

Winter & Spring Classes 2018

Soul Matters Circles

Soul Matters Circles at UUCM are small groups of 7-10 people who meet monthly for rich, facilitated and structured conversation around the monthly themes, drawing upon a set of resources for reflection and spiritual practice. Such circles offer an important chance to find a small circle of intimacy and depth within the larger UUCM community.

Most current Soul Matters Circles will continue through June, with groups forming and reforming again in the early fall. In the meantime, if there is interest and we can find the facilitators, new groups could start up in January. If you are interested in being part of a Soul Matters Circle beginning in January or want to know more, please contact Rev. Kevin: minister@uugrassvalley.org

The Wi\$dom Path: Money and Self

Three Tuesdays: January 16, 23, and 30 – 4:00-5:30 p.m.

Keith Johnson and Rev. Kevin team up to facilitate a Unitarian Universalist curriculum: The Wi\$dom Path. Come build an awareness of your own “money story” and explore your attitudes, experiences with and relationship to money. The ultimate goal of the series is to help participants align faith, values, and a sense of a life calling with their financial ways of being.

The New UU Series: Learn more about UUism, UUCM and You!

The New UU series, our “introductory” sessions for those who want to learn more about Unitarian Universalism, about UUCM and/or about becoming a member, are a rich chance to get to know others as well as to learn and reflect. These are important introductions for new and curious folks, and also open to and helpful opportunities for long time members. You may register for and attend individual sessions or, for the strongest experience, the entire series.

Tuesdays, 1:00-2:30 p.m. at UUCM:

- February 6 - Theology and Worship in UUism
- February 20 - Where Do We Come From? UU Roots
- March 6 - How We Grow in Faith: Philosophy of R.E.
- March 20 - Social Justice Philosophy and Practice
- April 3 - How Are Decisions Made? Governance and Policy

Saturday, April 14, 9:00 a.m. - 1:00 p.m. -

Welcome to UUCM! and *What does it Mean to be a Member?*

On-Going Activities

Social Justice Nights –

Pizza, Learning and Action!

2nd Tuesday of each month, 5:30-7:00 p.m.

Come for pizza and salad at 5:30, and stay for an engaging presentation on a current social justice issue or effort, followed by chances to put your values into action.

Youth Music/Choir

Most Wednesdays, beginners from 4:30-5:15 p.m. and intermediate from 5-6 p.m., Adult Choir from 6:30-8:00 p.m.

This terrific music learning and music making program is open to people of all ages and experience-levels.

Tuesday Meditation

Tuesday mornings, 9:00-10:00 am

If you practice any form of silent meditation, you are welcome.

Most participants sit on chairs, while some folks bring mats and sit on the floor. An optional walking meditation is marked in the middle of the time. This is an essentially leaderless practice group, not a class, but we are happy to encourage rookies. Please contact the Shelley North Gerson (530-272-8930) for more information.

Singing Meditation Circle

First Thursday of each month, 7:30-9:00 p.m.

Songs and chants from a variety of traditions alternate with shared silence in this engaging and meditative practice.

What are YOU Looking For?

In what other kinds of learning and growing experiences are you interested?

Please contact Us! learning@uugrassvalley.org

Interested in facilitating/teaching?

Help others live UUCM's mission through the Religious Education mission. The Adult RE Team will support you in any way it can, such as finding a co-facilitator, researching materials, helping you book the space and promote the event, etc.

Please contact us! learning@uugrassvalley.org

GROWDISCERN EXPLORELEARN ACT!

INTRODUCING

ADULT Religious Education Offerings

at the Unitarian Universalist
Community of the Mountains
Winter & Spring 2018



UUCM's religious education mission is to hold an intentional space in which all people can grow, discern identity, explore values and beliefs, and learn to act with courageous compassion in the world.

Register online through the “Learn” pages on the UUCM Website: www.uugrassvalley.org or email: learning@uugrassvalley.org

UUCM Office Phone: 530.274.1675
246 South Church St., Grass Valley, CA 95945

The Shared Pulpit:

A Sermon Seminar for Lay People

Late January to May, Eight 3-hour sessions

Dates and times will be determined by the group.

Got a sermon in you? A message to offer? Rev. Kevin will lead an 8-session sermon seminar for a circle of 6-8 people. Using The Shared Pulpit, a book and a process developed by the Rev. Erika Hewitt, each person will gradually develop a complete sermon, with support, feedback and encouragement from the rest of the circle. Then, willing members will work with Worship Committee members and our Music Director to develop a service around the sermon and its theme.

This will be a significant and meaningful commitment, as the group will meet every two weeks for three hours from late January through May. The experience will function as both a space of learning and self-discovery as well as a small-group ministry, building deep connections en route to deep expression in one's authentic voice. Our hope is that these sermons/services will then be offered on Sunday mornings over the summer and early fall, and so benefit the Community as well.

If this message-crafting possibility calls to you and/or if have questions, contact Rev. Kevin: minister@uugrassvalley.org

What Does it Mean to be White?

