

Adult Religious Education

Fall 2015

Unitarian Universalist Church of Bloomington, Indiana

Congregation founded 1949

GLBTQ Welcoming Congregation since 1995

Green Sanctuary since 2007



Seeking the Spirit, Building Community, Changing the World



Welcome. We hope you will be interested in joining a class this season!

To register, contact the church office at office@uubloomington.org or 812-332-3695. Childcare may be available if at least two families need it for a given event, and if they request it two weeks in advance of the class meeting, by contacting Adrienne Summerlot atdre@uubloomington.org.

All classes are free unless there are materials expenses noted by the instructor.

Owning Your Religious Past

5 Tuesdays, September 29 through October 27, 6:00-8:00 p.m., Room 110

Facilitator: Jan Armstrong, janet_k_armstrong@hotmail.com

This workshop provides the opportunity to connect past religious experiences to present dreams and realities. It addresses the affective elements of these connections, rather than dogma. The workshop provides both group sharing and private exploration, using journal writing exercises. Participants are encouraged to bring their own preferred writing instrument and paper or electronic device for journaling.

Exploring the Feminine in Her Many Faces (a class for women)

Third Thursdays, October 13 - March 17

7:00 - 8:30 p.m., Room 208

Facilitator: Sara Steffey McQueen, quanyinsara_mcf@yahoo.com

In this class, we will look at the faces of the divine feminine through a variety of world traditions, and explore how these expressions might inform our own inner life. Each class will include reflections, readings, some meditations and simple movements using Sufi, Buddhist, Christian, Hindu, Indigenous, and contemporary approaches to women's spirituality. We will explore one aspect of the Feminine each month.

Traditional Taijiquan ("Tai Chi")

Weekly, Saturday 8:00-9:30 a.m., instruction and practice

Weekly, Tuesday 5:30-7:00 p.m., additional practice

Fellowship Hall

Instructor: Brian Flaherty, creektivity@gmail.com

Practice of the "Wu (Hao)" style of taijiquan including practice of standing exercises, forms, and "pushing hands." Occasional philosophical discussion on topics relevant to the practice. Anyone is welcome, even those with no experience. Come once to try it out, come occasionally to fit your schedule, or come every time! Participants should wear loose-fitting, comfortable clothes and comfortable shoes, preferably flat-soled.

Sharing Poetry

Monthly, first Mondays 10:00 a.m., Library

Next meeting September 7

Facilitator: Bob Taylor, bstaylor1@comcast.net

The purpose of this class is to read poems to each other with possible discussion. Each meeting, participants will bring two or three poems of interest to read aloud. Discussion of the poem may follow. Members will be provided with Internet poetry resources and be exposed to different poets. Bring poems to share at the first meeting.

Conscious Contact

Weekly, Wednesdays 6-7 p.m., Fuchs Library or Room 210

Facilitator: Kris Roehling, Kristina.roehling@centrstong.org

This is a sit-and-share meditation group. After a brief opening, we sit in meditation for about 20 minutes (starts guided then relaxes into silence), then share our experience, strength, hope and insights. The meeting closes with a meditation on gratitude or loving kindness for all. Sometimes, we do a little yoga movement. In addition to providing a lovely mid-week opportunity to center, the goal of the group is to give people in recovery an opportunity develop a deeper spiritual practice. In order to stimulate discussion and contemplation, we often explore the church's Monthly Ministry Theme and utilize readings from teachers who support the process of contemplation and recovery such as Noah Lavine, Kevin Griffin and Tara Brach. In discussion, we apply the themes to our process of recovery from addictions, codependency and just plain-old "unsatisfactoriness." Because the themes are so universal, the group is open to all and includes people who are not active in the recovery community.

Shambhala Meditation

Mondays, 12-1, Meeting Room

Led by Sarah Flint

Join Sarah in the Meeting Room each Monday at noon for Shambhala Meditation and instruction. Sitting will be interspersed with walking meditation and Shamatha Yoga.

Masthead photo of painting by Patricia Coleman, www.hartrock.net.