

## **ABOUT THE OUUC ADULT EDUCATION PROGRAM**

The Adult Education Program of OUUC seeks to foster life-long learning and spiritual growth through classes, workshops and events that expand and deepen understanding of Unitarian Universalism; facilitate the search for truth and meaning in all spheres of human knowledge; explore other spiritualities, religions and philosophies; enhance appreciation of the arts; promote social and earth justice; provide opportunities for learning new skills; and encourage sharing ideas and experiences among the participants.

Registration is open to all: members and friends of OUUC, and members of the larger community. If you would like a copy of this brochure mailed to you, please call the church office at 360-786-6383.

**REGISTER ONLINE** at <http://ouuc.org/education/adult-education/> .

*To diminish the chance of class cancelation because of too few persons enrolled, please register at least a week before your class begins.*

The fee for one class is \$15; a fee of \$30 covers as many classes as you wish to take. Exceptions to this fee are noted in the class descriptions. The fee will be waived if it creates a hardship for you. A waiver can be requested when registering. **On-site child care can also be requested when registering. Please feel free to invite your friends within the broader community to use the OUUC website to register for classes, but kindly remind them about the fee.**

Unless otherwise noted, all class leaders are members of the OUUC community who generously contribute their expertise, time and hard work to develop their course material, completely gratis. **Please make every effort to attend all sessions of each class for which you have signed up, or let the class leader know ahead of time if you can't attend.** Newcomers to OUUC can find classes relevant to this faith tradition marked with a chalice logo. 

**The Adult Education Committee welcomes offers to lead future classes from members of the broader community as well as from the OUUC congregation.** Please direct proposals or inquiries to the Adult Education Committee, c/o the OUUC Office ([dre@ouuc.org](mailto:dre@ouuc.org) / 360-786-6383), or contact a committee member directly. A committee member will contact you and guide you through the process of setting up your class. Current members are: Maureen Canny, Nancy Curtiss, Jim Martin, Bobbe Murray, Anne Radford, Ann Rockway (Chair), Julie Rosmond, Pat Sonnenstuhl, Gary Worthington, Fritz Wrede, and Sara Lewis (Staff).

**Because this process takes time, please make certain that you meet the deadlines below for submitting completed proposals for new classes:**

For inclusion in the fall 2017 program (September - December): May 15, 2017

For inclusion in the winter-spring 2018 program. (January – June): Oct. 1, 2017.

## **ADULT EDUCATION CLASSES**

### **FOR WINTER – SPRING 2017**

#### **ALGERIAN CHICKEN AND COUSCOUS DEMO AND DINNER**

Date: Monday (1 session) January 23

Time: 6:30 – 8:30 p.m.

Place: OUUC kitchen

Leader: Mohammed Bentlemsani

Class Size: Limit of 10 persons

Cost: An additional \$5.00 fee payable with online registration or directly to OUUC

Administrator, Darlene Sarkela

This class will feature a step-by-step demonstration of an authentic Algerian couscous dinner. You will learn how to prepare the couscous properly, using the steaming technique, how to make a vegetable sauce, and how to prepare the chicken in the Algerian style. Upon completion, you will dine on a North African taste treat.

Mohammed grew up in Medea, Algeria and acquired his cooking skills from his mother. As a student in France, he improved these skills by necessity of survival and nostalgia. He also worked as an assistant to the chef at several restaurants in France.

#### **BOOK GROUP**

Dates: Thursdays (6 sessions), January 26, February 23, March 23, April 27, May 25, June 22

Time: 7:00-9:00 p.m.

Place: OUUC

Leader: Nancy Brickell

Cost: Registration is free and not required.

All are welcome to join the OUUC Book Group, for one session or many. We attract both women and men, young and old, so the perspectives differ. This can lead to lively discussions and a deepening understanding of the month's book selection and the issues raised. This winter we will read 3 fiction and 3 non-fiction books that should inform, entertain, and raise interesting questions.

In January we will read *My Notorious Life: A Novel* by Kate Manning. According to an Amazon.com review, this is an historical novel of Dickensian sprawl, loosely based on the experiences of an infamous midwife in late 19th century New York. Our heroine, Axie, becomes a pioneer for women's rights before anyone much knew that such rights could exist. She rises from grim tenement rooms to the splendor of a mansion on Fifth Avenue, and along the way must stand up to opposition and fight to preserve her freedom and the freedom of others.

For February we will read *Indigo: In Search of the Color That Seduced the World* by Catherine E. McKinley. For almost five millennia, in every culture and in every major religion, Indigo - a blue pigment obtained from the small green leaf of a parasitic shrub through a complex process that even scientists still regard as mysterious - has been at the center of turbulent human encounters. *Indigo* is the story of this precious dye and its relationship to slavery as the “hidden half” of the transatlantic slave trade, its profound influence on fashion, and its spiritual significance, which is little recognized but no less alive today. “Catherine McKinley’s *Indigo* is a moving and lyrical journey through several continents and through the writer’s own internal landscapes. This beautiful and unforgettable book, like indigo itself, reaches deeply into all our lives.” - Edwidge Danticat, author.

