

ADULT
EDUCATION
PROGRAMSPRING/
2010

A LEARNING JOURNEY *for Mind, Body & Spirit*



DYSSSEY, THE ADULT EDUCATION PROGRAM OF THE UNITARIAN CHURCH PRESENTS ITS SPRING, 2010 PROGRAM

ORGANIC VEGETABLE GARDENING

Led by JoAnn Overton

Sunday, March 7, 12:30-2:30pm. Meeting House

Learn how to grow your own organic vegetables in a chemical-free environmentally friendly manner. Proper soil preparation and care, intensive planting techniques, water management, and weed control will be discussed. Handouts and sources for materials will be available.

JoAnn Overton is a certified Landscape Designer from the New York Botanical Garden and a CT Master Gardener. Her foremost interest is preserving the environment while creating aesthetically beautiful landscapes. With her husband, she has grown and harvested an organic vegetable garden for the past 16 years in Wilton.

BUILDING YOUR OWN THEOLOGY, PART I*

Led by Rev. Frank Hall

4 Thursdays, March 11, 18, 25, and April 1, 7:30-9pm. The Chapel

Like Dorothy, we travel with others who need what the Tin Man, Lion, and Scarecrow needed: a heart, brains, and courage. We need to find our way "home", to feel comfortable in our own place and time and to find our higher "self". Senior Minister Frank Hall has conducted this popular class for several years. Participants explore their life experiences, looking for the silver strand that holds them all together.

*Each participant is expected to be present at each of the four sessions with enrollment limited to 15 people.

YOGA EXPRESS*

Led by Tracy Abeles

6 Saturdays, March 6, 13, 20, 27 & April 3, 10, 8:30am-9:30am. Meeting House

A beautiful way to start your weekend, this class will recharge you from your week and energize you for the weekend. Focusing on breath, asana and living in the moment in a non-competitive, encouraging environment, the class is appropriate for all levels. Bring a mat and wear comfortable, loose-fitting clothing. Take a moment's breath for yourself on Saturday mornings. *Note: class size is limited to 15 people.

Tracy Abeles, a registered yoga teacher (RYT) with the yoga alliance, focuses on bringing courage, truth & laughter to the mat.

IMPROVISATION, PANTOMIME & THEATRE GAMES

Led by Jim Luongo

4 Tuesdays, April 6, 13, 20, & 27, 7:30-9pm. Meeting House

This workshop is intended for first timers as well as old hands on the stage. Participants will engage in exercises in pantomime, improvisation and theatre games that focus on the skills of concentration, imagination and cooperation. The experiences of this workshop will open a window on the crafts of the actor. All you need is a willingness to have fun and to participate actively. Bring your funny bone and loose clothing.

Jim Luongo has been a director at the high school level for thirty years, first at the International School of Geneva and then at New Canaan High School where, in addition to directing, he served as Head of the Drama Program which ran six main stage shows each year. As an English teacher at NCHS he taught Acting as well as Drama and Theatre classes.

IN BETWEEN: MEMOIR OF AN INTEGRATION BABY

A reading group discussion co-presented by Odyssey and the Racial Justice Group

Led by Catherine Onyemelukwe and Frances Sink

3 Wednesdays, March 10, 24 & April 7, 7:30 - 9pm. East Wing

Join a lively book discussion on Mark Morrison-Reed's book, *In Between: Memoir of an Integration Baby*. An ordained UU Minister, Morrison-Reed served for 26 years as co-minister with his wife at churches in Rochester, NY and Toronto, Ontario. He was born on the South Side of Chicago in 1949. Denny Davidoff says, "All of us have family stories, but Mark's family stories, in their complexity, history, accomplishment and influence are more fascinating than most." *In Between* gives voice to the unspoken story of those Afro-Americans who were among the first to bring racial diversity to their neighborhoods, schools, churches, and workplaces. **Note:** the April 7th meeting will be in the Fellowship Room.

Catherine Onyemelukwe chairs the Racial Justice Task Force. Frances Sink is in her last semester at seminary.

DREAMWORK 2010

Led by Adair Wilson Heitmann

Saturday, March 27, 9:30 am - 12:30 pm. The Chapel

Dreamwork is the art of exploring various images and emotions that a nighttime dream presents and evokes. Come and discover your own, individual dream language. You will hear about dream recall, dream incubation, and dream de-coding. See how to start a dream journal and learn the difference between various dreamwork techniques. The foundation and guidelines for working with dreams in a group environment will be set, including confidentiality and trust. The first portion of our program will be informational, and after a short break, the second half will be experiential. Bring in a dream if you wish to share with the group during the second half of the program. Dream sharing is an authentic way to build community. This program is good for all levels. Come, be yourself, have fun, and deepen your awareness of your own individual spiritual journey.

Adair Wilson Heitmann, BFA has been helping men, women and children learn from their dreams for over 35 years. She is an award-winning author, artist, educator and consultant. Adair was the Founder and Director of The Center for Creativity & Wellness and is in many Who's Who.

