



## UUCWI Adult Programs: Engage. Express. Explore. Summer 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.

### **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](http://interplay.org) or call Becky at 612-760-6168. For the current schedule or if you are interested, sign up with Becky at [becky.myrick@gmail.com](mailto:becky.myrick@gmail.com) or with Suzi at [admin@uucwi.org](mailto:admin@uucwi.org).

### ***Ongoing Courses/Discussion Groups***

#### **A UU Perspective on A Course in Miracles Laurie Riley**

How we can apply the Course in Miracles in our lives? What does the word “miracle” really mean?

Every other Monday at 10:30 a.m. at UUCWI. Check the church calendar, eNews, or with [admin@uucwi.org](mailto:admin@uucwi.org) for current schedule.

#### **Just Dance**

**Mary Goolsby**

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

#### **Justice Awareness and Advocacy Group**

**Corinne Ludy**

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](mailto:corinneludy@aol.com)) for more information.

#### **Mindfulness, Meditation, and Conversation**

**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.*

#### **Social and Environmental Justice Council Film Series**

**Gary Piazzon**

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

#### **UU101**

**Membership Committee and UUCWI's Minister**

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. Our minister 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**

**Charlie Knutilla and Clara Beier**

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.

## ***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](mailto:admin@uucwi.org) or Rev. Dennis at [minister@uucwi.org](mailto: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](http://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](http://www.uucwi.org).