In March the book is *Orphan Train* by Christina Baker Kline. For 75 years, from the mid-19th century to the start of the Great Depression, trains carried children to adoptive families from the east coast to the midwest. Foster care teen Molly is performing community service work for elderly widow Vivian, and as they go through Vivian’s attic they discover that their lives have much in common. Kline seamlessly knits together the past and present of two women and writes a compelling story about loss, adaptability, and courage. This is a little known chapter of American history and draws comparisons with the modern day foster care system.

The book for April is *Rosemary: The Hidden Kennedy Daughter* by Kate Clifford Larson. Joe and Rose Kennedy’s strikingly beautiful daughter Rosemary attended exclusive schools, was presented as a debutante to the queen of England and traveled the world with her high-spirited sisters. Yet Rosemary was intellectually disabled, a secret fiercely guarded by her powerful and glamorous family. Larson reveals new information about Rosemary from Rose Kennedy’s diaries and correspondence, letters from Rosemary’s teachers and doctors, and exclusive family interviews. We learn how the Kennedy siblings later directed government attention and resources to the plight of the developmentally and mentally disabled, transforming the lives of millions.

For May we will read *The Japanese Lover* by Isabel Allende. In 1939 as Poland falls under the shadow of the Nazis, young Alma Belasco’s parents send her away to live in safety with an aunt and uncle in their opulent mansion in San Francisco. There she meets Ichimei Fukuda, the quiet and gentle son of the family’s Japanese gardener. As a tender love affair begins, the Japanese attack Pearl Harbor and the two are pulled apart as Ichimei and his family are relocated in an internment camp. But they stay in contact. Many decades later Alma and her grandson meet a care-worker in a San Francisco nursing home and become friends. With *The Japanese Lover*, Allende reminds us that, while not everyone has a true love, we all have loves that are true. Whether they be passionate, familial, unrequited or timeless, the one constant in our lives is love. And Isabel Allende celebrates them all.

In June the book is *A Deadly Wandering* by M. Richtel. In 2006, a pair of rocket scientists died on a Utah highway, killed in a collision with a student named Reggie Shaw, who had been texting at the time of the accident. *A Deadly Wandering* uses this moment to launch itself into an investigation/rumination on the increasing presence of technology in our lives, probing for answers to the question: “How much is too much?” *The New York Times Book Review* states “Richtel’s compassionate and persuasive book deserves a spot next to *Fast Food Nation* and *To*

*Kill a Mockingbird* in America's high school curriculums. To say it may save lives is self-evident." John Huntsman, former governor of Utah has said, "Matt Richtel's riveting book is narrative nonfiction at its finest.. This book should be placed in every school and legislative chamber in the country."

Nancy Brickell has loved reading since the first grade. Sharing insights and ideas with others in book group adds tremendously to the enjoyment of the experience.

### **THE BRAIN AND ADDICTIONS**

Date: Thursdays (2 sessions) March 2 and 9  
Time: 1:00 – 3:00 p.m.  
Place: OUUC  
Leader: Joan Forst

We will view a series of DVDs in two sessions. Joan will facilitate a discussion of the topics and provide a resource list for attendees.

The DVDs are from the *Great Courses Series*, with a specific focus on *The Addictive Brain*.

Session One will cover "Addiction 101" and "Psychology and Neuroscience of the Brain and its Reward Processing".

Session Two will cover "How Addiction Hijacks the Brain" and "The Genetics of the Brain—Are you Born to be an Addict?"

The intention of these sessions is to introduce the attendees to these concepts, allowing for further discussion and insights.

Joan retired from her career as a therapist in chemical dependency treatment in 2002. She has worked as therapist, unit manager, consultant, and in detox services for over 20 years.

### **INTRODUCTION TO BUDDHISM**

Date: Mondays (4 sessions) April 10, 24, May 1, and 8 (no class on April 17)  
Time: 7:00 – 9:00 p.m.  
Place: OUUC Sanctuary  
Leader: Blaine Snow

Introduction to Buddhism will present the basics of Buddhist teachings—Buddhist concepts, philosophy, history, and practices. The class is intended to introduce participants to the foundational Hinayana teachings, what the historical Buddha taught.

Special attention will be paid to making Buddhist concepts and ideas understandable and relevant in a modern western cultural context. Although this is not a meditation class, some time will be devoted to mindfulness practice.

Blaine Snow teaches ESL and American culture at Saint Martin's University and has practiced Buddhism since 1982. Having studied with Geshe Jamyang Tsultrim and Anam Thubten, he completed the Dharmata Foundation's teacher training course (<https://www.dharmata.org/>) as well as a three-year Buddhist study program. He was ordained in 2008 to teach Buddhism under the lineage of Anam Thubten.

### **BUILDING YOUR ROOTS IN PUGET SOUND WITH WILD FLOWERS**

Date: Mondays (2 class sessions) April 3 and 17 and Sundays (2 field trips) April 23 and May 21  
Time: 7:00 – 9:00 p.m. for classroom meetings; 12:30 - ? p.m. for field trips  
Place: OUUC for classroom meetings in April; two field trips, both leaving from OUUC at 12:30  
Leader: Leslie Romer

How deeply are you rooted in Puget Sound? Do you understand the mutual dependence among the native plants, animals and people? We will take simple steps in this class to strengthen our roots and build this understanding. We will prepare for the warmer seasons by getting better acquainted with the native wildflowers of western Washington and learning when and where they like to bloom.