Developing White Racial Literacy

Beginning February 2018 - *dates and times TBD*

With Corrie Silva and Rev. Kevin, this peer-based learning group (or groups) will explore the teachings of Robin DiAngelo through reading and study of her book, *What Does it Mean to be White?: Developing White Racial Literacy*. DiAngelo examines what it means to be white in a society that proclaims race meaningless, yet is deeply divided by race. Her concept of white fragility has influenced the national discourse on race.

This is a chance to do more of the internal racial work required to see and challenge racism effectively and to engage across racial divides more fully.

The Third Reconstruction: Moral Mondays, Fusion Politics, and the Rise of a New Justice Movement

February 11, 1:15-3:15 p.m. (*possible repeat in April*)

Join Keith Johnson and Rev. Kevin for an introduction to the insight of Rev. Dr. William J. Barber II and the Moral Mondays movement in North Carolina. Rev. Barber's conviction is that justice movements are born in response to local experiences of larger injustices and

that such movements thrive only when those involved do the hard work of coalition building. Drawing on the prophetic traditions of the Jewish and Christian scriptures, while making room for other sources of truth, Barber challenges us to ground our justice work in moral dissent, even when there is no reasonable expectation of political success.

Barber's book, *The Third Reconstruction*, was the 2016 UUA Common Read. He will be one of the keynote speakers at this year's UUA Pacific Western Regional Assembly in Portland, Oregon April 27-29. If there is interest, we will hold a discussion of the book in April in preparation for hearing Rev. Barber's newest insight.

Temperament Theory for You, Yours, and Us

Two opportunities: Saturday, February 17 - 1-5 p.m....

OR ...Saturday, February 24 - 8:30 a.m. - 12:30 p.m.

Spend a (morning/afternoon) learning more about yourself, your spouse, your children or even the folks you work and worship with at UUCM. Using the Myers-Briggs Type Indicator and the Kiersey Temperament Sorter join Rev. Karyn Packard for some time of discovery.

An inventory will be completed online previous to the discovery session (information will be sent to registrants). Each participant registered will receive descriptive materials related to their unique temperament type. The session will include learning about the theories and also putting them into practice, with fun exercises that help us to better understand both self and others. (Size is limited to 24 persons per session.)

Karyn has been licensed on these inventories for many years and has provided these sessions for church boards, couples planning on marriage, physicians, nurses, pharmacists, and in HR related team building.

Ahoy mates...all hands on deck!

Friday, March 23 – Potluck meal @ 5:30 p.m., Presentation @ 6:30-8:30 p.m. – All ages welcome!

Have you ever wondered what it would be like to spend 21 days crossing the Pacific Ocean in a 45' sailboat with your spouse, never seeing land or another boat? Join Bob and Karyn Packard for an evening of adventure as they share their journey from Mexico, through the South Pacific and New Caledonia, and on to the north island of New Zealand. Find out what it was really like to navigate, problem-solve, cook, wash clothes, get a haircut, interface with native people, etc.. See these lush islands and meet their gracious inhabitants. You will get the inside scoop on this portion of their 2½ year journey aboard their Norseman 447 "*Realtime*."

Simply Pray

March /April, *dates and times to be determined.*

The practice of prayer appeals to something deep within many of us, especially those of us who grew up reciting Catholic prayers on a rosary, or those of us fascinated by the mala beads carried by Buddhist practitioners. But what if our journey has taken a path different from the traditional religions and the often moving rituals they provide? How, and why, should we pray?

In the book, *Simply Pray*, Erik Walker Wikstrom explores the universal qualities of prayer and offers a way to incorporate this spiritual practice into your personal journey. He even suggests a new, contemporary prayer bead practice.

With the book as our guide and the Revs. Karyn Packard and Kevin Tarsa facilitating, come, explore the nature and possibility for prayer in your life.

Articulating Your UU Faith

April and May 2018 – Five Sessions

Dates and times to be determined.

This series focuses on practicing how and what to say in various settings in which you might be called upon to explain your faith and faith tradition. Participants share their current beliefs, former beliefs, mistruths and truths about Unitarian Universalism, times when they were not able to respond adequately to questions about their religion, and times when they were.

This course provides hopeful inspiration and resources, plus the opportunity for meaningful connection to fellow UUs. With UUCM's new mission statement in hand and heart, come, get ready to share the good news!

UU Parenting Café

Late Spring 2018 - Five Sessions

Dates and times to be determined.

Lindsay Dunckel and René Wiley lead this series which is an adaptation of the World Cafe model. In small groups, parents engage in meaningful conversations about raising grounded, caring children in a world that can make that a challenge. We'll talk about the hard work of parenting, nurturing children's spiritual development, discussing life's hard questions within our families, and promoting children's critical thinking, meaning-making, and identity formation. At the heart of the World Café is the sharing and relationship building that creates a strong, supportive community. (Child care will be available)