

First Unitarian Universalist  
CONGREGATION OF ANN ARBOR

# **Growing and Learning Together**



**Adult Religious  
Education Program  
Winter/Spring 2008**

4001 Ann Arbor-Saline Rd.  
Ann Arbor MI, 48103  
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[www.uuaa.org](http://www.uuaa.org)

# **Adult Religious Education Program Winter/Spring 2008**

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If you have suggestions regarding  
class offerings, send ideas to:  
re-adult@uuaa.org

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# **For Newcomers**

## **Newcomer Welcome:**

Each Sunday after both services there is a 15-minute Newcomers' Welcome with coffee and donuts in the Redman Room (second door on the left as you leave the sanctuary). You may ask questions and learn more about Unitarian Universalism and the First Unitarian Universalist Congregation of Ann Arbor. If you have children who attended Religious Education classes, please let us know so that they can meet you at the Redman Room (you may also request that they be brought to Potter Nursery for child care).

## **Membership:**

The First Unitarian Universalist Congregation welcomes anyone interested in participating in Adult Religious Education classes to do so, regardless of membership. When you feel that you are ready to join, contact the Welcoming Ministry Coordinator. The standard path to membership is:

- 1) Attend a Newcomer's Welcome.
- 2) Attend an orientation series for newcomers such as "Introduction to Our Faith" (see page 5).
- 3) Complete a Membership Enrollment Form and return it to the Welcoming Ministry Coordinator.
- 4) Sign the Membership Book in the presence of a minister and a Board member.

## **Adult Religious Education Classes**

The First Unitarian Universalist Congregation offers a wide variety of classes taught by ministers, staff, members of the congregation, and guest speakers. The following pages provide information about upcoming classes. Please also check the congregational newsletter, Sunday announcements insert, and website for changes and additional classes being offered.

To register, complete the enclosed registration form and either mail or drop it off at the main office. You may also register on-line at [www.uuaa.org](http://www.uuaa.org) (click on Religious Education, then Adult Classes) or by contacting the Religious Education Office.

We no longer charge fees for classes unless food is provided or special materials are needed. If a fee is charged, you may provide payment by cash, check, or credit card. Checks should be payable to *First UU Congregation* and include *Adult Ed.* in the memo line. Full or partial scholarships are available upon request.

**Introduction to Our Faith**  
**Thursdays January 10, 17, & 24 from**  
**7 - 9 p.m.**  
**with Rev. David Keyes and Rev. Ginger Luke**



Are you a newcomer interested in learning the rich traditions and living vibrancy of our religion and congregation? Are you a long time member following your journey and looking for a refresher course? This class, which is the standard path to membership, is a great way to get a deeper understanding of our faith and of our new ministers.

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**Meditation as a Cleansing Practice**  
**Saturday, January 19 from 2 - 4 p.m.**  
**with Khlur Mukhim**

We are used to regularly cleaning our body by bathing, but when was the last time you cleansed your mind? Just as our body can become dirty, our mind can become cloudy and blurred. Meditation cleanses the mind. Join us for a cleansing of the mind and enjoy a memorable afternoon with Khlur Mukhim from the Khasi Hills. Contact Allen Duncan [aduncan85@gmail.com](mailto:aduncan85@gmail.com) or Cathy Doherty [mysarina@aol.com](mailto:mysarina@aol.com) for details.

Khlur Mukhim co-founded the Khasi Hills Sponsor-a-Student program (with Rev. Eva Cameron, formerly of this congregation) , and has been our main contact in India since the inception of the program. He is much in demand for religious services for the Unitarians in the Khasi Hills and is often an invited speaker at Sunday services. A member of the faculty of the Department of Zoology at Lady Keane College in Shillong, Khlur is a long-time practitioner of meditation and has conducted many workshops on the subject.

## **Meditation Basics I**

**Mondays January 7 - February 11 & March 3**

**from 10:30 a.m. - 12:30 p.m.**

**with Charley Burleigh**



Together, we will explore aspects of Classical Buddhism including posture and breathing, the truth about suffering, awareness of breathing, uprooting attachments, mindfulness, forgiveness, and loving-kindness. Half of each session will consist of group meditation. Contact Charley Burleigh at [chburleigh@aol.com](mailto:chburleigh@aol.com) for details.

