

I SKUUF ADULT EDUCATION

ADULT EDUCATION BROCHURE 2011-12

*For Unitarian Universalists, learning is
the fundamental spiritual practice.*

*UU congregations across the continent are held together
by a strong desire to help each individual in their
spiritual growth, ethical action, and lifelong learning.*

Rev. Dr. Rebecca Parker
President, Starr King School of Ministry

Welcome to the Adult Religious Education program at Starr King Unitarian Universalist Fellowship! Spiritual development is something we are all doing throughout our lives. From our childhood wonderings about how the world works, to adolescent exploration of religion and philosophy, to learning how our faith supports us in the losses we face and delights we celebrate as adults, spiritual development is a lifelong task. Our fellowship is spiritually diverse, and this is reflected in our Adult Religious Education offerings: we gather together as humanists, theists, Buddhists and Pagans to explore the nature of our humanity and our connection to that which is greater than us individually. Come join us in this year's program!

Rev. Sarah Stewart

Starr King Unitarian Universalist Fellowship

101 Fairgrounds Road, Plymouth, NH 03264

Mission: Starr King Unitarian Universalist Fellowship is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community and our world to nurture justice, respect and love.

November 2011

Overview

Rev. Pat Hoertdoerfer
Adult Education Committee

Weaving together the Principles and Purposes of our UU faith, the Mission of SKUUF, and our 2011 Strategic Plan, we strive to mobilize the creative and educative process of our entire congregation. Our fourth UU Principle says that we affirm and promote "a free and responsible search for truth and meaning." This means being on a quest - a continuing mission to seek out new life - is part of who we are as Unitarian Universalists. Learning and growing is not just what we do, it's who we are! We are explorers of life; we are people who are on a journey, recognizing that all the paths we travel and all the people we meet along the way are holy.

SKUUF members and friends are working together to become thriving, vibrant places where free-thinking, spiritually-questing individuals of all ages join together in common support and ethical action. Your SKUUF Adult Ed Committee has these goals for the coming year: (1) develop opportunities for people to grow and learn at all ages of their life and stages of their faith development, (2) assist members with life passages and through life-stage transitions, (3) engage members in multigenerational opportunities and responsibilities, (4) support our members in their leadership development, and (5) provide opportunities to live our UU faith at home, in our congregation, and in the wider community.

The six components of our 2011-12 Lifelong Learning Programs are:

- **Unitarian Universalist Identity, History and Heritage** with Sunday 11 am programming drawing from the sources and principles of our Living UU Tradition plus bimonthly *What is UUism* and *Path to Membership* classes
- **Spiritual Practices** including spiritual literacy programs and practices of yoga, prayer and meditation
- **Social Action and Religious Education** with multigenerational programs on the theme "Our Community, Ourselves"
- **Lifelong Learning Across the Generations** including *Bible Study for Religious Liberals*, *From Age-ing to Sage-ing*, *Parents/Grandparents as Spiritual Guides* programs in Fall, Winter and Spring respectively
- **Covenant Groups/Small Group Ministry** with facilitated discussions
- **Enrichment Groups** including *The Artist Way* program and ongoing groups: Wise Women in Training, SKUU Men, Games Night, Bridge, Chess, Line Dancing, Second Sunday Hiking, Circle Dinners and more

Our program formats vary in time, place and duration. SKUUF Lifelong Learning Programs are ever-evolving. Choose your participation and add your leadership. Remember: learning / growing is not just what we do, it's who we are!

SKUUF ADULT EDUCATION 2011-2012 Starr King Unitarian Universalist Fellowship

UNITARIAN UNIVERSALIST IDENTITY, HISTORY and HERITAGE

Who are we? Where do we come from? Where are we going?

UU Principles and Practices

On Sundays the **11 am Programming** will be a variety of opportunities ranging from sermon discussions to creative expressions to video/documentary viewing and discussion to readers' theater to book/poetry discussions and much more. All these programs will draw from the sources and principles of our Living UU Tradition. (one hour)

Barbara Lambert

What is Unitarian Universalism?

