

**UUCM ADULT
RELIGIOUS EDUCATION**

2011

Winter Offerings

January-March



Nourishing spirits. Nurturing justice.

Since 1960

Unitarian Universalist Church of Minnetonka
605 Rice Street, Wayzata, MN 55391
952-473-5900 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. Scholarships are available by contacting Jodi Holden at 952-240-3846 or email jodiholden@yahoo.com prior to the course.

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. 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

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Meditation and the Spiritual Path

This class will assist students in becoming more conscious of themselves as a soul having a human experience. Students will be taught meditation techniques to relax the body, calm the emotions, quiet the mind and connect with the soul. Students are also taught how to gain more control over their thought life by recognizing negative thought patterns and reframing their thinking. Each class begins with a meditation and is followed by reading and discussion of lessons in the book, *The Path of Initiation* by Lucille Cedercrans. Books will be available for purchase at the first class session on January 11th. Cost for the book is \$13.96. Each class session will end with a closing meditation.

Dates: January 18th through February 15th

Time: Tuesday evenings from 7:00 – 9:00 PM

Location: Room #5

Class limits: 8 minimum to 20 maximum

Fee: \$50

To Register: Send registration include your name, email address and phone number with \$60 check to Sue Hardman-Conklin at 11309 Landing Road, Eden Prairie, MN 55347. For information email suehc@mac.com

Facilitator: Sue Hardman-Conklin

*Sue has facilitated in person and online group studies of *The Path of Initiation*. She has completed the 2-year teacher training course for this body of work. She co-leads a meditation practice group and has taught meditation skills to high school students.*



Peace Circle

All of humanity is being called to attention by our earth planet and an evolving state of consciousness that is shifting our collective awareness to usher in universal peace for the next millennia. This is the time on our earth for the people to come together and for us collectively to create the world of peace that we all dream about. And we all know, this is only possible if we each choose to make the changes in ourselves first. Creating a culture of peace that we choose to live by is indeed a discipline.

This inner discipline we call the First Peace, as this is the first step we must take, together. We are each dreamers, at cause in our world. Let us dream together. Find out more at this special introductory session.

Dates: Thursday, February 17

Time: session 6:30 to 9:00 P.M.

Location: Room # 5

Group Size: no limit

Fee: free

Facilitator: Diana Allen, Council Guide and AVP Facilitator

To Register: Contact Jodi Holden at jodiholden@yahoo.com
or call 952-240-3846



Yoga Class

Come and experience the benefits of yoga. This is a beginner mat yoga class offered in a flowing style with focused breathing and strength building as you learn basic yoga poses. This mind-body workout will reduce stress, improve flexibility and balance. Please bring your own mat, if you have one. Some extras are available.

Dates: Saturdays, February 5,12,19,26 March 5, 2011 (5 weeks)

Time: 8:30AM-9:30 AM

Location: Sanctuary

Fee: \$20

Class limits: Maximum 8 /Minimum 6

Facilitator: Denise Schaaf

To Register: Send registration with \$20 check to:

Denise Schaaf 6060 Goldenrod Ln N. Plymouth , MN 55442.

Denise Schaaf is a fitness instructor at the Plymouth Creek Athletic Club. Over 17years experience in adult fitness classes. YogaFit, AEA, NETA & Silversneakers® certified.



The Music Performance Workshop

An intensive (two day) workshop for vocalists (all genres) looking to enhance, create and solidify the art of textual expression which leads to an exciting, original and memorable performance. The workshop will deal with the practical applications of being on a stage and achieving a level of confidence, calm and comfort (or what I will call the 3 C's) while doing so.

Participants should prepare one or two pieces of material (pianist will be provided) to perform.

Dates: Saturdays February 5 and 12

Time: 12:00PM-3:00PM

Location: Sanctuary

Fee: \$75 includes both sessions

Class limits: Maximum 10 people

Facilitator: Joyce Lyons

To Register: Send registration with \$75 check to Joyce Lyons at 7266 9th Street SE, Buffalo, MN 55313. Email joycepetrina@yahoo.com or call (917) 282-9438 for more information.



Women's Spirituality Group

The Goddess Within (Part 2)

Suppressed long ago by patriarchal societies and monotheistic religions, the idea of the feminine played a powerful role in ancient mythology and religion. The notion that these goddesses – Athena, Aphrodite, Demeter, Artemis, Hera and Persephone – are also symbolic of characteristics that are found in individual women is once again gaining in popularity. The goddess archetypes validate women for what they are, not what society has told them they should be, and, as such, are a source of freedom and understanding that can be tapped by any woman, no matter the life path she has chosen. Gestalt and Jungian psychologists Jennifer and Roger Woolger have written a fascinating guide to the goddess qualities that live within us all. Join us for this unique opportunity to enrich your self-knowledge as we explore the fascinating Greek Goddesses. Group time will include discussion, journaling and rituals based on the reading

Dates: Wednesdays, January 19, February 2 and 16,
March 2, 16 and 30, April 13.

Time: 9:30 - 11:30 AM

Location: Room 5

Group Size: Maximum is 12 women

Fee: \$150.00 for the next seven sessions (you would need to purchase the book on your own).

Facilitators: Gabriel Ashley Ross

To Register: Send registration with \$150.00 check to:
Creative Spirit 1640 Ashland Ave. St. Paul, MN 55104

Film and Theology Class

FIRST CONTACT: ENGAGING ALIENS

Since ancient times, most religious traditions teach lessons of inclusion and compassionate engagement with the “other,” described in Hebrew Scriptures as the alien, the orphan, the widow, and the traveler. In contrast, many science fiction stories depict the first contact of humans with aliens as dangerous and destructive. In this year’s film class we will watch six science fiction movies that depict first contact between humans and aliens, and discuss what these stories say about us as humans and how well we live up to our religious teachings. We will explore the visual art, story content, and connect these stories with the current U.S. policies toward the “alien” immigrants arriving in our country. Some of the movies we will see include *The Day the Earth Stood Still* (1951), *Alien* (1979), and *District 9* (2009). If you are considering attending this class, keep in mind that some of these movies depict gore and violence.

This is not a drop-in class. Like other long-term classes, this one requires your commitment for the entire series.

Dates: January 14, 21 and 28; February 18, 25, and March 4

Time: 6:30 – 9:30 pm

Location: North Room

Fee: Free

Facilitators: Reverend Kent Hemmen Saleska

To Register: Contact Reverend Kent Hemmen Saleska at 952-473-5900, or at his email address: revkent@mninter.net.



ONGOING GROUPS

Connecting Caregivers:

UUCM Caregiver Support Group

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 with questions.

Dates: 4th Tuesday of each month

Time: 6:30-7:30 PM

Location: North Room

Fee: Free

Facilitator: Stephanie McCullough-Cain

Face2Face Job Networking Group

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! Facilitated by a trained career consultant.

Dates: 1st & 3rd Thursdays of each month

Time: 9 AM-12 PM

Location: North Room & Sanctuary

Fee: \$5 Registration on first visit, donations thereafter

Facilitator: Joanne Meehl

UUCM Monday Morning Book Club

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.

Dates: Third Monday of each month

Time: 10:00AM-12:00PM

Location: Room 4

Fee: Free

Facilitator: Bev Montgomery

Socrates Café

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). At UUCM’s Socrates Café, we will examine the questions, topics, or issues that are important to us.

Dates: The third Friday of the month through May 2011

Time: 7:00-8:30PM

Location: North Room

Fee: Free

Facilitators: Marge Connors and Jim Coleman



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.