Recommended reading: *Cascade-Olympic Natural History* by Daniels Mathews or other wildflower guides that discuss plants' roles in their ecosystems and their historic uses.

Leslie moved five times in five years, 1970 – 1975, from Minneapolis to Seattle, to Menlo Park, Seattle, Tallahassee and finally Olympia. Each time she made an effort to learn what trees and plants grew around her. These helped give her a sense of each place and helped her put down roots. Eventually she learned that the local natural web of life weaves the lives of native plants and animals together. She also hikes a lot, and loves to share her broad knowledge of wildflowers with fellow hikers.

### **CIRCLE OF THE SPIRIT SAMPLER**

Date: Mondays (2 sessions) January 9 and 16  
Time: 7:00 – 9:00 p.m.  
Place: OUUC  
Leader: Gary Worthington

Over the past fourteen years, OUUC's Circle of the Spirit groups (formerly Small Group Ministry) have discussed a large number of important life issues. However, not everyone can commit to participating for around nine months in a group that meets every couple of weeks.

On each of two evenings this class will deal with two significant topics selected from prior Circle groups, with around an hour's discussion per topic:

First evening:

Responsibility  
Perfectionism

Second evening:

Expectations  
Transience versus Immortality

In a non-judgmental, confidential setting, we'll use a variety of approaches including small group discussions, short written exercises, readings, and guided meditation. Participants will hopefully take away enhanced awareness to help in their personal lives, with many of the insights drawn from the wisdom of others in the group.

Please note: The class should not be thought of as a substitute for actually participating in Circles of the Spirit, where members come to know each other over time on a deeper level than is usual in everyday life.

Gary Worthington and his wife Sandra have co-facilitated OUUC Circle of the Spirit groups for eleven years. Gary has led *Building Your Own Theology*, *Spiritual Perspectives on Time*, and *Spirituality and Our Cosmos* classes. He studied both Eastern and Western religions in depth, has been a meditator for many years, and wrote two large historical novels set in India in which various faiths and their leaders play major roles.

### **COFFEE TALK FOR INTROVERTS**

Dates: Sunday (1 session), February 12

Time: 9:15 – 11:00 a.m.

Place: OUUC

Leader: Bonnie Guyer Graham

Are you an introvert? Do you like to observe what's going on before jumping in? Do you look around on Sunday mornings and see everyone involved in conversations, but don't feel comfortable barging in to any of them? We'll talk about how you can be more comfortable participating in conversations in the Commons on Sunday mornings, and then get some practice time. We'll talk about how each person could benefit from participating in conversations over a cup of coffee after the service. We'll talk about why it's important that each of us be present to others in our congregation.

Bonnie Guyer Graham is Connections Coordinator at OUUC. She is an introvert who has gained some skills, and learned to move past those self-conscious feelings in the Commons. She has found she enjoys each conversation on Sunday mornings.

## **AN INTRODUCTION TO COHOUSING**

Dates: Tuesdays (2 sessions) March 14 and 21

Time: 7:00 – 9:00 p.m.

Place: OUUC (March 14) and Woodard Lane Cohousing (March 21)

Leaders: Jim Anest and Liv Monroe

Please join us in this opportunity to learn about cohousing (CH). Initially developed in northern Europe, there are now hundreds of CH communities around the world, including 22 in Washington State.

What is cohousing? CH is a form of shared living in which groups of individuals and families with their own private homes (usually about 15 to 40 households) also share common spaces and facilities — and a set of principles and practices about living intentionally and interdependently. For more explanation of what CH is, see [http://www.cohousing.org/what\\_is\\_cohousing](http://www.cohousing.org/what_is_cohousing).

We are two of the original members of Woodard Lane Cohousing (WLCH), the first and only CH community in Thurston County. We have lived at WLCH since 2010 and worked about five years before that, doing the extensive community building and design work required.

Bring your questions and curiosity. Some questions that I can imagine that we will address are:

- How did WLCH come to be?
- What personal and societal needs does CH address?
- What are the best aspects of living in CH?
- What are the hardest aspects of living in CH?
- What are the interpersonal skills needed?
- What lessons have we learned?
- What were and are the biggest challenges to CH?

We are prepared to discuss both the physical and sociological dimensions of CH. We find CH to be inter-generationally diverse, extremely energy efficient, emotionally rich and intellectually stimulating.

Jim is a founding member of Woodard Lane Cohousing, working to make it happen since 2005 and living there since it was completed in 2010. He is a member of the Board of Directors.

Liv is a founding member of Woodard Lane Cohousing, working to make it happen since 2005 and living there since it was completed in 2010. She is a member of the Board of Directors. Liv also teaches Nonviolent communication.

## **CONTROL OF OUR LIVES**

Date: Mondays (2 sessions) February 27 and March 6

Time: 7:00 – 8:30 p.m.

Place: OUUC

Leader: Gary Worthington

We all want to feel that we're in control of our lives and our destinies. Studies show that the more control we feel we have, the healthier we're likely to be.

