



Adult Religious Education Prospectus

Unitarian Universalist Church of Bloomington, Indiana

Fall 2011

Registration: To register for any of the classes offered, e-mail Ginger Ko or Erica Caldwell, Office Assistants, at office@uubloomington.org or call them at 812-332-3695. You may also sign up for classes in Room 204 with a member of the administrative staff (Ginger, Erica, or Carol).

How to purchase texts: You may be able to purchase texts through our Booktable (chaired by Glee Noble, gleenoble@sbcglobal.net).

Child Care: Child care can be arranged for most classes if parents reserve it two weeks in advance of the first class meeting, and if ***at least two families request child care*** for a given class or event. Reserve child care by contacting Director of Religious Education Cindy Port at 332-3695, or email dre@uubloomington.org

Eve, Cakes, and Snakes with Peggy Gohn margarethgoth@gmail.com
4 Fridays: September 9, October 14, November 11, December 9, 6:30-8:30 p.m. Library Min 3, Max. 25.

We will be investigating and discussing world-wide symbolisms of Snakes/Serpents, Birds, etc. and the Tree of Life in ancient goddess-oriented religions. We may create ritual objects from recycled materials and similar activities. We will start out with a drum circle (which may include dancing and other instruments) and end with quiet meditation. Leader Peggy Gohn has recently studied goddess mythology as part of her MFA degree. Peggy will be assisted by Ruellen Fessenbacker who is an experienced leader of the Rise Up and Call Her Name and Cakes for the Queen of Heaven curriculum.

Facebook for Beginners with John Summerlot jopsumme@indiana.edu
Sundays, 12:45 p.m. Students should contact John Sommerlot individually to schedule sessions.

This course is a one-on-one (or two-on-one) chance for individuals new to Facebook to create a profile, find a friend, upload a photo, and learn some basics of privacy settings and applications.

Hadron Super Collider with Harold Ogren ogren@indiana.edu
Sunday, November 20, 12:45 p.m. Room 207B

Gentle Yoga, Massage, and Energy Work for Older Folks with Barb Backler, Cynthia Bretheim, Louray Cain, Rachel Johnson, Jeanie McElwain, Shelley Taylor, and Carol Shapiro. bbackler@indiana.edu
6 Tuesdays: September 20-October 25, 3:30-4:30, Fellowship Hall, Max. 10

Six women from the church will share their arts of health, healing and nurturing. Shelley Taylor will help you discover your own deep source for peace and serenity. Carol Shapiro will offer gentle stretching and deep relaxation techniques. Jeanie McElwain will share several ideas about making space in the body and Trager exercises, which she will offer as choices. Louray wants to help you improve balance, breathing, flexibility, and mind calming. (Bring a yoga mat and stretchy band or belt, if you have them, and wear comfortable clothes to this session.). Rachel Johnson, sound therapist, vocalist, music teacher, and Reiki Master Teacher, will lead you in a participatory experience of sound and energy to teach you about vocal sound healing techniques that you can easily incorporate into your daily life. Each of these presenters will let you know where you can find further work if you are interested.

Humanist Forum with Harold Ogren ogren@indiana.edu

Sundays, first and third Sundays of the month, August 21-December 18, 12:45-1:45,
First Sunday of the month, Room 207B; Third Sunday of the month, Library
Min. 4, Max 15.

A Humanist Discussion group is being formed as part of the Adult Religious Education program. This group will be an opportunity for regular, open, wide-ranging discussions of issues relating to morality and ethics, human development, evolution, the nature of the universe, the capacities of the brain, human happiness, the latest scientific research and discoveries, and any other topics of interest to the group. Sunday August 21 at 12:45, there will be an organizational meeting in the Fuchs Library to discuss the structure and operation of such a group, and to plan meeting times and possible topics for future discussions. The meeting is open to all, whether or not you may think of yourself as a "Humanist".

Singing Meditation with Rachel Johnson rachel@remj.com

Last Wednesday of month, September 28, October 26, November 30, December 28 6:30-7:30 p.m., Library

Singing meditation is a spiritual practice with the purpose of providing a songbridge to the Divine to help connect singers with their own inner wisdom. This spiritual practice involves singing as a group repetitive tones, songs, changes, and rounds from the world; sacred traditions and alternating sound with reflective silence. In Singing Meditation, a community of voices provides support to the novice singer. All levels of singing experience are invited! Best suited for ages 14 and older. Rachel Johnson is a certified music teacher and sound therapist.

***Twelve Steps to a Compassionate Life* by Karen Armstrong, a Book Exploration** with Reverend Mary Ann Macklin macklin@uubloomington.org

3 Sundays: September 25, October 23, November 27, 2:30-5:00, Fellowship Hall
Min. 5, Max, none.

In this class we will explore Karen Armstrong's book, *Twelve Steps to a Compassionate Life* through large and small group sharing, occasional writing exercises, and whims of the facilitator. Class participants are expected to read the book before the first class begins. We will explore Steps 1-4 in the September 25th session, Steps 5-8 in the October 23rd session, and Steps 9-12 in the November 27th session. Each class will end with a guided meditation exercise. Participants must attend each class unless otherwise arranged with the facilitator.

Required book: *Twelve Steps to a Compassionate Life*, by Karen Armstrong, Alfred A Knopf, 2011.
\$22.95. Copies may be available at our Booktable.