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# ADULT SPIRITUAL GROWTH & DEVELOPMENT



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## Courses & Events

Spring 2017

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First Unitarian Universalist Congregation of Ann Arbor



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[www.uuaa.org](http://www.uuaa.org)

CONVERSATIONS THAT MATTER

# The First Unitarian Universalist Congregation of Ann Arbor

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*Welcome to another season of Adult Spiritual Growth & Development! Our 3rd Unitarian Universalist Principle promotes “acceptance of one another and encouragement of spiritual growth in our congregations.” Our Spiritual Growth & Development program helps us to do this by offering a wide variety of courses each Fall and Spring. Through these courses we can develop spiritual practices, explore deep ideas, stretch ourselves with new skills, learn about critical social justice issues, and find ways to connect our values to daily life.*

*Perhaps the most important aspect of our program, however, is the opportunity to build meaningful relationships. We are each on an individual spiritual journey, but it’s through relationship that we find both the support and challenge we need for the road ahead. Thank you for letting us be part of your journey and may the months ahead be filled with the joy of learning.*

*~ Rev. Cassandra Hartley*

*Assistant Minister for Spiritual Growth & Development*



# The First Unitarian Universalist Congregation of Ann Arbor

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## Course & Event Descriptions

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### **HELPING CHILDREN/TEENS WITH DEATH AND GRIEF**

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Ele's Place, a local healing center for grieving children and teens, is partnering with our Spiritual Growth & Development program to offer this critical class for parents, teachers and other caregivers. We will focus on how to talk about death in age-appropriate ways, as well as how to support children/teens throughout the grieving process. This class is open to anyone, whether you've just experienced a loss or whether you just want to be prepared to support the young people in your life. Childcare is available if requested by March 20. For more information, or to request childcare, email: [cassandra@uuaa.org](mailto:cassandra@uuaa.org).

#### **Offered by Ele's Place**

**Presenter:** Karen Kohn, LLMSW

**Facilitator:** Rev. Cassandra Hartley

**Details:** Friday, April 21, 6:30-7:30 PM

**Location:** Jackson Chapel

**Max # of Participants:** 25

### **INTRODUCTION TO OUR FAITH**

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This one-session class is an introduction to Unitarian Universalism for both newcomers and long-time members. Taught by a UU minister with assistance from the Welcome Ministries Coordinator, topics include the history of Unitarian Universalism and this congregation, how this congregation is governed, how to get involved at UUAA, the meaning and responsibilities of membership, and the sharing of participants' own spiritual journeys.

Please register by Sunday, April 16, 2017. Registration forms are available at the Involvement Table during Social Hour, in the Newcomer Welcome Room, and in the front entrance literature rack. You can also register by emailing Hannah Hotchkiss directly at [Hannah@uuaa.org](mailto:Hannah@uuaa.org).

## Course & Event Descriptions

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To request childcare, let us know by Friday, April 7. We need at least two families signed up for childcare to offer it.

**Details:** Saturday, April 22, 2017, 10:00 am - 2:30 pm

**Max # of Participants:** 20     **Min #:** 8

### **INTRODUCTION TO READERS THEATER AT THE UAA**

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Members of the UAA congregation to join facilitator Terry Madden & have fun experiencing Readers Theater. During the workshop, which includes three 90 minute sessions, participants will read and discuss short literary scripts between two - five characters who through voice rather than movement, cause the audience to sense imaginary characterization, setting and action.

#### **Offered by Well-Being Education**

**Facilitator:** Terry Madden

**Register by email:** Terry Madden <terence.madden@gmail.com>. Deadline for registration is Sunday, May 14. No walk-ins accepted. There will be a \$5 charge collected at the first session to defray printing costs.

**Details:** Three workshop sessions, Wednesdays, May 17, 24 and 31, 1:30-3:00 pm

**Location:** Jackson Chapel

**Max # of Participants:** 10

### **READERS THEATER DEMO FEATURING SENIORS AT UAA**

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Enjoy a demonstration of Readers Theater, with the reading by older adults from our congregation of quality 10 – 20 minute plays, facilitated by Terry Madden. It will be fun to be part of the cast or the audience.