What Is Unitarian Universalism? is a one-hour class offered every other month, aimed at those new to Unitarian Universalism or to Starr King Fellowship. We will share our spiritual journeys, learn about the history of Unitarian Universalism, and explore the history of our fellowship. The Rev. Sarah Stewart leads this class and is open to any and all questions you may have

Sunday, October 10, 11:00 AM - 12 Noon

Rev. Sarah Stewart

Path to Membership

New members and anyone considering membership in our fellowship are welcome to meet for a one-hour overview and discussion. We arrange for child care if needed. The class is expected to be offered several times a year.

Sunday, November 13, 11:00 AM - 12 Noon

Rev. Sarah Stewart, Darlene Nadeau, Danni Simon

Bible Study for Religious Liberals

This class is using the book *Understanding the Bible: An Introduction for Skeptics, Seekers and Religious Liberals* by John Buehrens to read our way through key passages in the Hebrew Bible and the Christian scriptures. The class will run through March 2012

meeting twice a month on Thursday evenings. Participants who come to most or all sessions will get the most out of the class, but occasional participation is also encouraged.

Thursdays, Sep. 8, Sep. 15, Oct. 6, Oct. 13, Nov. 3, Nov. 10, Dec. 8, Dec. 22, Jan. 12, Jan. 26, Feb. 2, Feb. 16, Mar. 1, Mar. 15, 7:00 - 8:30 PM

Rev. Sarah Stewart

SPIRITUAL PRACTICES

Gathered here in the mystery of the hour

Spiritual Literacy: An Exploration of the Sacred in Everyday Life
A Sampling of Topics on DVD from Spirituality & Practice

Topics will be offered throughout the year and facilitated by various members

We will view portions of a film series created by the award-winning filmmaker, David Cherniack which are based on the best selling book, *Spiritual Literacy: Reading the Sacred in Everyday Life*, by Frederic and Mary Ann Brussat, The short film segments feature a medley of meditative and inspirational visuals, music, and words designed to encourage, challenge, comfort, and inspire you on your personal life journey. *Spiritual Literacy* was produced in Canada and aired as a television series on the Vision channel.

Following a format similar to our small group discussions, we will focus on a theme, view film segments, reflect on our experiences, and invite discussion. We will explore topics such as questing, gratitude, forgiveness, compassion, transformation, and more.

Sundays, October 30 and Nov. 20, 11:00 AM - 12 Noon

Rev. Pat Hoertdoerfer and Darlene Nadeau

Yoga

Experience the basics of yoga in a safe and supportive class. You will improve your posture, become more flexible, experience better balance, strengthen weak muscles, and more. You'll learn to release tension, enjoy more energy, and even think more clearly. Even if you lack flexibility or have aches and pains, your instructor can guide you to modify poses to support your personal goals.

Each class informs you more deeply about breathing, body/mind centering, and relaxation techniques. You'll cultivate mindfulness, peace, and compassion for yourself and others as you nurture your spirit.

New students are welcome. Please come 15 minutes early your first class. Wear comfortable clothing and bring a yoga mat.

Wednesdays, 5 - 6:00 PM and Saturdays, 8:30 - 9:30 AM

Darlene Nadeau

SOCIAL ACTION and RELIGIOUS EDUCATION

Standing on the side of Love / Peace / Sustainability

Our Community, Ourselves

We have an exciting new social justice partnership between Starr King Fellowship and Whole Village Family Resource Center. The fellowship will spend the fall and winter exploring issues of poverty and class, and then decide on a project beginning in the spring. This multigenerational monthly opportunity combines education, witness, service and action on major justice issues identified by SKUUF leaders. The Fall Series will address the topic of supporting the low-income families in our congregation's neighborhood and learning more about class differences and class privilege.

Dates and times for each event to be announced.

Rev. Sarah Stewart and Joyce Palmer

LIFELONG LEARNING PROGRAMS

We are all Learners and Teachers ... From Generation to Generation

From Age-ing Sage-ing: The Art of Becoming One's True Self

Within the next 30 years, it is expected that the number of people age 65-85 will triple, and those over 85 will increase six-fold. While recognizing that aging is a part of the natural process of life, participants will reflect on the challenges and blessings of aging. This course will be an opportunity to cultivate the qualities that the world's wisdom traditions have always associated with spiritual maturity - loving kindness, wisdom, generosity, humor, and inner peace. We will explore aging stereotypes, experience learning activities, share contemplative practices, and engage in dialogue.

