

ADULT  
EDUCATION  
PROGRAM

FALL/2010

## A LEARNING JOURNEY *for Mind, Body & Spirit*

 DYSSSEY, THE ADULT EDUCATION PROGRAM OF THE UNITARIAN CHURCH PRESENTS  
ITS FALL, 2010 PROGRAM

### **INTRODUCTION TO THE ARTIST'S WAY**

*Led by Anna Chamberlin*

*4 Sundays, October 3, 10, 17, 24, 1-3pm. Meeting House*

This class will cover the first four chapters of the popular book of the same name by Julia Cameron. Through reading, discussing, and journaling, participants will experience how to transform their lives by discovering and recovering the creative self. Participants do not have to be "artists". Anyone seeking a deeper connection to their own creative energy will benefit. All participants will need their own copy of *The Artist's Way* and a journal to write in.

*This class is limited to 12 participants.*

*Anna Chamberlin completed The Artist's Way in the summer of 2009 and looks forward to sharing the experience and teaching it to others. Anna is an experienced teacher, has a M.Ed., and a B.A. in Art History and Studio Art.*

### **SEX ED FOR GROWN UPS**

*Led by Rev. Debra Haffner*

*2 Tuesdays, October 12 & 26, 7:30-9:30. Chapel*

Good sex, intimacy, and healthy relationships don't just happen; they take knowledge, skills, and commitment. In this two part workshop for couples and individuals, I'll share the latest research and proven strategies on how to sustain love, build intimacy, handle conflict, and improve your sexual relationship. Participants must be 21 and older.

*Rev. Debra Haffner is our endorsed community minister and has been a sexuality educator for more than 30 years. This workshop is based on the sexual enrichment workshops she has offered at Canyon Ranch and Rancho La Puerta.*

### **BUILDING YOUR OWN THEOLOGY**

*Led by Rev. Frank Hall*

*5 Thursdays, October 21, 28 and November 4, 11, 18, 7:30-9pm. Chapel*

Our theology is being 'built' with every experience that causes us to feel 'connected' to another person, to Nature, and to our Essential Self. The Building Your Own Theology seminar is an opportunity to dig into the sands of time, the time of our lives, and to hold up some gems we can share, and which give shape and substance to our Ultimate Sense of Connection...our 'theology.'

*Each participant is expected to attend all 5 sessions, with enrollment limited to 15 people.*

## **EVERYONE CAN IMPROVISE!**

*Led by William McEvoy*

*6 Tuesdays, October 12, \* 19, 26 and November 9, 16, 23, 7:30 - 9:30pm.*

Through the use of theater games and improv exercises, participants gain confidence while acquiring the fundamental skills that allow them to create scenes using only their imaginations and their fellow actors. Throughout the course, a variety of short-form improv games (like those seen on Whose Line Is It Anyway?) will be introduced as a fun way to apply these newly acquired skills. This class is limited to 15 people and is appropriate for all levels of experience.

\* Classes 1 & 3 are in the Sanctuary; classes 2, 4, 5 & 6 are in the Chapel.

*William McEvoy founded and directed the New York City improv troupe the Improvoholics, created the interactive piece The Kiln and has directed and performed in a number of other theater projects, both improvised and scripted.*

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## **AWAKEN YOUR CREATIVITY**

*Led by Janet Luongo*

*4 Wednesdays, October 6, 13, 20, 27, 7-9pm. Fellowship Room*

In these four interactive sessions you will spark your creative spirit by engaging in activities that range from brainstorming, meditation, journaling, and drawing, to brain games and movement. In the closing session, you can create a collage of your vision of your ideal life. Main topics are Balance, Originality, Inspiration, the Creative Process, and Cultivating Creativity in yourself and others. Ideal for artists who feel blocked, people who want to discover artistic talents, and those who wish to express themselves creatively in any field or everyday endeavor – from parenting, teaching, gardening, creating relationships/families, to designing a life.

*Janet Luongo is a painter, author, video artist, and experienced teacher who offers speeches and coaching for people who want to reach their full potential through creativity and lifestyle. Her course is based on her book now published in 4 countries, 365 Daily Affirmations for Creativity.*

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## **POETRY WRITING**

*Led by Sherman Poultney*

*2 Mondays, October 25 and November 8, 7:00 – 9:00pm, Meeting House*

Poetry is an intense and brief form of written expression. It is just what busy people need who cannot remain silent about their perceptions, feelings or state of mind. This introduction describes two dozen elements of the craft of poetry and illustrates many with selected poems. Lyric poetry is emphasized. Both beginning and advanced writers of poetry can profit from this introduction, as can those who seek greater appreciation of poetry.

