



UUCWI Adult Programs: Engage. Express. Explore. Winter/Spring Schedule 2018

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.

Winter/Spring Courses

Into to Judaism **NEW!**

Rick Weiss

Starts Wednesday, April 4, from 3:00 - 5:00 p.m., and Thursday, April 5, 3:00 - 5:00 p.m.

Talk to Rick Weiss for the latest or email him at President@uucwi.org.

Rick has devised a new program for his class, Intro to Judaism. There will six ‘modules’ (see below) in the class outline. He proposes holding two sessions a week for six weeks. The first session each week will be an overall look at the topic; the 2nd session each week will be optional for those who want to cover the topic in greater depth and to provide additional time for discussion.

- *History & Evolution of Judaism
- *Roots & Sources: People of the Book
(It’s not just one Book--it is many Books.)
- *Judaism as a way of life: Daily Cycle
- *Judaism as a way of life: Yearly Cycle
- *Judaism as a way of life: Family Cycle
- *A Jewish Attitude

Classes will begin on Wednesday, April 4, from 3:00 - 5:00 p.m., and for the more in-depth session, Thursday, April 5, from 3:00 - 5:00 p.m. (Two hours is the maximum time.) Sessions will run for six (6) weeks until the end of May. Class will be cancelled during regional assembly the last week of April.

What Moves Us in Music

John Long

This class looks at how music inspires us and moves us. It is being offered in four sessions, one every two weeks. Contact John Long for more information: johnlong45@gmail.com.

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. Contact Werner Gruenert for more information: werner@silvercloudlane.com.

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. **Every other Saturday through May, beginning February 11.** If you are interested, sign up with Becky at becky.myrick@gmail.com or with Suzi at admin@uucwi.org.

Ongoing Courses/Discussion Groups

Just Dance

Practice free-style body movement to different rhythms and music every Monday morning at 11:00 a.m.

Mary Goolsby

Justice Awareness and Advocacy Group

This group address social justice issues on Whidbey Island and beyond. Meetings are held once a month. Watch eNews or contact Corinne Ludy (corinneludy@aol.com) for more information.

Corinne Ludy

Mindfulness, Meditation, and Conversation

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).

Tim Clark and Sally Elder

Men's Discussion Group

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

Social and Environmental Justice Council Film Series

Stay tuned; details are forthcoming. Scheduled for the one Friday evening each month. Check the church calendar, eNews, or with Gary for the current schedule (piazzon@comcast.net).

Gary Piazzon

All Ages Game Night

All Ages Game Night is held on the second Friday of the month at 7:00 p.m. The night usually features a special game, along with snacks and drinks. Watch eNews for more information.

UU101

Membership Committee and Rev. Dennis Reynolds

If you have been thinking about becoming a member of this congregation, join us to learn about the history that has contributed to our modern day Unitarian Universalism. There will be opportunities to ask questions and share a little about yourself and your spiritual journey. Rev. Dennis and the Membership Committee will talk about some of what makes UUCWI unique and explain the formal steps to becoming a member. *Scheduled quarterly or as needed.*

UU Hikes

Enjoy exercise, beautiful views, fresh air, and good company with a group of fellow UUs on various hikes around the Island. Hikes are scheduled on a case-by-case basis.

Charlie Knutilla and Clara Beier

Social Circles

Lunch Bunch/Freeland

Second Sundays, 11:45 a.m. at China City in Freeland

Jelcy Romberg

North End Dine Outs

Third Sundays, 6:00 p.m. in Oak Harbor. Location varies.

Ruth Richards

If you would like to teach a class or facilitate a discussion group, please fill out the form in the foyer to the left of the office door. The form is also available electronically. If you have an idea for a course, contact me, Suzi, at admin@uucwi.org or Rev. Dennis at minister@uucwi.org. Please be aware that there are curricula and resources for courses available on the Unitarian Universalist Association's website www.UUA.org.

A UUCWI Adult Program is a class, workshop, or discussion group, or social circle that is (a) approved by the Adult Programs Committee and (b) facilitated and/or sponsored by UUCWI members and friends. No one pays, or is paid for, facilitation or instruction, except to cover the costs of materials or outside speakers or instructors. Such costs are covered entirely by the participants. Approved Adult Programs will be listed on the website and other UUCWI literature and can be held at the Church at no charge. To be approved, the organizer of an Adult Program must fill out the Adult Programs Education Program form and submit it to UUCWI Administrator Suzi Pengilly for review by the Adult Programs Committee (AP Committee).

For more scheduling information, consult UUCWI's calendar at www.uucwi.org.