

Adult Religious Education Class Schedule Fall 2018/Spring 2019

Exploring Taoism and the Taoist Healing Arts

Thursdays 2pm-4pm starting Oct 11 - Nov 15

Exploring Taoism and the Taoist Healing Arts is the first of several adult classes being offered this year by MVUU Adult Religious Education. It will begin October 11 at 2 pm in the Conference Room at Blessed Savior Lutheran Church. During the six 1 ½ to 2 hour sessions led by Bill Casey & Elizabeth Reed, we will discuss the ancient teachings of Taoism and practice the healing arts of qi gong, tai chi, and Taoist meditation. Participants will share their knowledge, thoughts, and questions about passages in the Tao De Ching selected by them for discussion. This class is free and open to the public. Contact Elizabeth for more information or to sign up for the class please send email to reedeliz@gmail.com.

Sacred Poetry

Monday Evenings 7 pm-8:30 pm Nov 5 - April 1

The Sacred Poetry group reads and discusses inspiring poems by Rumi, Whitman, Mary Oliver, and others. We meet monthly from October through April: first Monday evenings of the month, 7:00-8:30 pm, Nov. 5, Dec. 3, Jan. 7, Feb. 4, Mar. 4, April 1. Currently at Bob Wallace's and Kathy Kouzmanoff's apartment. Contact bob@robertmwallace.com for details.

Mary Oliver

Wednesday Evenings Nov 28 - Dec 12

Time: TBD

Mary Oliver is a much-loved contemporary poet who's well-represented in our UU Hymnal. Let's get together at Barbara Gate's home and read and discuss Oliver's work in greater depth. Please try to obtain copies of her recent book of prose, *Upstream*, and an older volume, *New and Selected Poems, 1992*, both of which are available for purchase and in local libraries. Choose a poem or two you really want to discuss for our first session. Contact Barbara Gates at

Anti-White Supremacy Trainings

Weds 6:30-8:30 Jan 16 - Feb 20

An adult-education workshop titled, *Building the Beloved Community: Dismantling White Supremacy* will be offered 7-9p.m. on four consecutive Tuesdays beginning February 5. The recommended reading for participants is *White Fragility: Why It's So Hard for White People to Talk About Racism*, by Robin DiAngelo. This interactive workshop will explore DiAngelo's premise that racial bias is mostly unconscious, and whites often become defensive upon any suggestion of their racial bias. This "white fragility" protects and perpetuates our racial biases while simultaneously affirming our open-mindedness. This workshop will be discomforting, but will help participants overcome their unconscious biases.

Finding Heart

Time & Location TBD Jan & Feb

Finding Heart groups, our version of discussion-based covenant groups, will start up again in late January with signups beginning right after the holidays. The groups meet for two hours each week for six sessions at various times of day and on various days of the week. Facilitators are members or friends of our congregation. Master facilitator Warren Reinecke will be back with "Orienteering the Golden Years," meaningful discussions on managing the later years. Check the nUUsletter in December for details. If you have an idea for a group that you would like to facilitate, contact Debbie Roberts at deborah.roberts@mvuu.org.

Parenting: A Montessori Perspective on the Planes of Development, Birth to Young Adulthood

Thursday Evenings March 7 - March 28

Location TBA

A thorough examination of the four planes of human development as observed by Maria Montessori, birth to age 6, 6-12, 12-18, 18-24. We will cover each plane and discuss the needs of each age group as a guide for parents. Contact Judith Yee at judith.pereda@yahoo.com.