

**UUCM ADULT
RELIGIOUS EDUCATION**

2011
Spring Offerings



Nourishing spirits. Nurturing justice.

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. 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.

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

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

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

Easy Meditation

Are you interested in learning to meditate? Have you tried meditation before but haven't felt successful? Is it hard for you to sit still or remain focused? Are you looking for relief from stress? If you answered 'yes' to any of these questions, this class is for you. In this class you'll learn the basic structure of a simple and easy meditation. We will discuss the benefits of meditation as well as how to overcome some of the obstacles and pitfalls. In each class you will experience a couple of short guided meditations, and you'll be given tools to help you establish a meditation practice on your own. This is a 2 part class.

Dates: Saturday, April 16 and 23 Time: 9:45 AM-11:00AM

Location: Room 5 Fee: \$20

Class limits: 4 minimum 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.

To Register: Send registration by April 11 and include your name, email address and phone number with \$20 check to Sue Hardman-Conklin at 11309 Landing Road, Eden Prairie, MN 55347. For information email suehc@mac.com

“One Nation Under God?”

It has been often said that our nation was formed as “one nation under God”. Although the first British colony in what is now the United States was formed over 400 years ago, the argument over how religion played a role in it is still being debated. This course will take a close look at the place of religion in Colonial Era of the United States, as we will connect how people looked at religion then with how that history is used today to further current political goals.

Date: Saturday, May 14 Time: Noon to 2:00 PM

Location: Room 5 Fee: Free

Class limit: Maximum 10 people

Facilitator: Marc Doepner-Hove

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

Drumming the Soul

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.

Dates: June 24 Time: 7:00 PM – 9:00 PM

Location: Sanctuary Fee: Free suggested donation \$15

Facilitators: Jaime Meyer

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 Pat Baker at email pwbaker81@comcast.net

Afghanistan, Building Peace One School at a Time

Scott Dodds, a tireless organizer with the Partnership for the Education of Children in Afghanistan (www.afghanmodelschool.com), has agreed to give a presentation on his organization’s work in Afghanistan. Come hear how this organization is being the change they want to see in the world, improving the lives of children in one of the poorest countries on earth.

Date: Saturday, May 1 Time: 10 – 11 am

Location: Sanctuary Fee: Free

Facilitator: Melissa Martinson

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, April 16-June 25 excluding May 14 (10weeks)

Time: 8:30AM-9:30 AM Location: North Room

Class limits: 8 Maximum Facilitators: Denise Schaaf

Fee: \$40 for a 10 week session/\$30 for 6 sessions/\$6 drop-in rate

If someone is interested in the 6 wk package, Denise will prepare a “card” showing the 6 classes purchased. Each time the participant attends class, it will be marked on the card. Once the 6 sessions are used, the participant can just pay the drop in fee if they would like to attend additional classes. Drop-ins pay each day they attend

Denise is a fitness instructor at Plymouth Creek Athletic Club.

Over 17years experience in adult fitness classes. YogaFit, AEA, NETA & Silversneakers® certified.

To Register: Send registration with check to: Denise Schaaf

6060 Goldenrod Ln N. Plymouth , MN 55442

Islam, Past , Present and Future

Great Courses University Professor Esposito (non Muslim) delivers a series of lectures on Islam’s role as both a religion and a way of life. He applies the history of Islam to the events of today and to the social trends for the future. We will watch many of the lectures, and have a chance afterward for discussions. We will supplement the lectures with readings from the Qur’an and schedule an optional visit to a mosque

Dates: Mondays April 18, 25, and May 2, 9, 16

Time: 7:00PM to 9:00 PM Fee: Free

Location: North Room Class limits: 6 minimum

Facilitators: Pat Baker

To Register: Contact Pat Baker at email pwbaker81@comcast.net

The Future of Faith

Join of us for great discussion and studying the book *The Future of Faith* by Harvey Cox. “There is an essential change taking place in what it means to be “religious” today. As religious people shift their focus to ethical guidelines and spiritual disciplines – not doctrine - we are seeing a universal trend away from hierarchical, regional, patriarchal and institutional religion. Now, legendary Harvard scholar, Harvey Cox offers a new interpretation of the history and future of religion.”

Dates: Tuesdays April 12, 19, 26 and May 10, 17 (no class 5/3)

Time: 9:30 AM- 11:30 AM.

Location: Sanctuary

Class limits: 20 Maximum

Fee: \$78.00

Facilitators: Gabriel Ashley Ross, has an MA in Religious Studies and has led adult education and study groups for over 15 years. She has also taught theology/religious studies courses at the college level. Gabriel has been leading groups at UUCM for five years. Class fee includes the book, handouts and the five sessions.

To Register: Send registration with \$ check to: Creative Spirit 1640 Ashland Ave. St. Paul, MN 55104. Questions? Email mysticinthewoods@msn.com

The Other Side of Immigration

Come join us for a movie and evening of lively discussion on Immigration. Based on over 700 interviews in Mexican towns where about half the population has left to work in the United States, the movie asks why so many Mexicans come to the U.S. and what happens to the families and communities they leave behind. There are inevitably real people behind the strident slogans and ideological labels in today’s immigration debate. This movie gives people otherwise disparaged as ‘threatening’ and ‘illegal’ a human face and to reveal the devastating personal effects of U.S. immigration and economic policies on our closest neighbors.

Dates: Saturday, May 27

Time: 7:30 PM

Location: North Room

Fee: Free

Facilitators: Pat Baker

To Register: Contact Pat Baker at email pwbaker81@comcast.net

table of contents

ONGOING GROUPS

UUCM Monday Morning Book Club

Come join us and be a part of the discussion! 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

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

Peace Circle

A “First Peace Circle” has formed at UUCM! 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.

Dates: Third Tuesday of the month starting March 15

Time: 6:00PM-8:30PM Location: Room 3

Facilitators: Diana Allen, UU, Council Guide and AVP Facilitator

Fee: Sliding fee from \$100-\$200 dependent on number of people
no one turned away for lack of funds

To Register: Contact Diana Allen, 952-546-1603 or uudiana@yahoo.com.



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.