

Adult Religious Growth & Learning

PROGRAMS *fall 2004*

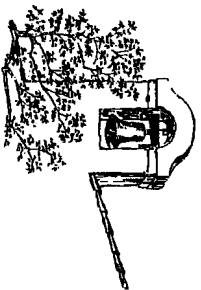


UNITARIAN UNIVERSALIST COMMUNITY CHURCH OR SANTA MONICA

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UNITARIAN UNIVERSALIST
COMMUNITY CHURCH OF SANTA MONICA

1260 18th Street
Santa Monica, CA 90404



RETURN SERVICE REQUESTED

ADULT RELIGIOUS GROWTH AND LEARNING

Class Catalog

FALL 2004

*Enrich your sense of community
in our church.*

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Welcome!

The Adult Religious Growth and Learning Committee invites you to explore the classes and workshops offered here, and to suggest others for future consideration.

Religious education is for everyone, at every age. Please let us know if we can help remove any obstacles to your participation (financial, child-care, mobility, others).

Registration begins Sunday, Sept. 12, at 10:00 a.m.

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Adult Religious Growth and Learning

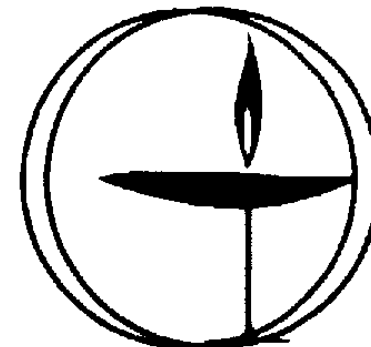
MISSION STATEMENT

The mission of the Adult Religious Growth and Learning Committee is to develop and present classes and workshops that support members and friends in their spiritual journey, their search for community, and their interest in a deeper understanding of our Unitarian Universalist principles and traditions.

FROM THE REV. JUDITH MEYER, MINISTER

“The great end in religious instruction,” wrote William Ellery Channing, “is to awaken the soul, to excite and cherish spiritual life.” Channing wrote those words in the early 19th century, as religious liberals were breaking new ground in the exploration of spiritual growth and the study of world religions. These pursuits are just as important to us today.

Unitarian Universalists love learning. We want to grow and develop throughout our lives. The Adult Religious Growth and Learning opportunities you find in this catalog will help you learn and grow by exploring new ideas. Through our small group classes, you will be able to share your life experiences and spiritual journeys with others, enriching your sense of community and participation in our church. Please join us.



Fall Classes 2004

BUILD YOUR OWN THEOLOGY, PART I: INTRODUCTION

How long has it been since you took a look at what you believe? What did you believe about the world, what is right, what is important? Are those beliefs the same today? If you are ready, come to explore and develop your personal values and beliefs in BYOT I!

Build Your Own Theology is a three-part Unitarian Universalist Association Curriculum. BYOT can help you clarify core issues in your values and belief system. In BYOT I, we will discuss and do text exercises to explore our spiritual odyssey; we will examine a structure for a liberal theology, varieties of religious experience, human nature, ultimate reality, history, and ethics.

BYOT, Part II, will be offered next in spring term 2005.

UUCCSM members Michele Begley-Foster and Gabriel Foster. co-facilitators

UUCCSM member Marv Pulliam will assist

Meets 10 Wednesdays: Oct. 20, 27; Nov. 3, 10, 17; Dec. 1, 8, 15;

Jan. 12, 19

7:00 to 9:00 p.m.

Room B, in the 17th Street Building

Michele Begley-Foster is a veteran teacher: she is a professional nursing educator who has also taught ARGL courses here at UUCCSM. Gabriel Foster is a computer programmer fascinated with science fiction. He says that he grew up religiously “unaligned” and is now becoming “aligned”; he invites you to come in for a “tune-up,” too.



BUILD YOUR OWN THEOLOGY, PART III: ETHICS

This new UUA course expands on the principles inherent in BYOT I and II, but focuses on personal ethical beliefs. Based on the book *Ethics: An Exploration in Personal Morality* by Richard S. Gilbert, the author of the three BYOT curricula, this class will offer participants an opportunity to explore issues of morality and ethics through a series of readings and participatory “moral dilemma” exercises.