**Offered by Well-Being Education in conjunction with First Friday Fun Night, Friday, May 5, 2017. Includes a shared meal from 6:00-7:00 pm.**

Since this event will be held during First Friday activities, older children/

## Course & Event Descriptions

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youth who don't need supervision are welcome to join in. If you need childcare for younger children, please contact Rev. Cassandra Hartley (cassandra@uuaa.org) by April 5.

**Details:** Held during First Friday Fun Night program, May 5

## COMMUNITY RESOURCES FOR OLDER ADULTS

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What are the many community resources available for seniors in Washtenaw County? Find out about transportation, home care or assistance, support groups for health conditions, and lifelong learning and enrichment opportunities. Our guest speaker will be providing information on all these topics, i.e., what's available, where to go, and who to contact.

### **Offered by Well-Being Education**

**Facilitators:** Emily Simon and Kate Warner

**Guest Presenter:** Maire DeLand, Assistant Director of the Turner Senior Wellness Program

**Details:** Tuesday, April 25, 2017, 1:00-2:30 pm

**Location:** Fahs Chapel

**Max # of Participants:** 20

## “JUST EAT IT”

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Did you know that North American households waste 15 - 20% of all the food they buy? This documentary movie follows a couple who take a six-month challenge to survive only on discarded food.

After the movie, we'll discuss strategies to waste less. A light lunch will be provided using foods at risk of being discarded.

### **Offered by Mindful Eating**

This event is co-sponsored by: Religious Action Center of Reform Judaism (RAC), Temple Beth Emeth (TBE), and Interfaith Council for Peace and Justice.

## Course & Event Descriptions

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**Facilitator:** Cathy Muha

**Register by email & questions:** Cathy Muha <cmuha@att.net>

**Details:** Sunday, March 19, 1:00-3:00 pm

**Location:** Fahs Chapel

**Max # of Participants:** 25

### MEET YOUR FARMER

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Did you know it takes 40 - 50 gallons of sap to make one gallon of maple syrup? Kirk and Michelle Hedding of H&H Sugarbush will tell us about the process and more.

**Offered by Mindful Eating**

**Facilitator:** Cathy Muha

**Register by email & questions:** Cathy Muha <cmuha@att.net>

**Details:** Sunday, April 30, 10:45-11:30 am

**Location:** Fahs Chapel

### HABITAT IN THAILAND

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Kick off this year's Habitat for Humanity season, and join Cathy and Mike Muha as they talk about their adventure to Thailand to build Habitat houses. They will tell you some history of Habitat International, and how they chose to go to Thailand in 2004 to join a build with a group of 16 Americans. Not only did they help build eight houses alongside Thai homeowners and volunteers (wonderfully fun people!), but they visited schools, sculpture parks, beautiful temples, and an elephant sanctuary. They have their certificates to prove they are official elephant mahouts! Come and have your questions answered.

**Offered by Habitat for Humanity**

**Facilitators:** Cathy and Mike Muha

**Register by email & questions:** Cathy Muha <cmuha@att.net>

**Details:** Sunday, May 7, 1:00 - 3:00 pm ,

**Location:** Emerson Room

## Course & Event Descriptions

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### **GARDENING IN SMALL SPACES**

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Learn how to grow vegetables and/or flowers on your deck, patio or small backyard space:

- Grow tomatoes and basil in a pot
- Attract Hummingbirds to your backyard
- Provide habitat for bees and butterflies on your patio

This class will cover: basic gardening how-tos; understanding plant requirements (sun, water, soil, space); and selecting the right plant varieties, containers, etc., based on individual conditions.

Some information on using native plants to attract pollinators, butterflies and hummingbirds will also be provided. Instructor Merrill Crockett is a Master Gardener and co-owner of an herb and dried flower business for 25 years.

