

ABOUT THE ADULT EDUCATION PROGRAM:

The Adult Education Program of the OUUC seeks to foster life-long learning and spiritual growth through a variety of classes, workshops, and events. Some specific purposes are to expand and deepen understanding of Unitarian Universalism, to facilitate the search for truth and meaning in all spheres of human knowledge, to explore the many sources of spirituality, and to promote sharing ideas and experiences among the participants.

Registration for classes, workshops, and events is open to anyone interested, including members and friends of OUUC, and members of the larger community. Child care is available if requested on the registration form. A single registration fee of \$10 covers as many classes as you may wish to enroll in. Exceptions to this fee are noted in the class descriptions. The fee may be waived if it creates a hardship for you.

Unless otherwise noted, all class leaders are members of the OUUC community.

The Adult Education Program is assembled and coordinated by the OUUC Adult Education Committee, whose current members are: Carol Allen, Samara Joldersma, Tom Joldersma (Chair), Sara Lewis, Luci Phillips, Bernie Steckler, Billie Williams, Ruth Wilson, and Jo Ann Young.

If you need a ride to a class, please call Carol Allen; we will try to arrange a ride for you.

The committee invites proposals and suggestions for future classes. Please direct proposals or inquiries to the Adult Education Committee, c/o the OUUC Office, or contact a committee member directly.

If you would like a paper copy of this brochure mailed to you, please call the church office at 360-786-6383.

BEGINNING TAP DANCING

Dates: Mondays (4 sessions) February 8, 15, 22, March 8

Time: 5:30-6:30 p.m.

Place: OUUC

Leader: Carolyn Willems Van Dijk.

Class size: Limited to 12 persons

This 4 session class will introduce basic tap dancing movements and steps in an easy-going, fun, non-stressful manner. Absolute beginners are most welcome! Tap dancing shoes and comfortable clothes are suggested.

Carolyn graduated from the Weitzenhoffer School of Musical Theater at Univ. of Oklahoma. She has been most recently seen as the dancing Sister Mary Leo in the production of "Nunsense" at Capital Playhouse. She also choreographed the 2009 Kids at Play Summer Season.

BE THE CHANGE

Dates: Mondays (2 sessions) April 5, 12

Time: 7 – 9:00 p.m.

Place: OUUC

Leader: Sara Lewis

After you have heard the call to "be the change you wish to see in the world", how do you sustain and inspire yourself as you work for a better world? In this class we will have readings and meditations to comfort and inspire, and a chance to discuss the joys and frustrations of our efforts to make the world better. Social Justice and environmental action is the topic of the children's Spring RE session, and this class will be the adult version of their classes.

Sara Lewis is Director of Religious Education for OUUC.

BOOK GROUP

Dates: (3rd Thursday of month) – January 21, February 18, March 18, April 15, May 20

Time: 7:00 - 9:00 pm

Place: OUUC

Facilitators: Mary Anne Trause and Pete Taylor

Costs: Registration is free and not required; purchase or borrow the books on your own.

Enjoy lively discussions and get to know other members and friends of the OUUC by reading and discussing books together. Formed in September 2004, the OUUC Book Group has read a mixture of fiction and nonfiction, mostly contemporary, usually chosen from the participants' recommendations. These have included novels depicting the human experience, real-life memoirs, spiritual journeys, diverse cultural settings, biographies, history, political and environmental topics, and more. We enhance our understanding and enjoyment of the books by sharing diverse perspectives and insights about them. Some participants attend all sessions, while others come just for particular books. All are welcome. The book for the January 21st meeting will be *Out Stealing Horses*, a novel by Per Petterson (2003), translated to English by Anne Born (2005).

Mary Anne Trause is a psychologist with a private practice in Olympia. Pete Taylor is retired faculty member of The Evergreen State College. They are both members of OUUC.

CONNECTIONS TO PLACE

Dates: Thursday, Saturday (2 sessions) May 6, 8

Time: 7:00 –9:00 pm on Thursday; 9:00 –11:30 am on Saturday

Place: OUUC on Thursday; The Evergreen State College on Saturday

Leader: Jean MacGregor

Part I: The Bioregional Idea: Exploring a Citizenship of Place
Bioregions are, literally, "life places" defined by the natural and social systems we rely on for our well-being. Jean MacGregor is engaging

college teachers throughout Puget Sound in building place-based learning and sustainability into their college classes, and in an exploration of what it might mean to be a "bioregional citizen." This workshop will explore the idea of "bioregionalism" and what it might mean for us personally as well as for the Puget Sound region. In preparation for Part II, this session will conclude with a viewing of the short film, "Buddhism, Man, and Nature" as a perspective on how connections with the living world can help to develop personal and spiritual worldviews.