To enjoy and learn from BYOT III you need not have attended BYOT I or II.

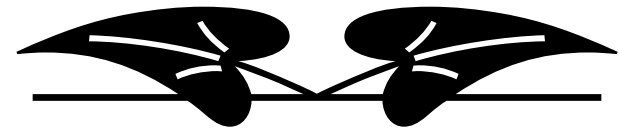
UUCCSM member Brian Gould, leader

Meets 6 Sundays: Oct. 24, 31; Nov. 7, 14, 21, 28

12:30 to 2:30 p.m.

Room A, in the 17th Street Building

UUCCSM member Brian Gould has had a lifetime interest in ethics. He attended graduate school in philosophy and served on a medical ethics committee for a local hospice. He teaches Emergency Medical Technician courses with LA Unified School District.



EXPERIENCING AGING AS A GROWING PROCESS

We will examine what writers, leaders, and other famous thinkers have learned from their own aging. We will reflect on – and share – our learnings as we move along the path of life. And we will explore ways to enhance our lives as we progress into the future.

Please bring pen or pencil and paper to each meeting.

UUCCSM member Ren Renshaw, leader

Meets 4 Thursdays: Sept. 30; Oct. 7, 14, 21

7:30 to 9:00 p.m.

Room A, in the 17th Street Building

Class size limited to 12

UUCCSM member William “Ren” Renshaw is a former management consultant, industrial trainer, and leader in the human potential movement.

KRIPALU YOGA

Slow down and listen to your breath and body in this gentle yoga class. Yoga postures, combined with breathing techniques and a focused yet compassionate attitude during practice, are used as vehicles for finding and releasing “energy blocks” and discovering the natural rhythm of the body.

As we breathe, observe, and allow, we may find a new way towards stillness. The principles of the “yamas” and “niyamas” from the eight-fold path of yoga will be introduced. Equally-valued variations will be offered for each yoga posture. The goal of this class is not to be “good” at yoga, but to be real.

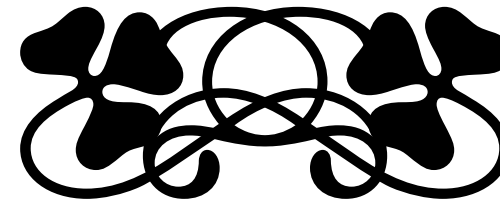
A yoga mat is required; mats are readily available for purchase at most health food and sporting goods stores as well as most yoga studios. Participants are encouraged to wear comfortable clothing and to bring any props or aids they may find helpful (e.g., pillows, blocks, ties, a blanket).

UUCCSM member Ellen Setsuko Henriksen, instructor

*Meets 8 Wednesdays: Sept. 29; Oct 6, 13, 27; Nov. 3, 10 in Forbes Hall Oct. 20 and Nov. 17 in the sanctuary
7:00 to 8:15 p.m.*

Class size limited to 15, with priority for UUCCSM members

Ellen Setsuko Henriksen was certified as a yoga teacher at the Kripalu Center for Yoga and Health in Lenox, Massachusetts, in August 2003. She is a doctoral student in clinical psychology at UCLA, with a focus on HIV/AIDS prevention research.



THE MYTH AND PROMISE OF PAGANISM

“Pagan” is the pejorative label applied mostly by Christians to Non-Christians; the early church demonized other spiritual traditions in order to gain converts. We remove this label/myth to see what “paganism,” or polytheism, offers.

A key observation in one of our texts is that, unlike monotheists, “pagans” never promoted the culture of the “single right answer” – lots of gods, lots of ways of seeing things, little tendency to judge others. As UUs, we seek enlightenment and perspective from all traditions.

We meet in the sylvan setting of the leader’s home. Two books are strongly recommended for reading prior to the classes: *Pagans and Christians* by Gus diZerega and *God Against the Gods* by Jonathan Kirsch. Other recommended books include *Drawing Down the Moon* by Margot Adler (published by UUA-owned Beacon Hill Press), books by Scott Cunningham or by Starhawk, or other books on “neopaganism.”

