

Olympia Unitarian Universalist Congregation

Adult Education Classes

Winter-Spring 2018

Adult Education at Olympia Unitarian Universalist Congregation invites you to register for classes in our winter-spring series!

We have a wide variety of classes and workshops in theology, different spiritual practices, political and environmental advocacy, and the joys of travel, gardening, and taking care of your bike!

A list of the current class offerings is on the next page. To see the complete descriptions, go to www.ouuc.org and look for adult education.

You can register and pay online. If you need assistance, contact Sara Lewis (dre@ouuc.org, 360-786-6383). Some classes start mid-January, so early registration is encouraged. Fees are \$15 for one class or \$30 total for multiple classes.


All classes are taught on a volunteer basis and are held at OUUC unless otherwise noted.

Come join us!

**Olympia
Unitarian
Universalist
Congregation**




ADULT EDUCATION CLASSES FOR WINTER – SPRING 2018

- 1) **Acting 101: Free Your Imagination** – Saturdays (8 sessions): February 3, 10, 17, March 3, 10, 17, 24 and 31. 1:00 – 3:00 p.m. Janet Spencer
- 2) **Bicycle Basics** – Saturdays (2 sessions): April 21 and 28. 1:00 – 3:00 p.m. Mike and Adele Donohoe
- 3) ***Book Group** – Thursdays (6 sessions): January 25, February 22, March 22, April 26, May 24, and June 28. 7:00 – 9:00 p.m. Nancy Brickell
- 4) **Cakes for the Queen of Heaven: An Eleven Session Adult Seminar in Feminist Theology** – Mondays (11 sessions): March 19, 26, April 2, 9, 16, 23, 30, May 7, 14, 21, and Sunday May 27 (instead of Memorial Day). 7:00 – 9:00 p.m. Anna Jones
- 5) **Engaging Beyond Elections** – Thursdays (2 sessions): April 12 and 19. 10:00 a.m. – noon. Nancy Curtiss
- 6) **Fundamentals of Tai Chi** – Mondays and Fridays (6 sessions): January 22, 26, 29 and February 2, 5 and 9. 10:00 – 11:00 a.m. Ellen Wolfhagen
- 7) **Gardening for Wildlife** – Saturday (1 session): May 19. 9:00 a.m. – noon. Tenino, Sally Alhadeff & Bob Sundstrom’s home/garden. Sally Alhadeff
- 8) **In Other Words: Translating and Reclaiming Religious Language** – Tuesdays (4 sessions): February 6, 13, 20 and 27. 7:00 – 9:00 p.m. The Rev. Eric Posa
- 9) **Introduction to LovingKindness Meditation: A Valentine’s Celebration** – Sunday (1 session): February 11. 1:00 – 3:00 p.m. Jude Rozhon
- 10) **Introverts are Awesome** – Mondays (2 sessions): March 5 and 12. 7:00 – 9:00 p.m. Gary Worthington
- 11) **Islam and the Qur’an** – Thursdays (4 sessions): March 1, 8, 15, and 22. 7:00 – 9:00 p.m. The Rev. Carol McKinley
- 12) * **Membership Classes** – Sundays (3 sessions): February 4, 11 and 18. 1:00 – 3:00 p.m., with lunch served 12:30 – 1:00 p.m. Various OUUC staff and members
- 13) ***Mental Health First Aid** – Saturday (1 session): January 27. 8:30 a.m. – 5:00 p.m. Brooke Amyx

14) **Pathways to Happiness** – Monday (1 session): February 12. 6:30 – 8:30 p.m. Anatha Attar


15) **Plant-Based Eating for Personal and Global Health** – Thursday (1 session): April 5. 7:00 – 9:00 p.m. Ann Yeo and Kim Danke

16)*  **Simply Pray** – Tuesdays (2 sessions): January 23 and 30. 7:00 – 9:00 p.m. Sara Lewis

17) **Spirituality and Recovery** – Thursday (1 session): May 3. 6:00 – 9:00 p.m. Dave Verbon

18) **Travel That Transforms Lives** – Tuesdays (4 sessions): March 6, 13, 20 and 27. 7:00 – 9:00 p.m. March 6 - **Russia**; March 13 - **Erie Canal**; March 20 - **Quebec, Nova Scotia, Cape Breton** by bicycle; March 27 – **England & Wales**. Various presenters; Rick Brandt-Kreutz, facilitator

19) **The UU Common Read** – Thursdays (3 sessions): January 25, February 1 and 8. 10:00 – 11:30 a.m. The Rev. Carol McKinley

20)  **UU Theology: A House for Hope** – Tuesdays (7 sessions): April 17, 24, May 1, 8, 15, 22, and 29. 7:00 – 9:00 p.m. Sara Lewis

21) ***Voice Class** – Saturdays. 10:00 – 11:30 a.m. Troy Arnold Fisher

22) **What Does It Mean to Be White? by Robin DiAngelo** – Mondays (3 sessions): January 29, February 5 and 12. 7:00 – 9:00 p.m. Tom Womeldorff

23) **“Where There is a Will, There is a Way” – What You Need to Know About Estate Planning** – Thursday (1 session): March 15. 9:00 a.m. – 11:30 a.m. Lauren Pitman and Andrea Huff

Default starting time is 7:00 p.m. Default location is the OUUC building.

**Registration fee is not required for classes marked with an asterisk.*

Classes relevant to the Unitarian Universalist faith tradition are marked with a chalice. 

To reduce the chance of class cancellations because too few people have enrolled, please register at least a week before your class