Yet, many of our feelings of control are illusions, or they may collide with reality. We can influence our health in positive ways, but only to a limited extent. We often feel our country is headed in the wrong direction, and our strongly preferred candidates can lose elections. We're sometimes frustrated when we can't accomplish what we'd like for the day due to the interruptions and the demands of others. Weather may interfere with our plans, and natural disasters may wreak havoc. Outside forces can impact our jobs and our financial health. We may feel powerless against a toxic boss or workplace. Family members may develop major illnesses requiring our care. Family and friends also have their own ideas on how to live their lives, perhaps with little regard for the impact of their decisions on *our* lives. We risk accidents and injuries daily on the highways, and we almost never know the date of our own death.

As Niebuhr's well known "Serenity Prayer" says, "Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and wisdom to know the difference."

To aid us in dealing with the concerns of control in our own lives, we'll use a variety of approaches including small group discussions, short written exercises, readings, and guided meditation. Participants can expect to take away a variety of potentially helpful techniques and suggestions, many of them drawn from the wisdom of others in the group.

Please note: The class is not designed to deal with addictions or serious physical or mental health issues, though those can indeed involve some loss of control over one's life.

Gary Worthington has been an active member of OUUC since 1994. He has led *Building Your Own Theology*, *Spiritual Perspectives on Time*, and *Spirituality and Our Cosmos* classes. He studied both Eastern and Western religions in depth, has been a meditator for many years, and wrote two large historical novels set in India in which various faiths and their leaders play major roles. He and his wife Sandra have co-facilitated OUUC Circle of the Spirit groups for eleven years. He struggles with his own control issues.

## **CREDO**

Dates: Tuesdays (6 sessions), March 28, April 4, 11, 18, 25 and May 2

Times: 7:00 – 8:30 p.m.

Place: OUUC

Leader: The Reverend Thomas Perchlik

Class Size: Limit of 7

The word “credo” is Latin for “I believe.” In each session the Reverend Thomas will introduce one of five key theological questions: “What am I?” “How do I know?” “What is in charge?” “What does it mean that we die?” and “How do I live my life?” The participants will have one week to write a response to each question, which they can present at the next session. The class is capped at 7 participants but if there is more interest, a second class will take place on Thursdays March 30-May 4, 2-3:30 p.m.

The Reverend Thomas Perchlik has been our Lead Minister since August of 2016. Thomas has had a long career in full-time UU ministry, serving for 25 years in a variety of settings from the pastoral size congregations of Lubbock, Texas for nine years and Muncie, Indiana for eleven years, to the larger First Unitarian Church of St. Louis, Missouri.

### **ENERGY HEALING**

Date: Thursdays (6 sessions) March 30, April 6, 13, 20, 27 and May 4

Time: 7:00 – 9:00 p.m.

Place: OUUC

Leader: Don Murphy

Energy healing will be introduced by way of two complementary healing arts: 1) The Bengston Healing Method, which focuses on the healing of others, and 2) Jing Ling Qigong (a term adopted within our OUUC healing group that translates, “spirit purification”) that involves both self-healing and healing of others. Central to the philosophy behind Jing Ling Qigong is that the various healing arts commonly practiced have not reached their potential. We emphasize an ongoing exploration of healing and the further development of what we do.

These arts are practiced on an ongoing basis by the OUUC Healing Group that meets for an hour and a half on Sunday evenings. Participants in this introductory class are prepared, should they be interested, to join the Sunday evening sessions.

The class provides an overview of healing theory, research, concepts, ethics and application, plus experiential training. Short reading assignments accompany each class session and healing exercises will be described for use between classes. All are welcome: those with prior experience, those with none, and – most certainly – those who are skeptical.

If you are considering this workshop, please go to the following website and watch the 5 minute video: <http://www.bengstonresearch.com> and click on “Interviews & Videos”. Prior to the first session, participants are to have read Bengston’s book, *The Energy Cure*. Copies are available new and used from Amazon. A few copies are available through OUUC (please contact Ann Rockway at [mimosatree@q.com](mailto:mimosatree@q.com)).

Don Murphy is a biologist who spent most of his scientific career at the National Institutes of Health. His life-long interest in the martial arts, in particular Japanese and Korean Arts, led to his personal journey to understand Ki (aka chi, qi, prana, etc.). This progressed readily to an inquiry into energy healing. He has trained in and practiced a number of healing arts and has pursued a parallel interest in healing research. He believes that there is much yet to discover about energy healing, a belief that motivates his ongoing exploration of ways to better achieve physical and spiritual health.

## **INQUIRERS SERIES**

Dates: Sundays (8 sessions) January 22, February 12, 26, March 12, 26, April 9, 23, May 14

Time: 11:00 a.m. – noon

Place: OUUC

Leaders: Diana Finch, Lorrie Eaton, Bobbie Adams, and presenters from different programs

The Inquirers Series, offered second and fourth Sundays at 11 am, is designed to help newcomers, some-timers, and long-timers learn more about how we live out our values at OUUC. Eight different sessions are offered. Come to one or come to them all; you choose. For newcomers it's a chance to learn more about our congregation and how we do church. For everyone Inquirers Series is a chance to meet program leaders, ask questions, and learn more about our programs and ministries.

