

# Adult Religious Growth & Learning

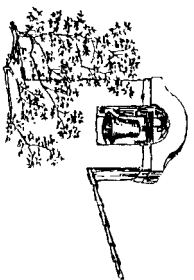


## UNITARIAN UNIVERSALIST COMMUNITY CHURCH OR SANTA MONICA

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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

*Chap* Catalog

SPRING 2005

*Enrich your sense of community  
in our church.*

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# Welcome!

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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).

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# Adult Religious Growth and Learning

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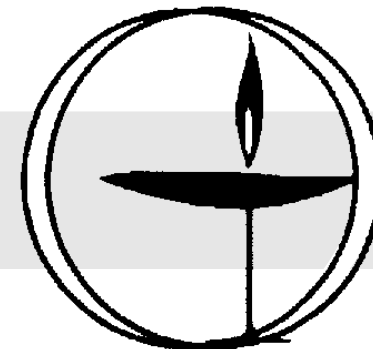
## MISSION STATEMENT

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.



# Spring Classes 2005

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## THE EARTH CHARTER: AN INTRODUCTION

The role and significance of the Earth Charter are best understood in the context of the United Nations' ongoing efforts to identify the fundamental principles essential to world security. When the UN was established in 1945, its agenda for world security emphasized peace, human rights, and equitable socioeconomic development. No mention was made of the environment as a common concern, and little attention was given to ecological well-being in the UN's early years. However, since the Stockholm Conference on the Human Environment in 1972, ecological security has emerged as a fourth major concern of the United Nations.

Starting with the Stockholm Declaration, the nations of the world have adopted a number of declarations, charters, and treaties that seek to build a global alliance that effectively integrates and balances development and conservation. In addition, a variety of nongovernmental organizations have drafted and circulated their own declarations and people's treaties. These documents reflect a growing awareness that humanity's social, economic, and environmental problems and goals are interconnected and require integrated solutions. The Earth Charter initiative builds on these efforts.

The first session of this workshop will review the history and current status of The Earth Charter and how it embodies the seven UU principles. In the second session, participants are encouraged to reflect and discuss "where do we go from here" to embody The Earth Charter in their personal everyday lives and in their UU collective experience.

*UUCCSM member Suzannne De Benedittis, leader*  
*Meets two Sundays: May 1st and May 15th*  
*12:30 p.m. to 2:00 p.m.*  
*Room 4*

Suzanne De Benedittis has a PhD in Religion, Ethics and Social Justice from USC and practices as a Licensed Marital and Family Therapist (LMFT) specializing in couples and executive counseling. She is an advocate of The Earth Charter Initiative.

## THE GUILT OF A JEWISH UU

It is a common reaction for Jews to feel guilty about becoming UUs. They often remain "friends" of a congregation for years but can't bring themselves to join. This workshop provides an opportunity for participants to discuss whether they still consider themselves Jews, whether and why they feel guilty about joining a church, and whether and how they have experienced anti-Zionism in UU. Non-Jews are also welcome to learn more about this conflict and add the insights of their different perspectives.

*UUCCSM member Carol Agate, leader*  
*Meets one Saturday: June 4*  
*10:00 a.m. to 11:30 a.m.*  
*Room 4*

Carol Agate is a past president of the Pacific Southwest District and has served on or chaired many district and association committees. She is now chairing Open UUA, a group dedicated to keeping members informed of what the UUA is doing. Carol, who has not been a practicing Jew since her confirmation many years ago, still feels twinges of guilt. She has spoken on the subject at many area UU churches.

## WHAT IS KABBALAH - REALLY?

How did this difficult system of Jewish mysticism suddenly become a status symbol with entertainment celebrities? And more importantly, what is Kabbalah - really? This presentation will look beyond the hype and examine the arcane and centuries-old tradition of Kabbalah, its origins and history, its methods, and its meaning to Jews and to Unitarian Universalists alike.