UUCCSM member Dan March, leader

*Meets 2 Wednesdays: Sept. 22, 29
7:00 to 9:00 p.m.*

Residence of Dan March

The March residence is easy to find, a 15-minute drive from UUCCSM. There is ample parking. Dan will provide participants directions to his home.

Dan March has a Ph.D. in Medical Sociology from Columbia University. He has taught at Columbia and worked at UCLA and at the Rand Corporation. He has led so-called “pagan” services in this church. His many-greats uncle, Giles Corey, was a victim of the Salem Witch Trials.

PROCESS-RELATIONAL THEOLOGY

Process-relational theology challenges the traditional view of God as unchanging, omnipotent and wholly separate from the world.

Based on the philosophy of Alfred North Whitehead and Charles Hartshorne, it offers a dynamic, relational vision of God and the world that is intellectually satisfying; compatible with insights from depth psychology, evolutionary theory, and quantum physics; and above all, practical. It is a postmodern theological view that contemporary UUs can truly embrace. In this participatory class, leader Max Joffe Johnson will outline the tenants of this challenging theology and discuss its implications for the future of progressing religious thought.

UUCCSM member Max Joffe Johnson, instructor

Meets 6 Sundays: Sept. 26; Oct. 3, 10, 17, 24, 31

12:30 to 2:00 p.m.

Room 4, above Forbes Hall

Max Joffe Johnson is a Ph.D. student in the Philosophy of Religion and Theology Program at the Claremont Graduate University. He has been a frequent teacher at UUCCSM.



OUR WHOLE LIVES: SEXUALITY EDUCATION FOR ADULTS

Please join us for our third year of Our Whole Lives for Adults, a series of participatory workshops. OWL nurtures religious community, the worth and dignity of every participant – values congruent with UU values – and the skills, attitudes, and knowledge to live out those values.

Workshops help participants accept, understand, and affirm their own sexuality; build communication and connection with others in our congregation; decrease the mysterious silence that surrounds sexuality, even in a society where sex is everywhere; and build understanding of sexual diversity, sexuality in adulthood, and sexual health.

OWL's 14 workshops extend into ARGL's spring term. Our 4 trained coed facilitators look forward to having you join those who have already experienced Adult OWL and fully consider sexuality, this vital aspect of who we are. Come and engage with this important part of being a whole person. If you have questions about the UU OWL program, please telephone Beth Rendeiro at (310) 391-5909.

UUCCSM members Sylvia and Steve Young, Cynthia Cottam, and Marv Pulliam, co-facilitators

Meets 6 Saturdays and 4 Sundays, mid-October through mid-March:

Introductory Workshop

Workshop 1 (Sexuality and Values)

Workshop 2 (Sexuality and Communication)

Saturday, Oct. 16

9:00 a.m. to 3:00 p.m., with luncheon

Room 4, above Forbes Hall

Workshop 3 (Sexuality and Spirituality)

Saturday, Oct. 30

9:00 to 11:00 a.m.

Room 4

Workshop 4 (Discovering the Sexual Self)

Saturday, Nov. 13

9:00 to 11:00 a.m.

Room 4

Workshop 5 (Experiencing the Sexual Other)

Saturday, Nov. 20

9:00 to 11:00 a.m.

Room 4

Workshop 6 (Sexual Attraction and Early Relationships)

Saturday, Dec. 4

9:00 to 11:00 a.m.

Room 4

Workshop 7 (Sexuality and Developing Relationships)

Workshop 8 (Sexuality and Committed Relationships)

Workshop 9 (Sexual Diversity)

Saturday, Jan. 22

9:00 a.m. to 3:00 p.m.

Room 4

Workshop 10 (Sexuality and Family)

Sunday Jan. 30

12:30 to 2:30 p.m.

Room 4

Workshop 11 (Sexuality and Aging)

Sunday, Feb. 13

12:30 to 2:30 p.m.

Room 4

Workshop 12 (Sexual Health)

Sunday, Feb. 27

12:30 to 2:30 p.m.

Room 4

Concluding Workshop

Sunday, March 13

12:30 to 2:30 p.m.