Topics to be covered over 8 weeks:

Unitarian Universalist History  
Principles and Sources, Church Tour and Orientation  
Meeting with OUUC Minister or Staff  
Faith Development for Children and Adults  
Worship and Liturgical Year  
Pastoral Care  
Faith In Action: Social and Environmental Justice  
Congregational Life & Why Become a Member

Start date: Sunday, January 22, 11 am – noon in one of the classrooms.

Watch the Weekly Announcements and a display in the Commons to learn which topics will be covered each 2<sup>nd</sup> and 4<sup>th</sup> Sunday morning.

Inquirers Series is just one step in learning more about our congregation and Unitarian Universalism. To go further, we suggest participating in several more Adult Education Courses this winter and spring, such as:

Circle of the Spirit Sampler  
Credo  
Introduction to Buddhism

Islam and the Qur'an  
Learning Right Relations  
Membership

### **ISLAM AND THE QUR'AN**

Dates: Thursdays (4 sessions) March 30, April 6, 13 and 20  
Time: 10:00 – 11:30 a.m.  
Place: OUUC  
Leader: The Reverend Carol McKinley

Universally revered as holy scripture by Muslims around the world, the Qur'an provides the guide to living fundamental to the Muslim way of life. Thomas Cleary's translation offers an introductory selection of readings that presents the essence of the Koran in an accessible way. Discussion of the life of Mohammed and the history of Islam will place this sacred text in context with the other Abrahamic religions, Judaism and Christianity.

Text: *The Essential Koran: The Heart of Islam*, translated and presented by Thomas Cleary.

The Reverend Carol McKinley is an affiliated community minister at OUUC. She recently retired as Coordinator of Washington State UU Voices for Justice, our state legislative advocacy organization.

### **THE LUSTY HORN**

Dates: Mondays (3 sessions) February 6, 13, and 20  
Time: 7:00 – 8:30 p.m.  
Place: OUUC Sanctuary  
Leader: Larry Huntley

“The horn, the horn, the lusty horn,  
Tis not a thing to laugh to scorn” (Shakespeare in *As You Like It*, Act IV, Sc. 2)

The “Lusty Horn” series will feature OUUC hornist Lawrence Huntley, guest hornist, Emma Richart and OUUC pianist-music director Troy Fisher in the performance of music for the French Horn. The highs and lows of horn playing will be explored as we journey from the (hunting) field to the philharmonic to the phantom (of the opera)!

Session 1 THE *ORCHESTRAL* HORN: BACH TO BERNSTEIN

The “Lusty Horn” series will begin with hornists Huntley & Richart performing highlights from orchestral literature from the time of J.S. Bach to the present day. Listeners will hear horn writing inspired by composers who, like Robert Schumann, regard the horn as the “soul” of the orchestra! Its role varies from the heroic to the sublime as witnessed in select examples from the past three centuries.

Session 2 THE *SOLO/CHAMBER* HORN: MOZART TO STRAUSS

This session of the “Lusty Horn” series will feature horn music by distinguished father/son, composer-performers – Mozart and Strauss. The horn writing of fathers Leopold (Mozart) and Franz (Strauss), although noteworthy, is surpassed in the music of their sons Wolfgang and Richard, respectively. Chamber music masterpieces by Johannes Brahms and Benjamin Britten will round out this session.

### Session 3 THE HORN GOES TO *BROADWAY*

The final session of the “Lusty Horn” series will celebrate the music of Broadway! The timeless show tunes that have inspired audiences throughout the past century provide musicians (hornists included!) with unlimited opportunities for musical expression. Attendees will be invited to participate in this hour-long songfest of Broadway highlights, including that perennial favorite, “The Sound of Music”!

Dr. Huntley’s professional experience includes a thirty-year professorship in the Music Department at Western Connecticut State University. He has performed in the horn sections of several professional orchestras. Currently he serves as Fourth Horn in the South Puget Sound College Orchestra.

Emma Richart (hornist), originally from Olympia, Washington, began playing horn at age 11. She earned a Bachelor’s and Master’s degree in horn performance. Emma received her master's degree in horn performance from The University of Akron in 2014. She is the recipient of several prestigious music awards and also currently performs with the South Puget Sound Community College Orchestra. Emma maintains a private horn studio in Olympia, and teaches kindergarten through 5th grade general music at Horizons Elementary School.

Troy Arnold Fisher needs no introduction to anyone at all familiar with OUUC where he has been our music director for the past twenty years. He is also the artistic director for Olympia Musical Theatre, the parent organization for Kids in Concert.

## **MEMBERSHIP CLASSES**

For those who are new to Unitarian Universalism, the following four classes are required for membership. **For the greatest benefit, participants are encouraged to take the first three classes in order.** If you are transferring membership, only class four, *Becoming a Member*, is required.

If you are a long-time member, you may discover or deepen your understanding of what it means to be a Unitarian Universalist by taking the first three classes.

