



**Adult Religious Education Prospectus
Winter 2010
Unitarian Universalist Church
of Bloomington, Indiana**

Registration: To register, sign up on the bulletin board by the courtyard entrance or call (332-3695) or e-mail Ginger Ko, Office Assistant, at office@uubloomington.org.

How to purchase texts: You may be able to purchase texts through our Booktable (chaired by Glee Noble, gleenoble@sbcglobal.net).

Child Care: Child care can be arranged for most events if parents reserve by the posted deadline and if **at least two families request child care** for a given class or event. Reserve on the sign-up sheet, call 332-3695, or email office@uubloomington.org.

A Year to Live with Reverend Mary Ann Macklin

Starts January 23

FULL—you may sign up for the waiting list. Email office@uubloomington.org

Kick it Around with John Crosby

4 Saturdays, January 9, 16, 23, 30 from 9:30-11:30AM, Library

Kick Around ideas about religion and theology. Sign up now! (No childcare)

Unitarian Universalist Yoga with Shelley Taylor

12 Tuesdays, January 12–April 27 (except March 16) from 7-8PM, Fellowship Hall, Min 5, Max 20

This professionally-led yoga class is appropriate for both beginners and experienced yoga participants. You may want to bring a mat or towel. \$5 donation per session requested. Sign up or drop in. No child care available unless 2 or more families sign up for all 12 sessions!

Cut Your CO₂ST Workshop with Stephanie Kimball and the Green Sanctuary Task Force

4 Saturdays, February 6, 13, 20, and 27 from 10AM-Noon, Fellowship Hall, Min. 10

Discover ways to cut your household energy use, save money, and reduce your impact on our planet's fragile climate. Participants will calculate a baseline, identify specific actions, report on their progress, and share information and ideas with one another. Those who are interested may join the 50% club, a loosely organized group of people committed to reducing utility usage by 50% or more and supporting others' efforts to do the same.

Required text: *The Low Carbon Diet* published by the Empowerment Institute

Art of Living with Ashkay Ponda

2 Mondays, February 15 and March 1 from 7-8:30PM, Library, Min 5, Max 12

Tired of being stressed out? Learn practical tools to eliminate stress and bring balance to your life including yoga, guided meditation, and the power of breath. This class will include DVD presentation and guided practice to give you a taste of the "Art of Living". Come and try it out!

Soup and Saging with Barb Backler and Ruth Sanders

4 Wednesdays, Feb. 10, March 10, April 14, May 12 from 11:30AM-1PM, Fellowship Hall
The Elder Focus Task Force is sponsoring this soup lunch and book/discussion group each month where we will examine the role of elders in our church and in society.

February 10: *From Age-ing to Sage-ing* by Zalman Schachter-Shalomi (on mentoring)

March 10: *Prime Time* by Marc Freedman (on the effective use of experienced people)

April 14: Each person brings a synopsis of an appropriate book, video, poem, or short story

May 12: We'll reflect on all we've heard and decide where we want to go next.

Cakes for the Queen of Heaven with Beckie Wagner and Ruellen Fessenbecker

6 Weds, Jan. 20, Feb. 3, 17, March 3, 17, and April 7 from 7-9PM, Room 210, Min 5, Max 20

This continuation of the course, *Cakes for the Queen of Heaven*, continues our journey into the past to reclaim stories of powerful women that can be found in ancient Judaism and early Christianity. We will also look at the global silencing and brutalization of women that accompanied the rise of patriarchal religion and society. Finally, we will celebrate the exciting new world view and theology that has emerged in our time, and explore personal and social changes that may be suggested by them. Come be a part of the complex process of telling a new story! This class is open to women of all ages. Participation in the fall session of *Cakes for the Queen of Heaven* is not required for this session.

Family to Family: Dealing with a Family Member's Mental Illness with Lee & Al Strickholm

12 Thursdays, February 11-April 29 from 7-9:30PM, Library, Maximum: 20

This 12 week program designed by experienced mental health professionals provides information, support, and empowerment for family and friends of individuals with serious and persistent mental illness. The class will include lectures, discussions, role playing, guest speakers, and short video presentations and will provide concrete, specific information, basic clinical guidance, skill training, coping techniques, and a safe, confidential place to talk about your experiences.

A commitment to attend all twelve sessions is required to take this class. All participants will be interviewed by the facilitators before the group begins to make sure the class is appropriate for them. Please contact Lee Strickholm with questions: leestrick@aol.com

COMING SOON!

Look for our March ARE Prospectus with the February 15 Prologue:

How to Read a Poem with Jack Carpenter

Artful Everyday Compositions: the World as Art Museum with Beau Vallance

A Psychiatrist Views the Feminine with Bob Taylor

Live to 100 and Enjoy it! with Al Strickholm

Living the Welcoming Congregation with Phil Cooper and Kevin Woodruff

Parenting From the Heart with Rhonda Clower

Questions? Contact our Minister of Religious Education
The Reverend Emily Manvel Leite, 333-9822, mre@uubloomington.org