SPIRIT IN PRACTICE, PART II: BODY, SOUL, LIFE, AND JUSTICE PRACTICES

Led by Gail Pesyna

6 Wednesdays, March 3, 17, 31, April 14, 28, May 12 7:30 - 9pm. The Library*

Spirit in Practice is a program developed by a UU minister (Rev. Eric Walker Wikstrom) that explores adult spirituality in all its dimensions. The program is grounded in the view that there is nothing in our lives that cannot serve as a tool for developing spirituality. Topics explored will be ways one can learn to turn daily activities into meaningful and enriching spiritual practices; bringing spiritual intention into one's work for good in the world; integrating the outer life with inner spiritual work; viewing creative expression as part of a larger spiritual practice.

***Note:** those who attended Part I last Fall need not attend the overview session on March 3.

Gail Pesyna has led Spirit in Practice for the past 3 years at the Unitarian Church in Westport. She has served the church in many different ways over the years (Membership, Board of Trustees, Canvass Chair, Ushering), including teaching Our Whole Lives and Joseph Campbell's "The Power of Myth."

THE FLOWING MOTION: AN INTRODUCTION TO QIGONG/TAI CHI EASY

Led by Daryl Manning

4 Wednesdays, April 7, 14, 21, 28, 7:30 - 8:30pm. Meeting House

Qigong /Tai Chi Easy is a non-competitive, self-paced, mind/body practice that originated in ancient China. It involves a series of slow, graceful movements and controlled breathing techniques to promote the circulation of Qi (energy) within the body. The benefits are many, including stress reduction, improving balance, enhancing mental acuity, toning muscles, increasing flexibility, and relieving chronic pain. The gentle movements can easily be adapted, even for the physically challenged, and can be practiced by all age groups. No special equipment or clothing are required.

Daryl Manning has practiced various types of Yoga & Pilates over the last 20 years, and received certification as a facilitator of Tai Chi Easy at the Omega Institute. She has studied Qigong/Tai Chi with Lao Shan, Roger Jahnke, OMD, Masters Ken Cohen, Sat Hon and Master Wu.

OTHELLO

Led by Mike Lehr

4 Thursdays, April 8, 15, 22, 29 7:00 - 9:00pm. Meeting House

This exciting workshop will look at Othello from a dramatic, down to earth point of view. Why does Iago drive Othello to kill Desdemona, the woman he deeply loves? Why is Othello such an easy mark? Why doesn't Desdemona fight back? We'll look at the psychology of these characters to see why they do what they do and will view a video of this great love story featuring the great actors, Olivier, Fishbourne, and Welles.

Michael Lehr has a degree from Western CT State University with a concentration in theater. He has studied acting and directing extensively and has acted and directed professionally. He has taught at LLI, the Norwalk Library and other venues in the area and directed Agnes of God, which was performed at UU Westport and Stamford UU Church.

FORMULATING A UU POSITION ON PEACEMAKING: A FOUR-YEAR JOURNEY

Led by John Hooper. (Co-Presented by Odyssey & the Social Justice Program).

Sunday, April 18, 12:30 - 2:30pm. East Wing

"Should the Unitarian Universalist Association reject the use of any and all kinds of violence and war to resolve disputes between peoples and nations and adopt a principle of seeking just peace through nonviolent means?" The UUA's Commission on Social Witness (CSW) has been engaged in a process aimed at formulating a comprehensive Statement of Conscience on Peacemaking that would reflect, as much as possible, the position of our member congregations. John, the CSW, and a team of dedicated volunteers has worked with hundreds of congregations and thousands of UUs in grappling with this challenging question. John will "debrief" his listeners on this peacemaking odyssey, relating his experiences in the process and how those experiences have influenced his own thoughts and feelings.

John Hooper is the co-chair of the Peacemaking Core Team and the Congregational Study Action Issue, and a member of the Commission on Social Witness.

LIVING LARGE ON LESS

Led by Julia Wyant

Sunday, May 2, 12:30 - 2:30pm. East Wing

Has the recession forced you to cut back on living expenses? Like all of us, Julia Wyant has been discovering and devising practical ways to reduce spending on everyday necessities, as well as the occasional indulgence. Come to this interactive session with Julia, be prepared to share two of your own money saving tips, and together we'll create a practical guide for spending less without making huge sacrifices, and have some fun in the process.

Note: This will not be a financial planning or investment seminar.

Julia Wyant is a long time member of TUCW, is Co-Principal (with husband John Simboli) and Creative Director of The Wyant Simboli Group, Inc. in Norwalk and has more than 20 years of experience running a strategic communications firm serving corporate and marketing clients. A bargain hunter since childhood, Julia is currently working on a house remodeling project which has challenged the budget and sustained a Craigslist addiction.

CREATE A LIFE YOU LOVE

Led by Janet Luongo

2 Sundays, May 2 (Part 1) & May 16 (Part 2). 12:30 - 2:30pm. Meeting House

In **Part One, Nourish Your Body**, the temple of your soul, and the foundation of your health, you will learn which foods provide the most nutrition for the least calories, and which lower cravings, burn fat, stimulate the brain, lower stress, and fuel your vitality. We will also discuss "fake" foods to avoid that drain energy, lead to disease and shorten life.