Part II: Deepening our Connections to Place

Often (too often) time in the outdoors is goal-directed: people want to complete the hike, weed the garden, or work to identify every plant or bird along the way. But what about taking time simply for contemplation? This workshop, "Don't Just Do Something, Sit There," encourages a reflective, meditative relationship with the living world as one kind of step toward bioregional connectedness and spirituality. We will begin with some strategies for sitting still and observing, partly through reflecting on the earlier film. Then we'll head into the outdoors to explore "sitting there" and/or "walking there" and especially "listening there" on our own State College campus. Car pool if you can and dress for the outdoors!

Jean MacGregor teaches in the Masters of Environmental Studies program at The Evergreen State College, and serves as Senior Scholar and Director for the *Curriculum for the Bioregion* initiative in the Washington Center for the Improvement of Undergraduate Education.

FLOWER ARRANGEMENT 101

Dates: Monday (1 session) May 10

Time: 7 – 9:00 p.m.

Place: OUUC

Leader: Fumiko Coyne

The class covers how to cut and condition flowers; how to combine different types, colors, sizes of flowers and other greeneries; tools, tricks and techniques you can use; and how to give the longest possible

vase life to the arrangement. If you wish, please bring interesting plants and vases to create effective arrangements.

Fumiko is a retired librarian. While preparing to enter a graduate school in the U.S., she had a quick training in the art of flower arranging (Sogetsu School) and the tea ceremony (Urasenke School) so as to be a “proper Japanese representative.”

FOOD FILMS: Food and Environmental Justice

Dates: Mondays (5 sessions) January 25, February 22, March 29, April 19 & May 24
Place: OUUC
Time: 7:00 – 9:00 pm
Leaders: Dixie Havlak, Janet Pearson and Leslie Romer

This will be an opportunity to view and discuss a variety of films related to our agricultural system, food choices and the environmental consequences. Among the films being considered are: Food inc.; King Corn; Our Daily Bread; Blue Gold. Each session will include snacks and a hands-on demonstration or tasting.

Dixie Havlak is a consulting dietician who practices in Olympia. Janet Pearson manages the Organic Greenhouse at South Puget Sound Community College. Leslie Romer is Chair of the Green Sanctuary Committee at OUUC and serves as Chair of the Earth Stewardship Committee at Interfaith Works.

JERUSALEM: THE CENTER OF THE WORLD

Dates: (3 sessions) Thursday January 28, February 4, 11
Time: 7:00 – 8:30 p.m.
Place: OUUC
Leader: Sara Lewis

Jerusalem: Center of the World is a PBS documentary examining the turbulent history of the city of Jerusalem, and showing many of the amazing buildings and sites of the area. This class will watch the film

together and discuss the three religions that call this city sacred. This is the topic of the children’s Winter RE session, and this class will be the adult version of their classes.

Sara Lewis is Director of Religious Education for OUUC.

JOURNEY TO HIROSHIMA

Dates: Thursday (1 session) April 8
Time: 7 – 9:00 p.m.
Place: OUUC
Leader: Father Bill Bischell, S.J., Tom Karlin, Demetra Schwieger

Members from the Journey of Repentance traveled to Japan to commemorate the bombings of Hiroshima and Nagasaki and to express their sorrow over the bombings, as well as their resolve to work for nuclear weapon abolition and to actively choose the path to/of non-retaliation. Come to hear their story about their visit to Japan, which conveyed a sense of the bombing devastation, and during which they listened to the Hibakusha and how they understand forgiveness from a survivors’ point of view.

The timing of this presentation precedes the international gathering of governments which will work on the Non Proliferation Treaty and attempt to move toward worldwide nuclear disarmament. The Non Proliferation Treaty is the only binding commitment to nuclear disarmament for the countries that have nuclear weapons.

Bill Bichsel is a Jesuit priest, prophet and peace activist who lives in the Catholic Worker community in Tacoma, currently working tirelessly for the abolition of nuclear weapons. Tom Karlin is a passionate activist, also a Catholic Worker in Tacoma, and war veteran. Demetra Schwieger does extensive volunteer and activism work, and is associated with the Tacoma Catholic Worker.

KNITTING AT THE UU

Dates: Tuesdays (5 sessions) January 26, February 23, March 23, April 27, May 25

Time: 7:00 – 9:00 p.m.

Place: OUUC

Leader: Anita McIntosh

This group is open to knitters of all experience levels. We welcome folks who are new to the craft and knitters who have mastered advanced skills and are willing to share their knowledge with others. Bring yarn, needles, and a sense of humor. It's a time to share knitting stories with all.

Anita McIntosh has been knitting for 8 years and considers it another form of meditation that calms the mind and soothes the spirit.