## **Meditation Basics II**

**Saturdays January 26 - February 9 & March 1 - 22 from**

**9:30 a.m. - 11:30 a.m.**

**with Charley Burleigh**

We will examine elements of Mahayana Buddhism including selfless vow, approaching the mat, unified form, ki energy, questioning, compassionate practice, and faith. Half of each session will consist of group meditation. Open to participants in Meditation Basics I. Contact Charley Burleigh at [chburleigh@aol.com](mailto:chburleigh@aol.com) for details.

Charley Burleigh began formal meditation practice when he attended a workshop at the Rochester Zen Center in New York in 1978. Since then, he has participated in over 60 meditation retreats and has led or co-led small meditation groups for more than 20 years. Currently a member of the Toronto Zen Center, he believes that there is a need in North America for coherent information on the basics of Buddhist meditation practice.

## **Gentle Yoga**

**Dates and times vary (check UUAA calendar)**

**\$5/class requested donation, no registration required**  
with Kari Blouin

Welcoming all experience levels, including those who have never tried yoga. Class content is tailored to meet the needs of those present at each session. Please bring a blanket, beach towel, or yoga mat if you have one. For more information, contact Kari Blouin at kabrn26@hotmail.com.

Kari Blouin is an ICU nurse at the University of Michigan Trauma/Burn Center. Yoga has been an important part of her life since 2002. Kari is a beginning yoga teacher working towards completing a Registered Yoga Teacher Certification. She was trained at Sun-Moon Yoga in Ann Arbor. She considers it an honor to share the gift of yoga with people.

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## **Family Caregiving**

**Thursdays, January 17 - March 13**  
**from 7 - 8:30 p.m. (no class Jan. 31)**  
with Sandy Breck



Caring for a parent, spouse or friend at home can be overwhelming. Caregivers want to feel they are doing everything to provide the best care possible while also attending to other commitments that may include a job and/or additional family obligations. This eight-session class based on the Red Cross program will cover home safety, healthy eating, legal and financial issues, and self-care. Contact Sandra Breck sbreck@umich.edu if you have questions.

Sandy Breck is a registered nurse with certification as a nurse practitioner in Women's Health. She works at the health system level with Trinity Health. She trained with the American Red Cross to offer classes for family caregivers because she believes that the role is so important and challenging.

**Rituals for Our Lives**  
**Fridays, January 11, February 8 & April 11**  
**from 7 - 8:30 p.m.**  
**with Rev. Ginger Luke**

Our lives are enriched by rituals. Time and space are created for survival, healing and celebration. Come experience and begin to create your own rituals. Our guide through these sessions will be the work of Diann Neu. You are welcome to participate in some or all of the rituals sessions. The themes are as follows:

Jan. 11th - Seasons of Survival: Blessings and Prayers for Women with Cancer

Liturgies, rituals, blessings and prayers designed to mark some of the common experiences of women with cancer. Women with cancer, family and friends of women living with cancer and survivors are especially invited to participate.

Feb. 8th - Finding Intimacy: When We are Alone and When We are Partnered

Being intimate with ourselves and with others.

April 11th - Think Green: Hope for Planet Earth

“We are now at the threshold of a second major shift in theological reflection during this century, a shift in which the main issue will be not only how we can change the world but how we can save it from deterioration and its species from extinction.” Sallie McFague



## **Maximizing Happiness Through Intimate Communication**

**Wednesdays, January 9 - February 13 from 7:30 - 9 p.m.  
with Michael Rudy and Diane Agresta**

This course is for both new and established couples. Couples need not be married to attend. It is recommended that both members of a couple attend. We will examine how to have closer and more meaningful relationships using Marshall and Marguerite Shearer's book by the same name (copies available at QUUest Bookstore for \$18). If you have questions, contact Michael Rudy at [wolakota@comcast.net](mailto:wolakota@comcast.net) or Diane Agresta at [dianeag@onemain.com](mailto:dianeag@onemain.com).

