



UUCWI Adult Programs: Engage. Express. Explore. Fall Schedule 2017

Live as if you were to die tomorrow. Learn as if you were to live forever.
~Mahatma Gandhi

UUCWI programs for adults give us the chance to go deeper—intellectually, socially, ethically, and spiritually. Workshops, covenant groups, classes, discussion groups, and social circles are all avenues for Unitarian Universalist experiences beyond our Sunday services. All are offered within the context of a supportive, spiritual, and open community.

Proposed Courses/Discussion Groups

If there is sufficient interest, these classes will be offered, beginning this fall.

Explorations of Contemplative Practice

Rev. Dennis Reynolds and Guest Practitioners

Mindfulness, meditation, and contemplative practices have emerged in different forms in many faith traditions and, more recently, have been acknowledged as beneficial to psychological and physical health. We have invited practitioners and practice leaders from different perspectives and practices to come to UUCWI and lead a gathered group in practice.

We have reached out to Buddhist teachers from different teaching lineages, liberal Christian meditators, movement teachers, and others to offer a range of forms we might experience together. We will meet at UUCWI for about an hour on Thursday evenings at 6:30 p.m., beginning October 12. The number of weeks will depend upon the number of practitioners that we can attract; we hope to meet for at least six weeks. Please let us know if you are interested by signing up at UUCWI or contacting Suzi at admin@uucwi.org

What Moves Us in Music

John Long

This class looks at how music inspires us and moves us. It will be offered in four sessions, one every two weeks. There can be up to eight members, but it will not be offered if there are fewer than five signed up. *Schedule TDB*. Please let us know if you are interested by signing up at UUCWI or contacting Suzi at admin@uucwi.org

UU Common Read

Werner Gruenert

Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want, by Frances Moore Lappé and Adam Eichen, (Beacon Press, September 2017) lifts up the importance of democracy itself. It examines the anti-democracy movement that led to the Trump presidency, then offers a vision and call to action to save the democracy we thought we had and to take our civic life to a place it has never been.

Finding Life Wisdom through InterPlay

Becky Myrick, Certified Leader of Interplay

Interplay is a practice that unlocks the wisdom of the body. Transforming, community building, powerful, fun! We will dance in new ways with ease, tell our stories, find our voice, and claim stillness within. InterPlay is about learning to create alone and together with ease and incrementality. Of course, play is a powerful door into discovering who you are, and how to connect with others. To learn more, go to interplay.org or call Becky at 612-760-6168. **The next Interplay class is scheduled for Sundays: September 24, October 1, and October 8.** If you are interested, sign up with Becky at becky.myrick@gmail.com or with Suzi at admin@uucwi.org.

Ongoing Courses/Discussion Groups

Course on Miracles

Laurie Riley

How we can apply the "Course in Miracles" in our lives? What does the word "miracle" really mean? Check with Laurie Riley (laurie@laurieriley.com) for the fall schedule.

Evening Meditation

Tim Clark and Sally Elder

Join this group for 45 minutes of mindfulness, meditation, and conversation. Gatherings are *every other Tuesday at 5:30-7:00 p.m.* (see church calendar or ENews).

Men's Discussion Group

This group meets on the *first and third Wednesdays at 10:00 a.m.*