**Offered by Mindful Eating**

**Facilitator:** Merrill Crockett

**Register by email:** Merrill Crockett <crockettmerrill@aol.com>

**Details:** Saturday, April 8, 9:30 am - 12:00 pm

**Location:** Fahs Chapel

### **REFLECTION AND LEARNING PROJECT ON ISRAEL-PALESTINE**

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UUAA Justice in the Middle East (JME) is offering a program designed to foster a respectful discussion among Unitarian Universalists on the fundamental issues driving the Israel-Palestine conflict. The goal is for UUs to become engaged in the struggle for a genuine and lasting peace in the Middle East. The program has two parts:

#### **Part 1 – Historical Context**

- March 20: The Zionist Enterprise – History Before 1948
- March 29: A Jewish State – History After 1948

## Course & Event Descriptions

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In Part 1 we will examine the historical origins and current realities of the conflict with a focus on anti-Semitism and the Jewish nationalist movement known as Zionism. The ethical, moral and political implications of a solution to end the persecution of one group that resulted in the dispossession of another group will be discussed.

### Part 2 – Religion and U.S. Policy

- April 17: Christian Theology and U.S. Middle East Policy
- April 26: Voices of Faith for Justice in the Middle East

In Part 2 we further explore the role religious institutions play in either advancing ideologies of discrimination, domination, and separation or promoting freedom, justice and reconciliation between peoples.

**Facilitator:** Mark Jagner

**Register by email & questions:** Mark Jagner <mjagner@yahoo.com>

**Details:** All sessions 6:45—8:45 pm

**Location:** Jackson Chapel

**Max # of Participants:** 25      **Min #:** 8

## UUA COMMUNITY OF WRITERS

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Adult writers (beginning, intermediate, advanced, potential) interested in an open, supportive community to foster self-awareness, spiritual growth, creative expression, communication, and social witness through the writing arts are invited to join the UUA Community of Writers.

This group is based on the premise that every person is a writer. In each session, everyone is invited to share their writings with the group, in confidence and with appreciative feedback. The group's shared leadership means that any member, following the Community of Writers' guidelines, may lead a session focused on a theme, purpose for writing, or form of writing, such as poetry, fiction, nonfiction, memoir, personal

## Course & Event Descriptions

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essay, journaling, blogging, and more. In the past year the Community of Writers held three readings of their original writings to which the congregation was invited. Newcomers are always welcome.

**Facilitators:** Mary Lund and Bridget Laundra

**Register by email:** Mary Lund <mlund@mi.rr.com> or Bridget Laundra <bridgetlaundra@gmail.com>

**Details:** Second Sundays of the month, 1:00-2:30 pm

**Location:** Fahs Chapel

**Max # of Participants:** 25      **Min #:** 5

### **OUR HUMANIST HISTORY: A WINDOW LOOKING FORWARD**

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Join us for a 1:00 p.m. Forum as Tim Richards and Terry Madden bring our Humanist history forward by examining Our UUAA 150 Year Story: Revering the Past, While Trusting the Future. "Our 150 Year Story" is available to download on our UUAA website at:

[http://uuaa.org/images/documents/About/OurCongregation/History/UUAA\\_History\\_150thAnniversary.pdf](http://uuaa.org/images/documents/About/OurCongregation/History/UUAA_History_150thAnniversary.pdf)

**Facilitators:** Tim Richards, Terry Madden

**Details:** Sunday, March 12, 1:00-2:30 pm

**Location:** Jackson Chapel

### **EXAMINING WHITENESS**

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When white people show up in racial justice space, they have one question: what can we do? The Movement for Black Lives has clearly answered us with this: Talk to other white people about racism, about your own racism-not theirs. That's what Examining Whiteness is about.

This class will be uncomfortable. It will shake you up. We'll do our best to care for you spiritually through this journey, and we all agree to approach this in good faith and an understanding that discomfort is when growth happens.

## Course & Event Descriptions

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One of the ways that racism affects us is by shaping our identity (and this is true for whites and People of Color). The materials for this class, prepared by the Rev. Doctor William Gardiner, are made available through UUA to Unitarian Universalists, particularly white people interested in transforming their whiteness through understanding the complex history of white supremacy of over four hundred years in the United States, and the impact it has on us as individuals and the society as a whole.