This biweekly six-session series will begin in January 2012. Participants will have the opportunity to cultivate and harvest the wisdom of their life experiences, create ways to transmit their legacy to future generations, and engage in creative expressions.

Dates and times to be announced.

Rev. Pat Hoertdoerfer

Parents/Grandparents as Spiritual Guides

Unitarian Universalists have many definitions and interpretations of the word *spiritual*. Authors Bobbie and Chris Nelson encourage us *to honor our, and in the company of seekers, to enrich and enhance our own spiritual growth. As our spiritual Life grows and expands our circumstances and interests, it challenges and nurtures us. Our task is to open ourselves to what is happening and share it with our children*

This biweekly four-session series will begin in March 2012. Parents and grandparents will have opportunities to explore topics such as wonder, courage, and justice as well as to create/develop family rituals and celebrations.

Dates and times to be announced.

Rev. Pat Hoertdoerfer

SMALL GROUP MINISTRY / COVENANT GROUPS

Acceptance of one another and encouragement of spiritual growth

Covenant Group

The Covenant Group is a group that meets twice a month for two hours each time. The group is a really good way to get to know more of your fellow SKUUFers as well as to explore your own spirituality. There are discussion topics for each meeting, although digression can occur. Examples of past topics are Spirituality, Listening, Death and Loss.

The Group is co-facilitated by SKUUF members Jane Clay and Gary Walker. As of October, this group is filled, but if other folks are interested in forming an additional group, let us know.

1st and 3rd Tuesdays of each month, 6:30 - 8:30 PM

Gary Walker

ENRICHMENT GROUPS

Come, Come whoever you are: wanderer, worshiper, lover of leaving

The Artist Way

The Artist Way by Julia Cameron offers a comprehensive 12-week program to discovering your inner creativity. Cameron's premise is that in opening our creative selves we move towards our dreams and our divinity.

To experience the joys and rewards of "The Artist Way" requires a commitment to the daily practice of morning pages, a weekly "artist date", reading, and fulfilling weekly

tasks. Join in an artist group to practice creativity exercises and share challenges, insights, and revelations. The participants will determine the best schedule for beginning the artist group and for completing the 12 chapters.

Dates and times to be announced.

Darlene Nadeau

Wise Women in Training (WWIT)

Wise Women in Training (WWIT) is a flexible group of senior women (over fifty) who meet in the SKUUF conference room. They talk about issues and topics of interest to the group. Membership includes a core group but is flexible so feel free to attend when you have time.

2nd and 4th Wednesdays every month, 10:00 to 11:30 AM

Betty Ann Trought .

Starr King UU Men (SKUUM)

The men's group, affectionately known as SKUUM, meets in the upstairs conference room at SKUUF. All adult males are invited to join these sometimes informative, always lively discussions covering a wide range of topics

1st and 3rd Sundays, 6:00 - 8:00 PM

Bill Trought

Bridge Group

Bridge players may join the this group that meets weekly. Contact Anna Wilken if interested.

Thursdays, 1:00 - 4:00 PM

Anna Wilken

Circle Dinners

Circle Dinner potlucks are being scheduled again this year. For more information or if you are interested in hosting a breakfast, lunch, tea or dinner please contact Suzanne Appleton.

First dinner is October 21 at Troughts. Others to be announced.

Suzanne Appleton

Plymouth Area Chess Club

Engage in friendly competition with fellow SKUUF-ers and with other members of the community.

Thursdays 7:00pm -9:30pm

George Maloof

Line Dancing

This is your chance to get some exercise, have some fun and meet new people.

2nd and 4th Sundays, 4:30 - 6:00pm

George Maloof

*Games Night **

Come join in the fun second Friday of every month. Bring a game and a desert to share.

2nd Friday monthly, 7:00 - 9:00 PM

Elizabeth Becker

*Second Sunday Hike **

The group leaves from the lower parking lot. There will be opportunities for both turtles and hares. 2nd Sundays, 12 Noon - til end of hike

Mitch Manseau

* These are two of the many activities offered by the Activities Committee, some of which are offered only once a year. Watch for more information from this committee in the newsletter, View, or Sunday program.