Michael Rudy, MSW, is a Licensed Social Worker and Financial Consultant. He has counseled individuals and couples for many years and has an interest in the power of finances in couples conflict. Diane Agresta, PsyD, is a Licensed Clinical Psychologist. She has over 30 years experience working with individuals, couples, families and children and uses the Shearers' book in her practice.

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## **Uncovering the Hidden Foundations of Our Personal & Intimate Relationships**

**Wednesdays, February 6 - March 26 from 7 - 9 p.m.  
with Bruce Gibb and Colin Horn**

Examine how your family history is a foundational influence for all your current personal and intimate relationships. You will have a chance to gauge how you are currently functioning and will acquire a framework and methodology to understand and work through issues that arise in relationships and families. Our goal is to support you in making changes so you can achieve your aspirations.

Bruce Gibb has a PhD in Organizational Psychology and has worked to strengthen organizations' human systems for over 30 years. Colin Horn has a doctoral degree in Educational Psychology, has practiced family therapy for 25 years, and specializes in family systems and group communication.

## Rise Up and Call Her Name

Wednesdays, January 16 - March 19 from 7 - 9 p.m.

with Elizabeth Faue and Carol Acitelli

Learn about goddesses from a variety of traditions, share personal stories, create sacred art, participate in rituals, talk about important questions in feminist spirituality, and engage in personal discovery alongside a group of supportive women.



Elizabeth Faue has been a teacher of history and women's studies for over 25 years. Carol Acitelli has been both a member and a co-facilitator of the Rise Up Class.



## What Was Her Name? Women in the Bible

Wednesdays February 13, March 12

& April 16 from 7 - 9 p.m.

with Rev. Ginger Luke

The role of women in the Bible, the interactions within women's communities in the Bible and what it means to us today will be our focus. Through three novels, we will explore the stories of Dinah, Hannah and Pannah, and Ruth and Naomi. The novels we will be using are *The Red Tent* by Anita Diamant, *The Song of Hannah* and *The Garden of Ruth*, both by Eva Etzioni-Halvey. Eva Etzioni-Halvey, who lives in Israel, has offered to participate in a speaker phone conversation with the class. Join us in exploring fictional writings and gain new understandings of history, romance, sisterhood and matriarchy.

**The Four Faiths**  
**Saturday, February 2**  
**from 10 a.m. - 4 p.m.**  
**\$15 fee includes meal**  
**with Fred Campbell**



Ever struggle with describing your Unitarian Universalist faith to other individuals? Join us in exploring theological questions and formulate your own answers. After participating in this class, you will be better able to articulate what you believe. Ideas presented are based on Fred Campbell's book *Religious Integrity for Everyone: Functional Theology For Secular Society*.

Fred Campbell is retired after 31 years of Unitarian Universalist ministry having served as both settled and interim minister. He graduated from Earlham College and Meadville Theological School. He has led the Four Faiths course in more than 15 congregations with well over 1,200 participants.

**The Wisdom Road to Easter:**  
**A Study of Scripture in Search of the**  
**Historical, Spiritual & Political Jesus**  
**Wednesdays March 5, 12 & 19**  
**from 7 - 9 p.m.**  
**with Rev. David Keyes**



We'll read and study together the New Testament texts culminating in the crucifixion and resurrection, with consideration of the social context and meaning for our lives.



**Allying with TBLGQ Concerns:  
A Step on the Journey**  
**Saturday, March 15 from 9:30 a.m. -  
4:30 p.m. (\$15 fee includes meal)**  
**with Jim Toy**

Join us in helping to create and sustain a spiritual community in which everyone is welcomed, respected, and supported. Learn about Transsexual, Bisexual, Lesbian, Gay, Queer (TBLGQ) concerns and the important role allies have in addressing these concerns. We will allow time for self and group reflection concerning power and oppression. We will engage in information-sharing and skill-building activities. All participants are asked to hold in confidence all personal information shared at the training.