In order to provide the best possible membership class experience, we need a minimum of **8** registrants for each class. This number (or more) allows for a rich discussion among participants. Additionally, we aim to create a cohort that will have the opportunity to become well acquainted over the course of the four classes, and to enjoy each other’s support and friendship as potential new members of the congregation. Membership class registrations must be submitted at least one week prior to the scheduled classes.

## **UU's Spiritual Heritage from Colonial America**

Date: Sunday, March 5

Time: 8:00 – 10:00 a.m.

Place: OUUC

Leaders: Michele Hendrickson & Ann Kohlby

Enrollment: A minimum of eight persons must be registered for the class or it will not be held until the next series in the Fall.

Hear Sara Lewis tell the dramatic story of a small band of English colonists who carved the new town of Dedham and their church from the American wilderness in 1637. To understand our liberal free church tradition or to make much sense of deeply rooted realities of UU churches today, UUs need to understand the historical importance of the spirit of love manifest in covenantal organization. This small group of people in Dedham, New England, in the early seventeenth century stands as an example of this spirit of love and covenant.

## **Building a Beloved Community**

Date: Sunday, March 12

Time: 8:00 – 10:00 a.m.

Place: OUUC

Leaders: Diana Finch & Lorrie Eaton

Enrollment: A minimum of eight persons must be registered for the class or it will not be held until the next series in the Fall.

Membership in a community looks different for each of us. It's also a balance between our spiritual selves and the secular/corporate responsibilities required to keep our doors open. What does it mean to be a part of the Unitarian Universalist community? What does OUUC expect of its members? What can its members expect of the community? All these questions and similar topics can make for interesting discussions.

## **Meaning of Being a Unitarian Universalist**

Date: Sunday, March 19

Time: 8:00 – 10:00 a.m.

Place: OUUC

Leaders: Diana Finch & Lorrie Eaton

Enrollment: A minimum of eight persons must be registered for the class or it will not be held until the next series in the Fall.

Who are these Unitarian Universalists anyway? How do they thrive as a community without a common creed? What is it that they believe? What is it that they want to see in the world? We invite you to explore the Seven Principles of Unitarian Universalism and our OUUC Covenant.

## **Becoming a Member at OUUC**

Date: Sunday, March 26  
Time: 12:30 – 2:00 p.m.  
Place: OUUC  
Leader: The Reverend Thomas Perchlik

This class provides an intimate view of OUUC. You will meet with OUUC's minister, The Reverend Thomas Perchlik. You will have the opportunity to ask any questions you may have about our congregation. You will also meet with our Connections Coordinator, Bonnie Guyer Graham, to explore the many ways to become involved at OUUC that will best match your talents and gifts.

### **THE NONES ARE ALL RIGHT**

Dates: Thursdays (3 sessions) February 9, 16, 23, and Sunday, February 26 (field trip)  
Times: 7:00 – 9:00 p.m. and 2:30 – 4:30 p.m. for field trip  
Place: OUUC and Sunday Assembly for field trip  
Leader: Frances Tanaka

With recent surveys showing that 23% of all 20-40 year olds in the United States now select "None of the Above" when asked to choose a religion they identify with, we will be learning more about this population and how they build community with others like themselves. This will be done through selected readings on de-conversion, sharing our own personal spiritual autobiographies with others, listening to and interviewing guest speakers, and a field trip to Sunday Assembly, a new group in Olympia that was formed in the fall of 2015. Sunday Assembly was started a few years ago in England by two stand-up comedians and through the internet has spread around the world until there are at least 90 such groups. Most members would identify themselves as Nones.

Frances Tanaka, who has been a member of OUUC since 1998, took a class at Evergreen College in the summer of 2016 called "Losing Religion: De-conversion and New Religion" and would like to share what she learned with our congregation and the greater community.

### **OWNING YOUR RELIGIOUS PAST**

Dates: Tuesdays (5 sessions) January 24, 31, February 7, 14, and 21  
Time: 7:00 – 9:00 p.m.  
Place: OUUC  
Leader: Sara Lewis

The majority of Unitarian Universalists come into our denomination from other religious traditions: some with strongly negative experiences or unresolved feelings and some with deep affection and positive memories they wish to preserve. Some people move smoothly into Unitarian Universalism; others experience a traumatic break with past friends or family. Either way, we can be most truly whole when we see our spiritual journey as a continuum rather than a

set of unrelated episodes, and when we examine not only what we have left behind but also what we bring forward with us.

This class will provide some simple tools for re-examining and retrieving positive aspects of past religious connections, with a focus on the affective aspects of those past religious connections rather than on an examination of dogma. Class sessions are designed to provide both private exploration, using journal writing exercises, and group sharing.

Sara Lewis is Director of Lifespan Religious Education at OUUC.

### **POETRY READING GROUP**

Dates: Thursdays (5 sessions) January 19, February 16, March 16, April 20 and May 18

Time: 7:00 – 9:00 p.m.

Place: OUUC

Leader: Mark Gray

Cost: Registration is free and not required.

Need or want an audience for reading your favorite poems? Bring a handful of your favorite poems (collected and/or your own work) to one or more of these poetry reading events, where you will have, and be, an audience.