The class is intended to foster deeper understanding of issues that are essential to furthering a white anti-racist identity. It includes sections on:

- The History of White Supremacy in the United States
- The Emotional Lives of White People
- Racial Identity Development
- Racial Identity Journey
- White Power and Privilege
- Developing a Positive White Identity
- The Movement for Black Lives

**Facilitators:** Cristy Cardinal and Examining Whiteness alums

**Register by email:** Cristy Cardinal <crystycardinal@gmail.com>

**Details:** Attend either the Monday or Tuesday track.

- Mondays, April 10 & 24, May 8 & 22, 6:30-9:00 pm in the Jackson Chapel
- Tuesdays, April 18 & 25, May 2 & 9, 2:00-4:00 pm in the Brown Room

## THE ART OF STORYTELLING

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Telling and listening to stories is a way for people to enjoy and cherish one another's company. Storytelling is also an effective way to teach, to inspire, to heal, and to delight. Whether you want to hone your storytelling skills to use in front of an audience or around a fire with friends, this class is for you. Have fun while learning to relax in front of other

## Course & Event Descriptions

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people and let your creativity blossom. This interactive course will help you shape ideas, and gain experience in the effectiveness of body and vocal techniques. Beginners are welcome as well as those with more experience.

**Facilitator:** Bev Black

**Register by email:** Bev Black <bevblack@umich.edu>

**Details:** Tuesdays, March 14, 21, 28 & April 4, 2:00-4:00 pm

**Location:** Brown Room

**Max # of Participants:** 12      **Min #:** 6

## DIALOGUE SKILLS

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How shall we speak with one another? This big, important subject is often approached through dialogue training programs – programs of planned interpersonal exercises and study that may last days or months, but reach a point at which desired skills are, hopefully, permanent. This pair of seemingly different but related methods suggests that instead we initiate a simple form of mindfulness practice to support two travel-ready skills, Respectful Dialogue (C-LARA) and Compassionate Communication, that increasingly support skillful speech and interaction as we go along.

**Facilitator:** Charley Burleigh

**Register by email:** Charley Burleigh <chburleigh@aol.com>

**Details:** Thursdays, March 16 & 23, 2:00-4:00 pm

**Location:** Brown Room

**Max # of Participants:** 12      **Min #:** 6

## MINDFULNESS PRACTICE: WAKING YOUR SENSES

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Through a variety of activities we will practice focusing attention, using all of our senses, becoming aware of our bodies and surroundings, and feeling our connection to nature and other beings on the planet. To make mindfulness a habit rather than a daunting activity, you will be introduced to practical exercises that can be done throughout the day – taking a shower, standing in the grocery check-out lane, walking down

## Course & Event Descriptions

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the sidewalk, preparing dinner. Participants will need to bring a sketchbook and pencils.

**Facilitator:** Lorelle Otis Thomas

**Register by email:** Lorelle Otis Thomas <lorelleotis@gmail.com>

**Details:** Tuesdays, April 4, 11, 18 & 25, 7:00-9:00 pm

**Location:** Brown Room

**Max # of Participants:** 15      **Min #:** 6

## HEART SUTRA PRACTICE

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The possibility of transforming our lives in the midst of our lives is often far from mind. We have obligations and commitments, and serious spiritual practice doesn't fit in our daily schedule. Yet we may be overlooking opportunities to tuck in practice activities here and there without displacing anything essential. Practice with the Heart Sutra fits nicely with exercise; so no special schedule is required. Take the Sutra with you, either on your cell phone or in personal memory, and go for a walk. Add 25 minutes of sitting before breakfast.

Heart Sutra practice addresses the whole bodymind, including the whole environment, yet it can be effectively carried anywhere. The Sutra was composed by a famous Buddhist monk in Chinese and dates to 649, so you'll want the best translation and good commentary. You'll get these, plus group discussion and guidance.