Jim Toy holds a Master's degree in Interpersonal Practice for the University of Michigan's School of Social Work. He serves as Diversity Coordinator at the University's Office of Institutional Equity. He co-founded the University's Lesbian Gay Male Programs in 1971. He was a co-founder of our local HIV/AIDS Resource Center (HARC), the Washtenaw Faith Action Network (W-FAN), the AFSC Inclusive Justice Program, and various social justice entities of the Episcopal Diocese of Michigan.



**World Spiritualities**  
**From Tibet to Transylvania**  
**Sunday, March 16 from 3 - 5 p.m.**  
**with Dr. Judit Gellerd**



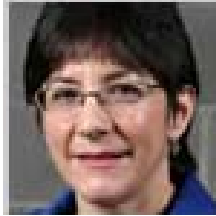
Plan now to be inspired by an accomplished and amazing interpreter of world religions. Dr. Gellerd has traveled extensively in Tibet, Japan, and India and will share learnings from these experiences. Her presentation will include a demystification of our early Transylvania Unitarianism based on her recent translation of work by renowned Hungarian literary scholar Prof. Mihaly Balazs. The class will be followed by an optional dinner out with Dr. Gellerd to celebrate her birthday.

**Women and Religion in Asia**  
**Tuesday, March 18 from 7 - 9 p.m.**  
**with Dr. Judit Gellerd**

Dr. Gellerd's presentation will cover a broad range of topics including exotic Hinduism and Buddhism as well as women's issues. Her talk, illustrated with personal video clips and a unique interview, provides insight into mysterious and secretive rituals from Asia.



Dr. Judit Gellerd is a physician, ordained Unitarian minister, concert violinist, author and lecturer. She is also the daughter of legendary Transylvanian scholar-minister Imre Gellerd.



**Beyond Stick-on Nametags:  
Radical Hospitality as a Transformational  
Discipline**  
**Monday, April 7 from 6 - 9 p.m.**  
**Dinner provided at no cost!**  
with Jan Gartner

Being truly ready for guests is ongoing spiritual work that requires intentionality and commitment. Learn about personal practices and organizational structures that create a culture of comfort and belonging for first-timers and old-timers alike. Barriers to hospitality abound: overcoming them starts with naming them. Radical hospitality is not just for your visitors – it's for you!

Jan Gartner, Director of Religious Education at First Unitarian Church in Rochester NY, one of the largest UU church school programs, is frequently called on to lead this workshop in congregations and at denominational events.

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**Living By Heart Retreat**  
**Saturday, May 3 from 9:30 a.m. - 4 p.m.**  
**\$15 fee includes meal**  
with Rev. David Keyes

Come enjoy a day of relaxation, meditation, contemplation, singing, conversation, and personal rededication. Centerpiece of the day will be a video presentation featuring Harry Scholefield, one of our movement's great sages, in conversation with Laurel Hallman, whose devotion to this practice has helped her build one of the strongest and largest churches in the denomination.



**A Transylvanian Pilgrimage**  
**May 9 - 20, 2008 in Hungary & Romania**  
with Rev. David Keyes

We'll start in beautiful Budapest and end our journey in fascinating Bucharest. On the spring days in between, we'll spend three days and four nights with our partner congregation in remote eastern Transylvania; immerse ourselves in Hungarian culture; visit legendary landmarks in the saga of religious freedom and the birth of Unitarianism; worship with Unitarian congregations as we learn about their faith and practices; travel through breathtaking Carpathian foothills alive with spring blossoms; cross the Transylvanian Alps to visit a storybook castle (not to mention the REAL Dracula's Castle); and make new friends for life—all on a trip that may change our lives.

Estimated cost per person is \$2,000 excluding airfare. Reduced rates are available for children and teens. To make reservations, send \$150 non-refundable deposit payable to 'UUPCC' (Unitarian Universalist Partner Church Council) to Gretchen Jackson, 4001 Ann Arbor-Saline Road, Ann Arbor MI 48103. Full details and itinerary will be posted at [www.uuaa.org](http://www.uuaa.org) or contact [gnj@umich.edu](mailto:gnj@umich.edu) to request a brochure.