Mark Gray writes: For years I have listened to and read Garrison Keillor's daily *The Writer's Almanac* on NPR. Keillor ends each show with a poem. I have found many, even most of those poems unremarkable (to me), others inspiring, and a few just delightful or resonated with me. I've collected those delightful and resonating poems. I love to read them out loud to myself, and even to an audience. So, I invite you, ...yes, *you*, to join me and others to read your favorite poems and be our audience, too. No discussion, just the pleasure of reading your own or collected favorite poems. Please join us.

### **RACE AND ITS DEPICTION IN POPULAR FILMS**

Dates: 3<sup>rd</sup> Thursdays (4 sessions winter/spring) February 16, March 16, April 20, and May 18 and continuing through the end of the year

Time: 6:30 – 9:00 p.m.

Place: OUUC Sanctuary

Leaders: Dr. Karen Johnson, the Revs. Tammy Stampfli and Carol McKinley

OUUC's Standing Up to Racism, in collaboration with the Black Alliance of Thurston County and The United Churches of Olympia, hosts a monthly film series to explore and better understand how our perceptions and actions are reflected in popular culture's depictions of race in America. Films will include "Birth of a Nation," "13," "Straight Outta Compton," "Selma," "The Butler," and others. Discussion will follow each film, narrated by the leaders noted above.

Facilitating the film showings and discussions will be Dr. Karen Johnson, co-founder of The Black Alliance of Thurston County, The Reverend Dr. Tammy Stampfli, pastor of The United Churches of Olympia, and The Reverend Carol McKinley, affiliated community minister at Olympia Unitarian Universalist Congregation.

### **RIGHT RELATIONS WITH THE NATIVE PEOPLES OF THIS LAND – SERIES IV**

Date: Sundays (3 sessions) February 5, March 19, April 30

Time: 1:00 – 4:00 p.m.

Place: OUUC and Tribal Sites

Leaders: Douglas Mackey, Pat Rasmussen and Learning Right Relations Group

Following the three earlier series of this class that began in Fall 2015, we invite the greater interfaith community of South Puget Sound to join OUUC's continuing search for appropriate expressions of *right relationships* with the original people of the Salish Sea. During three 3-hour gatherings the class will meet with members of the Nisqually, Puyallup and Squaxin Island Tribes to come to know and walk the path of right relations and to nurture the growing interest of non-tribal people in becoming involved with the Tribes in useful ways. This fourth series of classes will begin with what we now know as areas of heightened interest and needs.

**February Class:** Joined by staff of the Office of the Superintendent of Public Instruction (OSPI), we will look at core pieces of an exciting, ongoing curriculum initiative called *Since Time Immemorial (STI)*. This initiative includes a wealth of materials, lessons and entire units to support the teaching of tribal sovereignty, tribal history, and current tribal issues within the context of OSPI-recommended units for Washington and U. S. history and for contemporary world issues in the elementary, middle school and high school levels. OSPI, private and public agencies, and all Tribes in Washington State have partnered and funded this ground-breaking program. It has generated enthusiastic responses from students, parents and teachers in South Sound schools. In May of 2015 Governor Inslee signed into state law a change in the status of this curriculum from recommended to mandatory. *Participants of this Right Relations class are invited to consider what they can do to support the efforts of the OSPI and Tribes in promoting wider use of STI.*

**March Class:** With the leadership of Doug Mackey, Robert Satiacum and others, we will explore Tribal-led collaborative environmental issue activism. Robert Satiacum, a treasured contributor to these LRR classes, is a spiritual leader of the Puyallup Tribe, whose strong voice can be heard as the host of *Tribal Talk Radio*, Station KLAY, 1180 AM, Thursday 12 -1 p.m. We will recount the history of contributions of non-Indians to building right relations with Tribes. We will review the encounters and collaborative responses to Cherry Point... to Hoquiam... to Standing Rock... and to wherever we need to be in March. And we will continue our collaborative search for ways forward to growing protection for mother earth.

**April Class:** The group of non-Indians interested in supporting the endeavors of area Tribes continues to grow. Accordingly, the Learning Right Relations group will share the efforts of the last couple years that have increased appreciation and understanding of Tribal history and

culture. With the continuing guidance of local Tribal members, as requested, we will look more deeply at what it means to “be in solidarity with them.”

For newcomers to these classes, we invite you to learn about the people who resided in the present sites of Tumwater Falls and Olympia during Chief Leschi’s travails with Governor Isaac Stevens, by turning to the attachment for Pat Rasmussen’s superb report, *What Happened to the Steh-chass Peoples?*

([oly-wa.us/learningrightrelationsolympia/PDF/HistoryOfStehChassPeople.pdf?](http://oly-wa.us/learningrightrelationsolympia/PDF/HistoryOfStehChassPeople.pdf?))

We highly recommend, as well, Richard Kluger’s book, *Bitter Waters of Medicine Creek*-- a prize-winning account of this whole story from the Medicine Creek Treaty in 1854 to Leschi’s execution in 1858 and on to his “retrial” in 2004, with Washington State Supreme Court Justice, Gerry Alexander, presiding.

## **UNCONDITIONAL LOVE & FORGIVENESS**

Date: Saturday (one session) January 21

Time: 9:00 a.m. – 12:30 p.m.