*UUCCSM member Alan Cranis, leader*  
*Meets one Saturday: April 16*  
*2:00 to 4:00 p.m.*  
*Room 4*

Alan Cranis has offered workshops on The World's Religions and similar topics for the past several years. He is Director of Admissions & Student Affairs at California Graduate Institute-Professional School of Psychology.

## 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.

No prior yoga experience necessary. 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: April 6, 13, 20, 27, May 4, 11, 18, 25*

*7:00 to 8:15 p.m.*

*Forbes Hall*

*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.



## PERSONAL FINANCE FOR UUS

Living life fully requires, among other things, attention to our personal and family finances. Financial problems can take time and energy away from our spiritual lives and stand in the way of the life we want to live. This course will help bring financial order to our lives by examining financial goals and attitudes, lifestyle, saving, investing, including socially responsible investing, insurance, retirement planning, and charitable giving.

*UUCCSM member Joe Engleman, leader*

*Meets 8 Mondays: March 28, April 4, 11, 18, 25, May 2, 9, 16*

*7:00 to 8:30 p.m.*

*Room 4*

*Class size limited to 10*

Joe Engleman is a professional investor with an interest in spirituality and sharing his successes with others.



## A PROCESS FOR MAKING MORAL CHOICES

A class for conversations around themes on value clarification, criteria for moral growth and stages in faith development, facilitated by readings (hand-outs) which provide grist for the mills of dialogue. Course objectives: deeper awareness of your personal faith stance and of the processes informing your personal moral choices.

*Ernie Pipes, leader*

*Meets 4 Saturdays: March 19, 26, April 2, 9*

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

*Room 4*

Ernie Pipes is the Minister Emeritus of UUCCSM.

## QUAKER WORSHIP CONSTRUCTED ASPECTS OF SILENCE AND SPEAKING

This two-hour workshop will provide an experiential introduction to the practices of Quaker spirituality, including such key concepts as the Inner Light, the presence of God in all people, free and open ministry, the concept of having a “leading” and what it might mean, and shared ministry. Participants will experience the Quaker notions of “centering” and of silent worship.

*Stan Searl, leader*

*Meets 1 Wednesday: March 16*

*7:00 to 9:00 p.m.*

*Forbes Hall*

Stan Searl is the Co-Treasurer at the Santa Monica Monthly Meeting of The Religious Society of Friends (Quakers), and has previously led classes on Quaker Worship at UCCSM.



## Short-Term Workshops

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### OUR WHOLE LIVES SEXUALITY EXPLORATION FOR ADULTS

What's the connection between “Kinsey” the Movie, “I Am Charlotte Simmons” the bestselling novel by Tom Wolfe, “Family Values” as variously set forth in the last election, “Sex and the City” and the Frescoes in the Sistine Chapel? Come and find out as you explore, with others in a series of participatory workshops, concepts such as relationships, love, family, and spirituality.

O.W.L. for Adults is a marvelous curriculum that offers empowering and fun opportunities to explore, evaluate, and experience our comfort, our knowledge, our values, and our identity.

Participants will build, talk, role-play and consider ideas like:

*“The omnipresent process of sex, as it is woven into the whole texture of our man's or woman's body, is the pattern of all the process of our life.”*

—Havelock Ellis

*“Human sexuality is of critical importance to society and to all the individuals who form it. Each of us has both the right and the responsibility to contribute to the body of values that help shape attitudes, control behavior, and determine happiness for ourselves and others. We can best contribute if we (1) have a basic factual knowledge of sexuality, (2) are comfortable with open discussion of sexuality issues, and (3) understand our own values and their sources.”*

— Our Whole Lives curriculum

*A core subset of the twelve session workshop series meets 3 Saturdays: February 5, March 12, and April 6.*

Watch for more info in upcoming UUSM publications.

Our Whole Lives is a UUA-developed curriculum facilitated by UU-trained UCCSM members.