## Chalice Circles

Chalice Circles are made up of small groups of about 8-12 people who are committed to exploring and sharing their spirituality as they search for deeper meaning and connections. Each circle is gently led by trained facilitators. Circles form in the fall and meet twice monthly. The first two Chalice Circle topics will be Getting to Know You: Sharing Our History (Session 1) and Those Who Have Touched Our Lives: Ministry and the Expression of Our Values (Session Two). These first two meetings are structured to give you a sampler and make sure the Chalice Circle feels right for you. At the end of the second session, speak with the facilitator if you do not wish to continue. After the third session, the Chalice Circle members are established. Each circle continues through May and completes a one-time service project of their choosing in the spring.

In addition to attending regularly and participating to the degree you feel comfortable, you are expected to actively listen to others so each person can truly be heard and understood. Active listening means listening without interruption or judgment, according to the core values expressed in your Chalice Circle's covenant.

Topics are selected to explore the things that matter most in life. Examples of potential topics include:

- Living deliberately
- Deep Listening
- Transcendent needs
- Global living - an interconnected world
- Happiness vs. Joy
- Tolerance
- Engaging our theological diversity
- Happiness



For more information, visit [www.uuaa.org](http://www.uuaa.org) (click on Chalice Circles) or email [heather@uuaa.org](mailto:heather@uuaa.org).

# **Friday Night Live!**

## **First and Third Fridays, October - May**

All ages, with or without children, are welcome!

6-7 p.m. Dinner (vegetarian options available). Please sign up in the social hall after services or email [ginger@uuaa.org](mailto:ginger@uuaa.org). We need to know how many are coming to set up and purchase food. With a commitment to be as gentle with our earth as is possible, please bring your own table setting. There will be a minimum charge to pay for the food.

7-7:30 All Ages Worship

7:30 to 9:00 p.m. Activities, Classes and Movie

### **Schedule for January through May:**

January 4—Alan Fox's improvisation group

January 18—Congregational Meeting & Drummers

February 1—Making Valentines

February 15—To be determined

March 7—Partner Church Visit

March 21—Spring Equinox

April 4—To be determined

April 18—Celebrating the Planet with Local Food (to be confirmed)

May 2—May Day Celebration

If you have ideas for a theme or activity, would like to teach a class or share a presentation, or offer ideas for food, please contact Rev. Ginger Luke at [ginger@uuaa.org](mailto:ginger@uuaa.org).

**Join us for an evening of fun and friendship**

## **Sunday Forums**

Sundays between services (10:40 - 11:20 a.m.) and  
following second service (12:45 - 2:00 p.m.)  
Check newsletter and website for dates and topics

Sunday Forums bring together the diverse resources of our  
community to provide a wellspring for inspiration, insight,  
and knowledge to those on the religious quest. A time for  
questions and discussion will follow the presentation by  
our speakers. Suggestions for forum topics and speakers  
can be sent to [heather@uuaa.org](mailto:heather@uuaa.org).

**Adult Religious Education Registration Form 2007-08**

Name \_\_\_\_\_ Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Email (please include each time you register for classes) \_\_\_\_\_

- Class Title \_\_\_\_\_
- Class Title \_\_\_\_\_
- Class Title \_\_\_\_\_
- Class Title \_\_\_\_\_

For classes that include meals, specify food allergies or if vegetarian: \_\_\_\_\_

Will you need child care? \_\_\_\_\_ Ages of children \_\_\_\_\_

Child care will be provided, if possible, at a cost of \$5 per class. Please check with office for availability.

Total payment included (only if applicable): \_\_\_\_\_

Or indicate if you would like to request a partial \_\_\_\_\_ or full \_\_\_\_\_ scholarship

\_\_\_\_\_ Check enclosed (payable to *First UU Congregation* & include *Adult Ed.* on memo line).

\_\_\_\_\_ VISA \_\_\_\_\_ MC \_\_\_\_\_ Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Mail to First UU Congregation, 4001 Ann Arbor Saline Rd. Ann Arbor, MI 48103, Attn. RE Office



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