

**UUCM ADULT  
RELIGIOUS EDUCATION**

**2010**  
Spring Offerings  
*April-June*



*Nourishing spirits. Nurturing justice.*  
**Since 1960**

**Unitarian Universalist Church of Minnetonka  
605 Rice Street, Wayzata, MN 55391  
952-473-5900 [www.uucmtka.org](http://www.uucmtka.org)**

*At UUCM we strive to provide lifelong learning opportunities which will foster your own spiritual exploration, introduce you to new people, deepen relationships, and strengthen your involvement in the church. We offer courses to nourish you in mind, body, and spirit. We hope that you will enjoy and participate in the many opportunities for growth and exploration listed here. May these classes stimulate your mind, stir your heart, and encourage deeper exploration. We think you will discover enjoyment, richness and personal growth.*

**Participation:**

Offerings are open to our members, friends, and to the public.

**Fees:**

Fees are charged to cover the costs of materials and other program related expenses. Each course descriptions includes fee information.

**Registration:**

We ask that you pre-register for classes, as instructors need number of participants to prepare. Many of our offerings have a minimum or maximum number of participants. Please register by one week before start date of event. If you neglected to sign up, call Jodi Holden during the week before the event to find out if the facilitator is accepting additional registrations.

**Class Cancellations:**

Adult Education classes will be cancelled if the minimum number of participants has not registered by the week before the class starts. Full refunds will be given for class cancellations. In case of inclement weather, please contact Jodi Holden at 952-240-3846 to determine if a class has been cancelled or rescheduled.

**Teaching:**

If you are interested in teaching or leading a course in the future, please submit a proposal to Jodi Holden. If you would like to offer an Adult Program or would like to get involved with the Adult Education committee, please contact Jodi Holden at 952-240-3846 or email at [jodiholden@yahoo.com](mailto:jodiholden@yahoo.com). We are actively looking for new committee members.

# UUCM Adult RE Mission Statement:

To create opportunities for spiritual growth, transformation and progressive change for adults in our congregation and to the wider world. The primary areas of focus are:

- UU History and Heritage
- World Religions Theology and Ethics
- Social Justice and Community Involvement •Personal Spiritual Development •Family Enrichment, Parenting and Life Issues

## Table of Contents

Open Forum	2
Women’s Spirituality Group	3
Socrates Cafe	4
Drumming the Soul	5
Ongoing Groups	6-8
Connecting Caregivers: UUCM Caregiver Support Group	6
UUCM Monday Morning Book Club	7
Face2Face Job Networking Group	8

# Open Forum

**Dates:**

Every Sunday  
starting April 11

**Time:**

Between services

**Location:**

South Alcove of  
Sanctuary

**Facilitator:**

Jodi Holden

Nurture Your Spirit...Get Connected...

Join the Open Forum!

Interested in discussing the sermon?

Our discussion will provide an opportunity for the congregation to reflect and comment on the previous week's sermon in an interactive way.

# Women's Spirituality Group

**Dates:**

April 13, 20, 27,  
May 4, 11

**Time:**

9:45 – 11:30 AM

**Location:**

North Room

**Fee:** \$85.00

which includes  
the book and the  
five sessions.

**Facilitator:**

Gabriel Ashley  
Ross



We will be reading and working with the book: *She Who Is* by Elizabeth Johnson (1992/2002). “In this lucid, troubling, deeply consoling book, Elizabeth Johnson seeks a liberating language for women and men to use together in addressing the mystery of God. I cannot imagine a serious reader who will not learn here to think and act and, yes, pray in a new way.” --Leo J. O’Donovan, S.J., President, Georgetown University

Please bring a journal size 8.5 x 11 or a 3-ring notebook with writing paper and a pen/pencil to each session.) If you already have the book, please deduct \$20.00 from your registration fee and check the line below.

*Gabriel Ashley Ross has an MA in Religious Studies and has led adult education and study groups for over 15 years.*

**To Register:**

Send check to:

Performing Arts Ministry, 1640 Ashland Ave.,  
St. Paul, MN 55104

# Socrates Café

**Dates:**

Date: Friday,  
April 23

**Time:**

7-9 PM

**Location:**

North Room

**Fee:** Free**Facilitator:**

Jim Coleman



So, the first question you are probably asking is, “What is Socrates Café?” That is a good question to start with, hopefully one of many.