## 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 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 Adventures Workshop explores our connection with nature in a UCCSM grass roots 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 to address the intellect with heart. We might agree to meet outside the workshop for hikes, activities to support the environment like helping in a community garden, or letter writing.

*UCCSM member Michele Begley-Foster, facilitator*  
*Meets 4 Saturdays, the 4th Saturday of the month: March 26, April 23 and May 28 in Forbes Hall, and June 25 in Room 4*  
*10:00 a.m. to 2:30 p.m*

*Take all or one workshop.*

*Bring food to share for Potluck Luncheon at each workshop*

*Strongly recommend reading: Workbooks “Sense of Place” \$20, and “Sustainability” \$20*

*See [NWEI.org](http://NWEI.org).*

*Workbooks will be available to purchase at the first workshop.*

*Class size limited to 12*

Colorado native Michele Begley-Foster is a former nursing instructor who appreciates nature and has coordinated previous 7th Principle Workshops at UCCSM.

## Ongoing Offerings

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### 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.

*UCCSM member Max Joffe Johnson, coordinator*



### 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 UCCSM website, or the order of service.*

*7:00 to 8:30 p.m.*

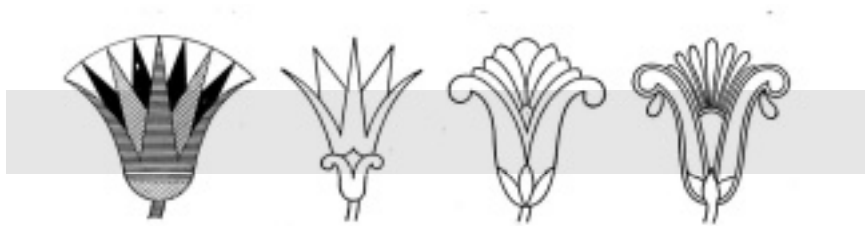
*Forbes Hall*

## 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.

*The Rev. Judith Meyer and UUCCSM member, 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.



## ZEN MEDITATION

Discussion of religious and spiritual wisdoms is 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 A, in the 17th Street Building*

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

Are you interested in greater shared intimacy in your church experience with a focus on spiritual growth? Consider joining a Covenant Group. Eighty per cent of UU churches are already involved in this growing grass roots movement.

What are Covenant Groups? Small Group Ministry is the name of the program sponsored by the UUA. Covenant Groups are the active units within each church. Group members have the opportunity to know each other more deeply and to practice respectful listening and shared decision-making. The emphasis is on process as much as producing a product by being together in an open, honest manner, working through conflicts, and building relationships. Covenant Group leadership works closely with our minister. New facilitators are eagerly sought and training is ongoing.

The first two groups, consisting of 10 members and two co-facilitators each, began in the fall of 2004. Both groups decided to meet twice a month for six months. Each group chose its way of being together (behavioral covenant), theme, and community and church service projects through discussion and consensus.

Watch for the formation of new groups, which are announced in church publications. For more information visit the church web-site [uusm.org](http://uusm.org), and pick up an explanatory brochure at the membership table in Forbes Hall.



# Adult Religious Growth and Learning

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## 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: February 27 and March 6.
- 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. If class is over-booked, participants will be chosen by lottery.

**Child Care:** For child-care needs, contact Joan Reighley at (310) 914-2488 at least two weeks before class begins.

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

## COMMITTEE MEMBERS

|                     |                   |               |
|---------------------|-------------------|---------------|
| Jean Allgeyer       | Max Joffe Johnson | Ilse Kleinman |
| Jane Machnik, chair | Marv Pulliam      | Joan Reighley |
| Ren Renshaw         |                   |               |

## BOOK CART VOLUNTEERS

Alison Chipman, Jeff Greenman, Fran Hotchkiss, Pat & Amy Meighan, Joan Reighley, Marguerite Spears

## CATALOG PRODUCTION

Proofreading by Rhonda Turner

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.