*Sherman Poultney has written and published poetry for many years. He has studied at Sarah Lawrence College and Frost Place. He was trained to lead structured poetry workshops by Laure-Anne Bosselaar and currently leads them for the Connecticut Poetry Society.*

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## **GOD IN AMERICA: FILM & DISCUSSION**

*Led by Denny Davidoff*

*3 Wednesdays, November 3\*, 10, 17, 7-10pm. Chapel*

This October, PBS will air God in America, a special 6-hour series which will explore the historical role religion plays in the public life of this country. It will examine the complex interaction between religion and democracy, the origins of the American concept of religious liberty, and the controversial evolution of that ideal in our nation's courts and political arena. Join us at the church to view the DVD with friends and other interested individuals. Each Wednesday evening we will show a 2-hour segment followed by a discussion.

\*On November 3rd we will meet in the East Wing.

*Denny Davidoff's UU service includes the boards of Meadville Lombard Theological School, the UUA Board of Trustees and the Church of the Larger Fellowship. Locally, she's Vice Chair of The Workplace, Inc. She is also the Director of LEADD (Leadership Education Advancing Democracy and Diversity) for The Interfaith Alliance Foundation.*

## **CLIMATE CHANGE: WHAT PRE-HISTORY CAN TELL US**

*Led by Sherman Poultney*

*Sunday, November 21, 1-3pm, Meeting House*

Climate change is presented from the point of view of what BAU (business as usual) will do to the CO2 in the atmosphere, sooner or later. We'll examine the "how" of CO2 induced warming and projections of just how hot it can get, sooner or later. Then you will be taken back in prehistory to learn what we know about life during similar hot spells millions of years ago.

*Sherman Poultney earned his PhD in Physics at Princeton and was a professor at the University of Maryland, where he participated in the Laser Ranging to Lunar Retroreflector project. More recently, he was an advanced technologist at Perkin Elmer/Hughes involved with spectrometric remote sensing of the atmosphere. He currently teaches in the School of Engineering at Fairfield University.*

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## **SPIRIT IN PRACTICE**

*Led by Gail Pesyna*

*5 Sundays, October 17, 24, 31 and November 7, 21, 12:30 - 2 pm. East Wing*

"Spirit in Practice" is a UU curriculum that explores and offers ways to develop adult spirituality in all its dimensions. The program is grounded in the view that there is nothing in our lives that cannot serve as a means to develop spirituality. In other words, no matter how busy you are, there are ways you can turn your daily activities into meaningful and enriching spiritual practices. Part 1 in the Fall focuses on Personal Spiritual Practices, Communal Worship, Spiritual Partnerships, and Mind Practices (Part 2, Spring: Soul, Body, Life and Justice Practices). Parts 1 and 2 can be taken independently or together, and in either order. *This class size is limited to 20 participants.*

*Gail Pesyna has led Spirit in Practice for the past 3 years at the Unitarian Church in Westport, and has served the church and the denomination in many ways since joining in 1997 (Membership, Board of Trustees, Canvass Chair, Ushering, UUA President's Council), including teaching Our Whole Lives and Joseph Campbell's "The Power of Myth." In her work life, she is Vice President of the Alfred P. Sloan Foundation.*

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## **FREEING YOUR VOICE**

*Led by Patrice Fitzgerald*

*Sunday, November 7, 1-3pm, Sanctuary*

Do you sing around the campfire, or only in your shower? Maybe you were an ace in high school and haven't warbled a note since, or maybe you'd just like to have more fun and feel more secure when you sing. Come join us for a relaxed session on vocal basics such as breath support, posture, pronunciation, and joy. We'll practice with songs we all know. No one will be pressured to sing alone! But you can if you want to.... Wear comfy clothing, flat shoes, and bring water.

