


ADULT  
EDUCATION  
PROGRAM



FALL  
2011

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

 DYSSEY, THE ADULT EDUCATION PROGRAM OF THE UNITARIAN CHURCH PRESENTS ITS FALL 2011 PROGRAM.  
LOOK FOR SIGN-UP SHEETS IN CHURCH FOYER OR CALL CHURCH OFFICE AT 203 227-7205

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### **BUILDING YOUR OWN THEOLOGY\***

*Led by Frank Hall*

*6 Thursdays. October 13, 20, 27 November 1, 8 15. 7:30 - 9:15 pm. Chapel.*

Our beliefs have an evolutionary life in response to our personal experience. The Building Your Own Theology program is designed to help participants reflect on the experience that have shaped them, so far. Emphasis is placed on sharing those important experiences in triads or the full group, as each participant is willing. The spiritual journey begins at the moment of birth and continues until the last breath - sharing the journey enhanced the process.

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

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### **FUNDRAISING FOR UU'S**

*Led by Jim Keenan*

*2 Mondays. October 24 & November 14. 7:30 - 9:15 pm . Meeting House.*

Ever think to yourself - "I'd love to help run a fundraiser at the church, but I don't know the first thing about how to go about it." This class will teach you the first thing, and the second, and all the rest. From conception to completion, you'll learn about the whole process. From taking an initial idea to a proposal, from that proposal to the event, you'll learn about getting sponsors to support your effort, effective ways to promote the event, the business of event planning as well as the nitty-gritty of getting the smallest details covered. This will be a practical course, participants will organize, promote and run the Black and White Ball in the winter. Come learn skills that will be useful to you and the church! Jim Keenan has organized successful fundraisers for many years, including Chowdafest, our church's annual eat-a-thon.

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### **EVERYONE CAN IMPROVISE!**

*Led by William McEvoy*

*4 Saturdays. October 29, November 5, 12, 19. 11:00 am - 12:30 pm. Meeting House.*

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.

Those who sign up are expected to miss no more than one session. William founded and directed the improv troupes The Improvoholics and the Barefoot Gestalt, and developed the interactive theater piece The Kiln.

*Please watch SOUNDINGS and the sign-up sheets in the church lobby for changes in dates and times. When signing up, please be sure to make a note of the date and time. Please print clearly so that committee members can contact you about an upcoming class. (E-mail is the best way to do this).*

## INTRODUCTION TO YOGA

*Led by Janet Luongo*

*4 Tuesdays. October 4, 11, 18, 25. 7:00 - 9:00 pm. East Wing*

This introduction to yoga is for all ages, including seniors and inflexible people. Students will learn gentle yoga postures, breathing and meditation. This class will help you achieve strength, flexibility, balance, relaxation, powerful de-stressing techniques, and maybe give you a vehicle to connect to your Higher Self. Janet Luongo is a certified as health coach, lifestyle educator, and yoga teacher as well as a speaker on wellness and creativity. A lifelong UU, she teaches Level One Sampoorna, the “yoga of fullness” and has been practicing yoga for 37 years.

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## JUGGLING... IT'S LIKE LIFE

*Led by Bob Perry*

*2 Saturdays. October 22 & 29. 10:30 am - 12 noon. Chapel (10/22) and East Wing*

Everyone drops the balls at first. Its those who pick them up, allow themselves to be frustrated, move on and keep trying that will be successful. In this course you'll learn how to drop the balls. Then you'll learn how to juggle them. We will juggle with scarves and balls in these sessions and then you can move on to other tricks or the next challenge of pins, and other manipulatives like pins, boxes, devil sticks and who knows?!? We'll also make our own juggling balls! This course is for all levels, total beginners and those who are more experienced and want to be together with other jugglers. Bob Perry is a self taught amateur juggler. One year for his birthday he gave himself the present of learning how to juggle. Since then the parallels to real life have been eye opening. He's still learning and hope you will join him, he might even learn something from you!

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## CONGREGATIONAL-BASED COMMUNITY ORGANIZING

*Led Pat Speer & David Vita*

*2 Thursdays. November 10 & 17. 7:30 - 9:15 pm. Meeting House*

CONNECT- Congregations Organized for a New Connecticut is a new congregation based Community organization in Fairfield and New Haven Counties. It's a model of community organizing, of social activism, that fits our UU faith's belief in the pursuit of social, economic, and racial justice to create a better world to live in. Part of our UU mission is to move beyond our walls and join in building bridges across the class, religious, and racial barriers that divide us. CONNECT does just that. It's an organization of 31 Christian, Jewish, Muslim, and UU congregations, multi-racial, urban and suburban, working together for change in Connecticut.

Come and get a taste of this exciting work. Hear about our successes and about what is yet to come! Pat Speer is the organizer for CONNECT and David Vita is our Director of Social Justice.

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## ONGOING OFFERINGS

### “REEL JUSTICE” FILM SERIES

*Meets the first Friday or Saturday of the month. 7:30 PM in the Sanctuary/Potluck dessert. Facilitated by David Vita. (david@uuwestport.org, 203 227-7205 X14).*

### CHANT & MEDITATION

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

### SHAWL MINISTRY

*12:30 - 2:00 pm at the Meeting House. Led by Jan Braunle.*

### SMALL GROUP MINISTRIES

*Small groups meet monthly to discuss a common topic. For more information contact Steven Rosenberg, srosen323@aol.com*

### THE SENIOR CIRCLE

*Meets the 2nd Tuesday of the month. 11:00 am, East Wing  
Brown bag lunch and guest speakers.*

### WALKING IN NATURE

*See Soundings for dates and times. Led by Shari Brennan.*

### UU MOVIE REVIEW - A discussion group

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

### WOMEN OF THE BIBLE - WOMEN OF FAITHS

*Will meet on Sunday afternoons, see Soundings for details.*

*For more information see the church website, [uuwestport.org](http://uuwestport.org) or call 203 227-7205 x10*