Answer these questions first. When was the last time you could discuss your thoughts openly and honestly with others? Have you ever questioned society and its assumptions, or your own? Do you like to have a good, safe discussion without fear of being attacked for having an opinion that is different?

*This is Socrates Café.*

One of the seven principles we affirm and promote as Unitarian Universalists is, “A free and responsible search for truth and meaning.” Socrates Café is an opportunity for people from all walks of life to meet and discuss what’s on our minds, in the news, or even to explore some of the age old questions, like *Who are we?* and *Why are we here?*

You may be familiar with the Socrates Café groups that meet at various locations around the Twin Cities ([www.socratescafemn.org](http://www.socratescafemn.org)). At UUCM’s Socrates Café, we will examine the questions, topics, or issues that are important to us.

# Drumming the Soul

**Date:**

Saturday, May 8

**Time:**

7:00-9:00 pm

**Location:**

UUCM

**Fee:** \$20**Facilitator:**

Jaime Meyer

Come and enjoy wildly fun drumming plus carefully deep shamanic experiences that equip you with the spiritual skills to navigate through the changes -personal, communal, global- in which you find yourself swimming.

Drumming is one of the oldest ways humans have entertained themselves and one of the oldest and most organic prayer practices.

Drumming is inherently easy, liberating, sensuous, ecstatic, meditative, stress-reducing, soul-saving, earth-loving and “wahoo-inducing.” Drums are provided, or bring your own. No previous skill or experience is needed! This is an event for adults. Teens accompanied by an adult are welcome.

*Jaime Meyer has a master's degree in Theology and Arts from United Seminary of the Twin Cities. In nine years has led thousands of people into what he calls “groovelicious rhythmocity,” the deep fun of spiritual drumming.*

**To Register:**

Contact Jodi Holden at 952-240-3846 or email at [jodiholden@yahoo.com](mailto:jodiholden@yahoo.com).



# Ongoing Groups

## Connecting Caregivers: UUCM Caregiver Support Group

**Dates:**

4th Tuesday of each  
month

**Time:**

6:30-7:30 PM

**Location:**

North Room

**Fee:** Free

**Facilitators:**

Stephanie  
McCullough-Cain,  
Stacy Doepner-Hove

If you are an individual who provides care to relatives, partners and/or friends, you don't have to go it alone. Caregivers in the UUCM community are invited to join in community with other caregivers. The Caregiver Support Group will give you the opportunity to share your journey with peers as well as receive emotional and spiritual support and answers to your caregiving questions. While regular attendance is preferred, caregivers can join at any time.

Please call Stephanie at 952-936-9626 or Stacy at 612-624-5866 with questions.

# Ongoing Groups

## UUCM Monday Morning Book Club

**Dates:**

3rd Monday of  
each month

**Time:**

10 AM-12 PM

**Location:**

Room 4

**Fee:** Free

**Facilitator:**

Bev Montgomery

Each meeting will have a discussion leader that will tell something about the author and start the discussion. Discussion guides are available to make this easy. Members help the group stay on topic and focus on the book. Everyone should read the book for the month. Those wishing to may go out to lunch after the meeting.

# Ongoing Groups

## Face2Face Job Networking Group

**Dates:**

1st & 3rd  
Thursdays of each  
month

**Time:**

9 AM-12 PM

**Location:** North  
Room & Sanctuary

**Fee:** \$5 Registration  
on first visit, dona-  
tions thereafter

**Facilitator:**

Joanne Meehl

If you're a professional who lives in the area (Minneapolis metro area and west), Face2Face may be for you.

Face2Face is a bimonthly group run for the purpose of helping you get a new job more quickly. It is a self supporting group gathered in an atmosphere of mutual help. Members have access to job leads, a member database, job search resources, success stories, social contact, great ideas, encouragement, guest speaker presentations and some fun!

*JoAnne Meehl, a trained career consultant facilitates the meetings.*



***Our Mission:***

We are an open and caring religious community  
on a quest to live with purpose and meaning  
while inspiring all people to act ethically and with  
social conscience for the betterment of our world.