Room 4

Short-Term Workshops

COMMUNICATION AND CONFLICT RESOLUTION SKILLS TO CHANGE LIVES: INTRODUCTION

The Alternative to Violence Project is a national organization working toward creating a nonviolent society. AVP's goal is to reduce the level of violence (physical, verbal, or emotional) in our society by empowering people with creative conflict resolution techniques.

This two-hour introductory mini-workshop is designed to give you a taste of AVP's two-day basic workshop (which may be offered at UUCCSM in spring term 2005) and will include experiential exercises in affirmation, communication, and community building.

Laurel Gord, facilitator

Meets 1 Saturday: Oct. 9

10:00 a.m. to 12:00 noon

Room 4, above Forbes Hall

Laurel Gord has a masters degree in psychology, teaches parenting, and is a volunteer AVP facilitator. She is a member of the Santa Monica Society of Friends.

CULTIVATING PEACE: TIBETAN BUDDHIST MEDITATION

Peace is a way of life, a way of experiencing the world without aggression and fear. The 2,500-year-old tradition of Tibetan Buddhist meditation is a path of cultivating sanity and generating compassion, which leads to peace in ourselves, which we can then extend out to the world. In this time of war, when many parts of the world are fighting, when our country is fiercely polarized, when it is easy to become disheartened – now is a good time to nurture and grow our own capacity for inner and outer peace.

This program will consist of guided meditation instruction and practice, a talk, and group discussion. Beginners, in-betweeners, and experienced meditators are welcome. You may use a meditation cushion provided by the leader; your own pillows, mats or blankets; or a chair. Wear comfortable clothing.

Pamela Bothwell, leader

Meets 1 Saturday: Oct. 2

CULTIVATING PEACE: TIBETAN BUDDHIST MEDITATION cont.

10:00 a.m. to 12:00 noon

Forbes Hall

Pamela Bothwell has been a student since 1973 of the Tibetan Buddhist meditation master, Vidyadhara Chogyam Trungpa, Rinpoche, and his son, Sakyong Mipham, Rinpoche. She has taught for many years: at the Vajradhatu Buddhist Seminary, at Karme Choling Buddhist Contemplative Center, at the Los Angeles Shambhala Center, and at Loyola Marymount University.

THE SEVENTH PRINCIPLE ADVENTURES WORKSHOP

Do you remember the adventures of Julia “Butterfly” Hill, who lived two years in a tree? Have you ever been inspired by Thoreau's Walden or by John Muir's writings about the beauty of California? Ever just felt exhilarating union with all of existence when on a hike, or even in your own back yard? This communion with nature reflects our 7th UU principle: “We respect the interdependent web of all existence of which we are a part.”

The 7th Principle Adventure workshop explores our connection with nature in a UUCCSM grassroots effort joining a growing movement toward increasing awareness and daily practice. We will discuss and work with excerpts from current/historic/crosscultural/spiritual/humanist sources. Participants are invited to lead a part of the class as they are willing.

The Northwest Institute “Deep Ecology” workbook will be available in the church office a few weeks before the first meeting; participants should read assigned sections before the first meeting of the workshop. If you have questions, feel free to call the course coordinator at (310) 581-8442.

UUCCSM member Michele Begley-Foster, coordinator

Meets 2 Saturdays: Sept. 25 and Oct. 23

10:00 a.m. to 2:30 p.m., with potluck luncheon

Room B, in the 17th Street Building

Class size limited to 12

\$19 workbook fee

Colorado native Michele Begley-Foster is a nature lover who finds Northwest Institute courses helpful and inspiring. She now shares her experience and expertise with UUCCSM.

Ongoing Offerings

NEWCOMER ORIENTATION

This monthly gathering is designed to introduce visitors, prospective new members, and even longtime members to the history and values of Unitarian Universalism and our local church. Refreshments are served. No advance registration necessary – just come and enjoy.

