



St. John's Unitarian Universalist Church  
320 Resor Avenue  
Cincinnati OH 45220-1698  
[www.stjohnsuu.org](http://www.stjohnsuu.org)

## **Adult Religious Education** Fall 2010 Classes

Our purpose is to provide a program of religious growth and learning that meets the needs of adult members and friends. We have attempted to offer a variety of experiences on different days. This brochure lists the details of the classes this fall.

**Registration** is normally done at the Adult RE table before and after church on Sept. 12, 19 or 26. Individuals may also contact either [AdultRE@stjohnsuu.org](mailto:AdultRE@stjohnsuu.org), or the listed teacher for the course.

Please do not delay signing up for a class. Classes may be cancelled if sufficient registration is not received one week in advance .

**Accessibility:** Forums and classes listed in this brochure that will meet on the main floor of the building have an "Accessible" listed with the offering.

**Bookstore** with Beacon Press and Skinner Press books is available on registration days in Krolfifer. Participants are free to use the public library or other sources.

**Drop In vs. Registration Required:** Note that each class lists whether or not it is necessary to register.

**Cost:** There is no charge for any of the classes.

### ***Religion: Theology and Faith Development***

#### **Breaking Free – Women of Spirit in Midlife and Beyond**

**Register**

Text: same as class title by Marilyn Sewell

This program brings women together to discuss aging as the development of character, a breaking free of old restraints, and an opportunity to deepen their spiritual lives.

Leaders: Carol Fencl and Susan Rivers-Payne

**Sunday afternoons Oct. 24 – Nov. 21** 4 - 5:30 p.m. 5 sessions

Accessible

#### **With One Voice**

**Register**

On this DVD the modern day mystics of many faiths discuss their experiences and share their comments on religious intolerance, the way to peace, the essence of love and the many paths to truth. In addition they each give a message to the world. Join us and share your reaction to their messages.

Leaders: Ethel Ingalls and Nina Tolley

**Tuesday evening Nov. 30** 7 - 8:30 p.m. one session

#### **World Religions for Families**

**Register**

Families are frequently the focus of outreach by the world's religions. Ours is a time of increased religious openness, as well as increased religious tensions. Family members may make different religious choices, sometimes challenging family peace. Such challenges can be turned into opportunity when family members are better informed about the valuable variety of the world's religions.

This introductory series of 4 classes is for family members – parent(s), youth in grades 8-12

Leader: Charles Seibert, UC Prof. of Philosophy, Leader of past World Religions classes

**Sunday afternoons Oct. 3 - 24** – 12:45 – 2:15 p.m. 4 sessions

## ***Spiritual Practice***

### **Speaking Peace**

**Register**

**Text: *Speak Peace in a World of Conflict: What You Say Next Can Change the World*** by Marshall B. Rosenberg, Ph.D. Book can be purchased online

[www.cnvc.org](http://www.cnvc.org) or at Aquarius Star on Ludlow.

We'll be exploring the basic components of Non violent communication, broken into three sections- "The Mechanics of Speaking peace," "Applying NVC," and "Speaking Peace for Social Change." Speak Peace is filled with chapters on conflict resolution, transforming business structure and authoritarian structures, transforming enemy images, addressing terrorism, expressing and receiving gratitude, and effective social change.

Leader: Maria Yunker

**Tuesday evenings Oct. 12-Nov. 16** 7 - 9 p.m. 6 sessions

### **Tai Chi**

**Drop-In**

Through a simple repetition of movements representing images of nature, we learn to enjoy this ancient practice. We will learn the basics involved in the Five Elements.

Wear layered, loose clothing and non treaded shoes. No prior experience necessary.

Leader: Rev. Denise Tracy

**Thursday evenings Sept. 30** Ongoing 6 - 6:50 p.m.

### **Talking to Strangers – Spiritual Hospitality**

**Register**

Spiritual Hospitality is a practice meant to make you comfortable with yourself so you are able to welcome in others. Mindful communication is the foundation of the practice. This workshop will take you on a look inward and suggest some daily practices so you are more comfortable meeting and talking to people you don't know at St. John's or anywhere!