**Facilitator:** Charley Burleigh

**Register by email:** Charley Burleigh <chburleigh@aol.com>

**Details:** Thursdays, April 20 & 27, May 4, 2:00-4:00 pm

**Location:** Brown Room

**Max # of Participants:** 12      **Min #:** 6

## FINANCIAL AND ESTATE PLANNING FOR YOUNG FAMILIES

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After enjoying dinner at the First Friday Fun Night, you are invited to join us for a short presentation by Toni Wander, UUA member and Financial Planner at Old National Wealth Management, plus Jane Bassett, Managing Partner of Bassett Law. Ms. Wander is a CPA, CFP®, and CI-

## Course & Event Descriptions

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MA<sup>®</sup>, and has 25 years' experience assisting clients achieve their financial goals. Attorney Bassett has practiced in the fields of elder law, probate, estate planning and LGBT law since 1994. The presentation will focus on financial and estate planning for young families, but all are welcome to listen and join in the Q&A. Childcare will be provided. This event will be held during First Friday activities, so older children/youth who don't need supervision are welcome to join in. If you need childcare for younger children, please contact Rev. Cassandra Hartley (cassandra@uuaa.org) by April 5.

**Facilitator:** Toni Wander

**Presenter:** Jane Bassett, Esq.

**Location:** Fahs Chapel

**Details:** Held during First Fridays program, May 5

**Max # of Participants:** 40      **Min #:** 6

## WOMEN'S EARTH-BASED RITUALS

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If you are looking for a new experience, or if you are an "old hand" at celebrating Earth-Based Rituals, this series of three rituals for women may be just what you need during this time of turmoil in the world. The intention is to bring ritual to people from the experiences of our minds, hearts and spirits. If you are interested, please contact Bett Weston, catiamagic@yahoo.com, for specific details and your advance information for the ritual to be celebrated on each date. Three rituals will be offered, and you are welcome to attend one or all. The first one will be a Welcome to Spring. It is hoped that these gatherings may provide a vessel for formation of Women's Circles at UUAA.

**Facilitator:** Bett Weston

**Register by email:** Bett Weston <catiamagic@yahoo.com>

**Details:** Dates and times to be determined in accord with wishes of attendees

**Location:** Young Room, as available

**Max # of Participants:** 15      **Min #:** 6

## SOCIAL MEDIA 101

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## Course & Event Descriptions

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An overview to the social media landscape. What is Facebook, Twitter, or LinkedIn? How can I use these for personal, professional or social justice activities?

**Facilitator:** Sandy Eyl

**Register by email:** Sandy Eyl <sandy.eyl@gmail.com>

**Details:** Saturday, May 6, 10:00 am - 12:00 pm

**Location:** David Room

**Max # of Participants:** 30      **Min #:** 5

## DREAM GROUP

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Bring your dreams and sense of adventure to these monthly play groups as we explore new landscapes, tap into sources of creativity and find guidance through the Lightening Dream Work process. With dream theater our dreams will come alive and through shamanic journeying we'll re-enter dreams and learn to bring back information for healing and transformation. Come find out how dream play can be a source of fun and healing. Everyone welcome at any class.

**Facilitator:** Julie Tumbarello

**Register by email:** Julie Tumbarello <info@dreamingjulie.com>

**Details:** Sundays, March 12, April 9, & May 14, 2:00-4:00 pm

**Location:** Brown Room

**Max # of Participants:** 20      **Min #:** 5



## Course & Event Descriptions

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### HOW TO REGISTER FOR COURSES

Registration opens at 10:30 am on Sunday, March 5th, using one of the following two options:

- by email to the address provided in the course/ event description (mention course by name),
- by paper form at the Adult Spiritual Growth & Development table during Social Hour on March 5th or 12th.

Registration is not required for courses or events where no email registration instruction is found in their descriptions. **Registration by email continues for each respective course or event until the day prior to that course or event.**

### ABOUT THE ADULT EDUCATION ADVISORY TEAM

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Guided by Section 1.1 of our Governing Policies, the Adult Education Advisory Team plans to engage the minds, hearts, and whole selves of adult learners in our community. With the understanding that the Unitarian Universalist (UU) journey is one of an ongoing quest for truth and meaning, we will provide adult participants with opportunities to:

- Develop an integrated sense of their own UU and UUA identity;
- Find resources for negotiating the various stages of their life journey;
- Be empowered to live their beliefs through their actions;
- Cultivate spiritual deepening and develop spiritual practices;
- Enrich their understanding of the world around us;
- Build connections with others.

Members: Charley Burleigh, Bruce Gibb, Bett Weston, Bev Black, Carol Acitelli, Sandy Eyl

Design: Angelina Zaytsev