Rev. Judith Meyer and Ofelia Lachtman, hosts
Bienvenidos Committee, coordinators
Meets the first Sunday of every month (some exceptions)
12:30 to 1:30 p.m., with luncheon provided
Northeast corner of the sanctuary

Judith Meyer is the minister of the Unitarian Universalist Community Church of Santa Monica. UUCCSM member Ofelia Lachtman has a long history of welcoming visitors and new members, both during monthly orientations and Sundays in the courtyard.

COMMUNITY DIALOGUES WITH THE MINISTER

The Rev. Judith Meyer hosts occasional gatherings throughout the year to discuss the issues raised in the previous Sunday's sermon. Meetings take place various weekday evenings. Everyone is welcome to participate.

For dates, check the monthly newsletter, the UUCCSM web site, or the order of service.

7:00 to 8:30 p.m.
Forbes Hall

ZEN MEDITATION

Discussion of religious and spiritual wisdoms followed by a period of meditation. Beginners are welcome. The meditation is on chairs, so any comfortable clothing is fine.

UUCCSM member Bernie Silvers, leader
Meets Sunday mornings
9:30 to 10:45 a.m.
Room 6, above Forbes Hall

Bernie Silvers was a Zen monk for approximately 15 years studying under various Zen masters. He has taught many UUCCSM courses dealing with spirituality and theology. Reach him at (310) 815-1312 or at bersilvers@netzero.com.

SMALL GROUP MINISTRY: COVENANT GROUPS

Do you want greater shared intimacy in your church experience, with a focus on spiritual growth? Are you interested in process as much as results – shared feelings, engaged listening, personal interaction, and honest communications? Unitarian Universalists all over the country are joining in Covenant Groups for just this purpose!

Founded on the UU principle of the inherent worth and dignity of every person, covenant groups experience personal growth and group bonding by working together in several ways:

- Defining a behavioral covenant that will guide the group's processes
- Articulating a spiritual theme and exploring that theme deeply
- Working as a team to accomplish a group-defined church/community service project

Small groups of up to ten will be formed by a random selection; groups will meet for a group-specified duration. Sign-ups are expected after mid-September, and groups will probably begin meeting during October and November.

Keep an eye open for further information about Covenant Groups in the monthly newsletter, the UUCCSM web site, or the order of service. Or contact Marv Pulliam at pulliamm@mac.com or at (310) 376-2036.

BOOK CART

Books relevant to Unitarian Universalism in particular and to religious freedom and philosophy in general are offered at the book cart in Forbes Hall after Sunday services. Established to provide titles not readily available elsewhere, the cart features Beacon Press and Skinner House publications (enterprises of the Unitarian Universalist Association), plus other appropriate books.

Max Joffe Johnson, coordinator



Adult Religious Growth and Learning

ARGL POLICIES

Classes and workshops are free unless otherwise indicated.

Registration: You may request a course in several ways:

- Sign up in Forbes Hall after each Sunday service at the ARGL table: Sept. 12 or Sept. 19
- Telephone the church office at (310) 829-5436
- Email office@uusm.org

For classes with limited class size, registration priority is given to church members. If you want to request more than one course, you'll be asked to prioritize your requests. Course leaders will notify participants assigned to their courses.

Child Care: For child-care needs, contact Ilse Kleinman at (310) 393-8102 at least two weeks before class begins.

Donations and Fees: All money received is deposited into the UUCSM ARGL account to help cover costs of the ARGL program.

COMMITTEE MEMBERS:

Jean Allgeyer Max Joffe Johnson Ilse Kleinman
Jane Machnik, chair Marv Pulliam, chair pro tempore
Joan Reighley Ren Renshaw Jennifer Westbay

BOOK CART VOLUNTEERS:

Phil Bonacich, Alison Chipman, Jeff Greenman, Fran Hotchkiss,
Marguerite Spears

CATALOG PRODUCTION:

Cover Design by Carol Ring, Layout and Art Direction by Pam Teplitz

JOIN US!

The Adult Religious Growth and Learning Committee meets in the church office on the first Tuesday evening of every month from 7:00 to 9:00. If you have ideas for classes, would like to teach a class, or are interested in joining ARGL as a member or friend, we'd love to hear from you. You are welcome to attend a committee meeting to share your thoughts. If you have any questions, comments, or suggestions, please contact a committee member.