In **Part Two, Balance Your Life**, you will energize all dimensions of your life through a simple system based on ancient Indian meditation. You will take steps to: return to your soul, strengthen your body, release your creativity, renew your purpose and confidence, prioritize and balance life and work, attract loving relationships, share your gifts, connect to nature, and feel spiritual joy.

Janet Luongo, M.S.Ed, CHHC is a book author, educator, and was past Assoc. Director of RE at TUCW. She is a certified Integrative Nutrition counselor from Teachers College, Columbia University. An international speaker on health and creativity, Janet also produces a local internet TV show, "Nourish & Flourish".

INTRODUCTION TO NON-VIOLENT COMMUNICATION (NVC)

Led by Judith Anderson

2 Mondays, April 5 & 12, 7 - 9:30pm. East Wing

NVC is called a language of LIFE. It supports a communication ethic that opens hearts and deepens connections with family, friends and strangers. NVC gives all of us the opportunity to meet real needs--our own and those of others--simply by listening openly, making judgment-free observations, speaking honestly, and making and fulfilling clear requests. It builds global peace one relationship at a time by giving us basic skills that work at every level of relationship. Learn NVC basics and join our practice group!

Judith Anderson has been studying NVC for 8 years and is an executive coach and organizational consultant in Westport. She will be assisted by Carol Patterson and Stacy Prince, who have both studied NVC for 3 years.

ON-GOING OFFERINGS

"REEL JUSTICE FILM" SERIES

Meets the first Friday or Saturday of the month. 7:30 PM in the Sanctuary /Potluck dessert. Facilitated by David Vita. (david@uwestport.org, 227-7205 X14).

Join us for a social justice film, speaker, discussion, and a potluck dessert. Often times the film will be connected to activities here in the church. First run, Independents, foreign and obscure films - you can see them all! And it's FREE. See you at the movies!

CHANT & MEDITATION

Meets every Wednesday of the month. 7 - 8 PM . Sanctuary.

For centuries people have used sound/music to deepen their meditation practice and help reach a place of quietness. In these sessions Ed will teach chants from various traditions around the world. A period of meditation will follow each chant. Beginners as well as experienced meditators will be comfortable in this class. For all questions about chant and meditation, please be in touch with Ed. (227-7205 Ext 18).

WOMEN OF THE BIBLE - WOMEN OF FAITHS

Meets the last Saturday of the month. 1 - 2:30PM at the Meeting House. Led by Professor Harriet Hiller.

An in-depth look at religion and beliefs, from the ancient gods and goddesses, Native traditions, the Old and New Testaments to Islam and the Koran. "The Faith Club", a recent book about women exploring religion, will be a central guide. For more information contact harriethiller@sbcglobal.net or 203-369-6255.

WALKING IN NATURE

Meets the second Sunday of each month beginning April 11th. following the 9:00 am service. Carpool leaves at 10:30 - back at church no later than 2:30.

Meet in church parking lot at bottom of ramp.

Led by Shari Brennan, gardenbee@optonline.net, 203 846-0199.

Join us as we share our knowledge, delight and love of Nature. Each walk begins with the reading of a short poem or story connected with the season. As we walk, we enjoy conversation as well as time in silence, becoming part of our surroundings as we connect with each other in the spirituality of nature. Bring a brown bag lunch.

CLASSIC BOOK GROUP

Meets the third Sunday of the month, 12:30pm in Rhoda Burnham's home, a 5 minute drive from church.

A book group which reads novels from the 17th, 18th and 19th centuries. Look for monthly announcements in Soundings. Book lovers welcome at any time! (Dr. Rhoda Burnham 227-2874 or 2roro@optonline.net)

UU MOVIE REVIEW - A discussion group

Meets the last Friday of the month at the Meeting House.

7:30 Dessert Potluck; 8:00 film discussion.

Led by Ray Porter.

Lively discussion on films. Two current films are selected for discussion each month. Regular announcements appear in SOUNDINGS and Order of Service.

SHAWL MINISTRY (2 groups)

Meets every other Friday, 12:30 - 2pm., Meeting House.

Led by Jan Braunle. (227-7205 Ext 10)

Every other Tuesday, 7 - 9pm

Shari Brennan's home, gardenbee@optonline.net

Men, women and teens with a basic knowledge of knitting or crocheting meet regularly, with the purpose of creating a shawl to give to a person in need as a tangible expression of care and concern.

SMALL GROUP MINISTRY

Small groups meet monthly to discuss a common topic.

The Small Group Ministry mission is to facilitate spiritual growth through personal connection. Theology is grounded in autobiography and how we live our lives. The 16 groups currently meeting offer an opportunity to make new friends, explore spiritual topics and experience personal growth. A perfect entry point for newcomers! For more information contact Chris Place, 203 966-1821, cplace4ici@optonline.net

Please watch SOUNDINGS and the sign-up sheets in the church lobby for changes in dates and times. Sign-ups are important so that we can allot space for each offering. E-mail addresses are important so that reminders can be sent to people who have signed up. If weather conditions are uncertain, course facilitators or discussion leaders are the persons to be contacted.