Leader: Karolyn Schalk - Before entering the corporate world she was an Instructor of Public Speaking and Interpersonal Communication at Penn State University

**Tuesday evenings.** Choose either **Oct. 5 OR Nov. 9** 7 - 8:45 p.m.

## ***Community Building and Personal Growth***

### **Services for Seniors**

**Registration preferred**

"Services Offered by the Council on Aging" will be led by Paula Smith. She will describe all the services provided by this agency for folks older than 55 years of age living in Hamilton County.

Presented by Caring Circle

**Thursday afternoon Nov.18** 1 - 3 p.m. One session

Accessible

### **The Wisdom Array**

**Register**

If you thoroughly apply UU Principles to your life, you can avoid many of the hidden traps

that prompt us to think, feel, act, and express unproductively. Explore how through a series of compelling activities and thought experiments. Open to adults, and teens 8<sup>th</sup> grade and above.

Leader: Tony Malinauskas, author, and long-time trainer to Fortune 500 companies

**Thursday evenings October 7 – Nov. 4** 7 - 8:30 p.m. 5 sessions

## ***Social Justice and Ethics***

### **Food for Thought**

**Drop-In**

Bimonthly series of thought-provoking sessions learning about the food industry. Sept. movie will be FRESH, celebrating the farmers, thinkers and business people reinventing our food system. If possible, bring either food with organic ingredients or locally produced.

Leaders: Bo Wachendorf & Greg Terhune

**Fri. Sept. 17 and Fri. Nov. 19** 7 p.m. Potluck 7:30 p.m. Movie Accessible

### **Immigration: What Happens to the Family?**

**Drop-In**

When the parent is working and an immigration officer shows up, what happens to the family? This skit, presented by Guatemalan immigrants and Americans, is based on the new Arizona Immigration law. After the skit, we will have a discussion as we begin our study of Immigration Reform.

Presenter: Margaret Singer, Social Worker from Su Casa, Catholic Charities

**Monday evening, Oct. 25** 7-8:30 p.m.. Krolfifer Hall Accessible

### **Immigration Myths 101**

**Register**

Recommended text: *They take our jobs! And 20 Other Myths about Immigration* by Aviva Chomsky

This series focuses on commonly held myths about immigration. Each week we'll tackle a different topic, looking to see if there is a grain of truth in the myths and why they are so strongly believed. Participants are encouraged to bring in outside resources to share.

Leader: Carol Fencl and Marty Harrington

**Monday evening November 1 - 15** 7 - 8:30 p.m. 3 sessions

## ***The World of Books***

### **Louisa May Alcott**

**Register**

Text: *Louisa May Alcott: The Woman behind Little Women* by Harriet Reisen.

Available from Cincinnati Public Library, or used from Amazon.com for around \$5 + shipping.

Maybe you saw the PBS program of the same title. The book describes Alcott's father with his dreams of a utopian life and the influence of the Transcendentalists on her life. After reading the book, you'll have a completely different view of this great "UU?" woman author.

Leader: Deb Combs, retired school librarian

**Tuesday evening Oct. 26** 7 - 8:30 p.m. One session

## **Forums**

Time for presentations and discussions before the service. See bulletin, eNews or the Reporter for topics. Come occasionally or weekly – your choice.  
Forum Coordinator: Ethel Ingalls.

**Sunday mornings 10 - 10:45 a.m.** Held in Krolfiffer Hall

Accessible

## **Web resources**

If you'd like to take an online class through the UU Church of the Larger Fellowship, check out their website at [www.clf.uua.org/learn/](http://www.clf.uua.org/learn/)

**Webinars – Heartland District** – Leadership Day on **Saturday, Oct. 9** has variety of free workshops. [www.heartlanduu.org](http://www.heartlanduu.org)

## **Other St. John's Adult Programs - Chalice groups**

Small groups that meet monthly for discussion and to foster connections among St. John's members and friends. For more details, see Judith Strong .