Place: OUUC

Leader: Betsy Bergquist

This class is appropriate for singles, friends, or couples.

Negative feelings and thoughts block the flow of love and life that is essential to our mental, physical, emotional, and spiritual well-being. Whether your feelings and thoughts pertain to an ex-partner, parent, friend, neighbor, boss, colleague, or yourself, unconditional forgiveness is an inner process which does not require you to tell the person who hurt you that s/he is forgiven.

Some of the beliefs that keep us stuck are:

1. I want to forgive, but it seems too hard and I don’t know how.
2. I’m afraid to forgive the person who hurt me because I’m afraid I’ll be too vulnerable and be more susceptible to further hurt.
3. I think I can’t because what was done to me was so unjust that forgiving would be acknowledging that what was done was not unjust.
4. I feel satisfaction in feeling ‘right’ in my judgment and I’d rather be “right” than be at peace. Holding onto my anger protects my being right.

We cannot be healthy on any level if we carry persistent negative feelings and thoughts toward ourselves or others. Join in learning how to use a powerful forgiveness tool to get all of your life energy heading in the same positive direction.

Betsy is a Licensed Mental Health Counselor with an MA in Liberal Studies from Dartmouth and an MA in Psychology from Antioch Seattle. She is certified by The Institute for Imago Relationship Therapy as an Imago Therapist and Workshop Presenter. For over 20 years, she has specialized in working with couples. With her husband Bruce, she has led well over 100

couples weekend workshops on both coasts. Unconditional love and forgiveness is integral to her spiritual perspective in all relationships.

### **UUA COMMON READ: THE THIRD RECONSTRUCTION**

Dates: Thursdays (2 sessions) January 26 and February 2

Time: 10:00 – noon

Place: OUUC

Leader: The Reverend Carol McKinley

*The Third Reconstruction: How a Moral Movement is Overcoming the Politics of Division and Hate* by The Rev. Dr. William Barber II and Jonathan Wilson-Hargrove is this year's Unitarian Universalist Common Read. Dr. Barber calls Unitarian Universalists to join others in building and sustaining a movement for justice for all people. He offers practical guidance for engaging with justice movements, challenges us to ground our justice work in moral dissent, and encourages us to build coalitions in a fractured and polarized society.

The Reverend Carol McKinley is an affiliated community minister at OUUC. She recently retired as Coordinator of Washington State UU Voices for Justice, our state legislative advocacy organization.

### **YOU ARE THE DANCE – GABRIELLE ROTH'S 5 RHYTHMS OF THE SOUL**

Dates: Thursdays (2 sessions) January 12 and 19

Time: 7:00 – 9:00 p.m.

Place: OUUC

Leader: Jo Ann Mitchell Young

This fun and relaxing class is open to adults of all ages. It will provide both an introduction to Roth's five movements of Flowing, Staccato, Chaos, Lyrical and Stillness, and the opportunity to move and dance each in your own free style way. No previous dance experience required.

“My mission was clear: To seduce people back into their bodies.” “Nothing more, nothing less. A dance.” (Gabriella Roth)

Jo Ann Mitchell Young is an "almost" retired psychotherapist and former classroom teacher who enjoys enriching her life by trying new things. She has taught and led large and small groups in the Five Rhythms of the Soul, and loves to share the experience with others.

### **VOICE CLASS**

Dates: Saturdays

Time: 10:00 – 11:30 a.m.

Place: OUUC (occasionally other venues; check before you come)

Costs: \$10 for printing sheet music used in class. The fee will be waived if it creates a hardship.

Leader: Troy Arnold Fisher

Note: Registration is required, but there is no registration fee.

During our hour and thirty minutes together we work on posture, scientific theories of breathing and ear training, but that's not all. We sing a variety of songs, ranging from high to low, ballad to scat. We sing together, braving to sing duets and solos! It's a chance to sing your heart out! Come and join the fun. All levels of talent are welcome. For further information or to check venues, contact Bobbe Murray at [bobbemm@gmail.com](mailto:bobbemm@gmail.com)

Troy Arnold Fisher is OUUC Music Director.

**REGISTRATION FORM**  
**Winter - Spring 2017**

***PLEASE USE ONLY IF YOU ARE UNABLE TO REGISTER ONLINE AT OUUC.ORG***  
***(<http://ouuc.org/education/adult-education/>)***

***To diminish the chance of class cancelation because of insufficient enrollment, please register at least a week before your class begins.***

Name(s) 1. ....

2. ....

Email (1) (If none, add street address).....

Email (2) (if none, add street address).....

Phone (1).....

Phone (2).....

Write the **exact name** of each class you select and check for which household member(s). If more than five, continue on separate sheet.

1.....2.....Class.....

1.....2.....Class.....

1.....2.....Class.....

1.....2.....Class.....

1.....2.....Class.....

The fee for one class is \$15; a fee of \$30.00 covers as many classes as you wish to take (not required for: Book Group, Poetry Class, Membership classes, Introduction to OUUC, and Voice Class).

.....Check enclosed (payable to "OUUC")

.....I/We cannot afford the registration fee (fee waived)

.....Childcare requested

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