Fellowship's purpose and intention is to study liberal Christianity through a Unitarian Universalist lens. Led by Rev. Kathleen Rolenz.

Sitting Meditation Group

Friday Mornings, 8:00 – 9:30 a.m.

This meditation group meets for two periods of sitting meditation followed by discussion. This group is open to all and presumes no Buddhist commitment, although most people have Zen experience. Led by Rev. Wayne Arnason.

River Rocks Zen Sangha Sitting Group

Monday evenings, 5:00 - 6:30 p.m.

This is a group of UU Buddhists with active Zen practice, exploring affiliation with the Boundless Way Zen Community and their authorized teachers. This group begins with a formal Zen liturgy, then goes to two sitting periods with walking meditation, followed by Dharma Conversation.

“Many Paths” Courses Available This Fall

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.*

A People So BOLD

Saturday, February 4, 10:00 a.m.

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, vocabulary and approach. Led by Mary-Jo Maish & Ellen Carvill-Ziemer.

Preparing for Immigration Justice Work at the 2012 General Assembly

A series of programs; dates and times to be announced

The 2012 UUA General Assembly will be unlike any GA that has gone before. It will be a Justice Assembly in response to Arizona Senate Bill 1070, the anti-illegal immigration legislation. The goal of this series will be to inform West Shore members about a broad range of immigration issues, inspire many of us to attend the 2012 Justice Assembly, and motivate even more of us to actively participate in the work of immigration justice here in Northeast Ohio. One of the PUURL programs we are considering is on the American Legislative Exchange Council (ALEC), a conservative public policy group whose proposed legislation was the model for Arizona Senate Bill 1070 and our own Ohio SB 5. Another proposed PUURL program in this series will give background on the Doctrine of Discovery, a religious doctrine the United States still uses to deny the rights of Native American Indians. We are in the process of researching the issues, determining topics, and securing speakers. For more information about this year's GA, go to <http://www.uua.org/ga/>. Sponsored by Denominational Connections and Inclusivity Ministry.

Children of Abraham

Three Thursdays, March 8, 15, 22, 7:00 p.m.

Our co-ministers have spent Fall 2011 studying the relationship between the three great Abrahamic traditions, Judaism, Christianity and Islam. After their time in Spain, Israel/Palestine and Turkey, they are excited to share new insights, resources and challenges with the congregation. We invite all to attend this provocative and engaging conversation.

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

Spiritual Maturity

Eight Thursdays, January 5, 12, 19, 26, February 2, 9, 16, 23, 7:00 – 9:00 p.m.

For two years, the co-ministers have offered a monthly ten-session class titled *Spiritual Maturity*, also known as the "Eight Gates class." Because of the sabbatical schedule, the class will be offered this year as a weekly experience on eight, consecutive Thursday nights. We especially encourage members who have participated in *Building Your Own Theology* or the *Spiritual Autobiography* class to sign up. Members who have not taken these classes can be admitted at the minister's discretion. The class is a unique opportunity to work with a minister on the essential components of spiritual maturity. Some reading and weekly spiritual practices required. Cost: Winter PUURL fee. Led by Rev. Wayne Arnason.

Spiritual Autobiography: Writing the Story of Your Life

Five Wednesdays, January 25, February 1, 8, 15, 22, 7:00 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. Weekly writing assignments are a required part of the class. (Pre-requisite for *Spiritual Maturity*.) Led by Rev. Kathleen Rolenz.

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.*

Conflict Management for the Conflict Avoidant

Saturday, February 4, 10:00 a.m. – Noon

What if you could skillfully and gracefully avoid conflict? What is the purpose of a behavioral covenant; and can it be used in the workplace—for families—for personal interactions? Using resources from Gestalt, Appreciative Inquiry and Family Systems, we'll explore how to navigate the often murky waters of conflict with the goal of emotional and spiritual resolution. Led by the CARE Team and Rev. Kathleen Rolenz.

Governance Is Not Just for Geeks!

Saturday, May 5, 10:00 a.m. – Noon

This course will explore policy governance at West Shore. New Board members and church leaders are especially encouraged to attend. Led by Phil Reed, OMD President.

PARTICIPATION FEES

We hope you enjoy previewing and taking advantage of the many opportunities for *PUURL* adult religious education at our church. Register on-line or at the church office. 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.

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- HAFA
- Inclusivity Ministry
- Middle East Nosh
- Morning Forum
- Pastoral Care Team
- Readings with Rumi
- River Rock Zen Sangha
Sitting Group
- Sexuality and Spirituality
- Sitting Meditation Group
- Socrates Café
- Spiritual Autobiography: Writing
the Story of Your Life
- Spiritual Maturity
- Tai Chi
- UU Christian Fellowship

O N E C H U R C H  M A N Y P A T H S
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