*This class is limited to 15 participants.*

*Patrice Fitzgerald, a new member of the congregation, has a graduate degree in vocal performance from the Hartt School. She is a regular performer in styles ranging from opera to Broadway and jazz, and has served as a paid soloist and section leader in numerous choirs. Patrice, who is an experienced voice teacher, began singing at age three and has been getting better ever since.*

*Look for sign-up sheets in church foyer or call church office at 203 227-7205  
This brochure is also available on the church website, [www.uuwestport.org](http://www.uuwestport.org)*

# ONGOING OFFERINGS

## **"REEL JUSTICE" FILM SERIES**

*Meets the first Friday or Saturday of the month. 7:30 pm in the Sanctuary. Facilitated by David Vita. (david@uuwestport.org, 227-7205 X14).*

Award winning social justice films, occasionally a speaker, always community and good discussions over coffee & dessert. First run, Independents, foreign and obscure films -- you can see them all! Oftentimes the films are connected to activities here at the church. And it's FREE. See you at the movies!

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## **CHANT & MEDITATION**

*Meets every Wednesday of the month. 7 - 8 pm . Meeting Hse.*

For centuries people have used sound/music to deepen their meditation practice and help reach a place of quietness. In these sessions participants will share chants from various traditions around the world. A period of meditation will follow each chant. Beginners as well as experienced meditators will be comfortable in this group. For more information contact Alex Head, AEHead68@yahoo.com, 203 454-0173.

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## **WOMEN OF THE BIBLE AND BEYOND**

*Meets the last Sunday of the month, beginning Sept. 26, from 4-5:30 pm in the church Library (near the East Wing and yes, near the kitchen.) Led by Professor Harriet Hiller, harriethiller@sbcglobal.net , 203 368-6255.*

Come with us on a journey exploring, questioning and learning about women's real place, role and status throughout history. From the huge breasted, great bellied Great Mother of the cave dwellers, we will journey to the first great Near Eastern and Egyptian civilizations of Biblical times, through Greece and Rome and the birth of the western world, on to Mary and the 2000 plus years of history since. Join us for a cup of tea and conversation in a convivial and stimulating atmosphere.

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## **WALKING IN NATURE**

*Meets Sundays: Sept. 26, Oct. 17., Nov. 21, Dec. 19, after 11:00 service. Meet in church parking lot at bottom of ramp at 12:45 for carpooling. Led by Shari Brennan, gardenbee@optonline.net*

Join us as we share our knowledge, delight and love of Nature. Each walk will begin with the reading of a short poem or story connected with the season. As we walk, we will enjoy conversation as well as time in silence; becoming part of our surroundings, becoming aware of what we see, hear, smell, feel as we connect with each other in the spirituality of nature. Bring a brown bag lunch.

## **UU MOVIE REVIEW - A discussion group**

*Meets the last Friday of the month at the Meeting House. 7:30 Dessert Potluck; 8:00 film discussion. Led by Lorna Donnelly and Carol Goddard.*

Lively discussion on films. Two current films are selected for discussion each month. Regular announcements appear in SOUNDINGS and Order of Service.

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## **SMALL GROUP MINISTRY**

*Small groups meet monthly to discuss a common topic.*

The Small Group Ministry mission is to facilitate spiritual growth through personal connection. Theology is grounded in autobiography and how we live our lives. The 16 groups that currently meet offer the opportunity to make new friends, explore spiritual topics and experience personal growth. A perfect entry point for newcomers! For more information contact Chris Place, 203 966-1821, cplace4ici@optonline.net

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## **SHAWL MINISTRY (2 groups)**

*Meets every other Friday, 12:30 - 2pm., Meeting House. Led by Jan Braunle. (227-7205 Ext 10) Every other Tuesday, 7 - 9pm Shari Brennan's home, gardenbee@optonline.net*

Men, women and teens with a basic knowledge of knitting or crocheting meet regularly, with the purpose of creating a shawl to give to a person in need as a tangible expression of care and concern.

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## **CLASSIC BOOK GROUP**

*Meets the third Sunday of the month, 12:30pm in Rhoda Burnham's home, a 5 minute drive from church.*

A book group which reads novels from the 17th, 18th and 19th centuries. Look for monthly announcements in Soundings. Book lovers welcome at any time! (Marcia Mellett, 203 348-9576, MAMellett@gmail.com)

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*Please watch SOUNDINGS and the sign-up sheets in the church lobby for changes in dates and times. Sign-ups are important so that we can allot space for each offering. E-mail addresses are important so that reminders can be sent to people who have signed up. If weather conditions are uncertain, course facilitators or discussion leaders are the persons to be contacted.*