HARVESTING THE POWER: LEARNING TO LEAD

Date: Tuesdays (6 sessions) January 19, 26, February 2, 16, 23, March 2

Time: 7:00 – 8:30 p.m.

Place: OUUC

Leaders: Reverend Arthur Vaeni & Reverend Carol McKinley

Class size: Limited to 15 persons

Effective leadership draws upon specific skills such as understanding responsibilities of leadership, systems in the congregation and how to keep distress productive. Activities will offer opportunities for individual and group reflection on what it means to be a leader. This class introduces participants to practical aspects of congregational management by learning about issues of governance and the Unitarian Universalist Association as a resource. It will cover organizational specifics such as how to run meetings, prepare budgets, set goals and establish a communications process.

Those in leadership or who are interested in congregational leadership will find this class helpful if not inspiring.

The Reverend Arthur Vaeni is Minister of the OUUC. The Reverend Carol McKinley is affiliated with OUUC as a UU community minister.

THE MANY FACETS OF HUMOR: An Intergenerational Experience

Dates: Tuesdays (5 sessions) March 30, April 6, 13, 20, & 27.

Time: 7 – 9 p.m.

Place: OUUC

Coordinator: Luci Phillips

Panel: Larry Mills, Betsy Robinson, Tom Smith, Rev. Arthur Vaeni, Justin Wright, JoAnn Young, Terry Zander

Cost: No fees but please register both adults and children

We need to develop ways of using humor and laughter for health, peace, productivity, intergenerational connectivity, and joy of living. The first two sessions of this class will be intergenerational for children age 8 and above, for teens, and for adults. On March 30, Betsy Robinson will lead us in laughter. On April 6 Jusby The Clown will clown around.

For the last three sessions adults will get serious about humor. We will explore the many facets of humor – the healthful benefits; why different people and cultures laugh at different things; how people use their wit to elevate or denigrate others – and why. Have you ever heard of laughter yoga? Want to practice telling a good joke? We will attempt to balance having fun with gaining spiritual insight.

Larry Mills has no definable qualities, but he does enjoy many types of humor. He has been diagnosed with acute paronomasia. (You can look it up or take the class.)

Luci Phillips is a member of the Adult Education Committee and has coordinated several classes in the past. She admits to being non-witty, or perhaps half-witty.

Betsy Robinson is a Certified Laughter Leader who facilitates laughter clubs. She is a member of the Tacoma UU church.

Tom Smith is a scholar on humor. In March 2009 his book *Basham*

on *Wodehouse* was published and is available from Amazon.com. Rev. Arthur Vaeni is Minister of OUUC and often describes cartoons to make a point in his sermon. Justin Wright's alter ego is Jusby The Clown. He is a member of the Clowns of America Internat'l and an officer in the local Red Nose Brigade. Jo Ann Mitchell Young is an individual and family therapist in private practice. Terry Zander enjoys humor. He and Larry Mills entertained at an OUUC *Cabaret* but were no Lisa Minellis.

MEDITATION - ENDING YOUR WEEK IN STILLNESS

Dates: Fridays, January-December

Time: 6:00 – 7:15 pm

Place: OUUC

Leaders: The Reverend Arthur Vaeni, Selena Kilmoyer, Samara Joldersma

Cost: No registration fees

Meditation sessions will be held at the church every Friday evening. You are invited to participate whenever you are able to do so. During the first 15 minutes a reading will be shared and will be followed by conversation. This will be followed by 20 minutes of sitting meditation, 15 minutes of walking meditation, and another 25 minutes of sitting meditation, ending by 7:15 P.M.

The Reverend Arthur Vaeni is Minister of the OUUC. Selena Kilmoyer and Samara Joldersma are long-time meditators.

MEMBERSHIP CLASSES

Dates: Saturdays (2 sessions) January 23, 30 from 9:00 – 12:00 a.m.
OR

Tuesdays (3 sessions) May 4, 11, 18 from 7:00 - 9:00 pm

Place: OUUC

Leader: Sara Lewis & Diana Finch

Cost: No registration fees; class material supplied

The Membership Classes are recommended for those who wish to become a member of the Olympia Unitarian Universalist Congregation even if they have been a member in another UU group. The seminar is also open to those who simply want to deepen their understanding of UU membership, our congregational covenant, and particular form and style of governance.

First we will become acquainted as we consider what brought us here and discuss our congregation's covenant. Then we will discuss the meaning of membership, the role of the OUUC Board, and elements of our bylaws. Finally, we will meet the Director of Religious Education (DRE), a member of the Board and representatives from several committees to learn about the congregation's structure, the canvas and financial management as well as other aspects of our community's life.

Please inform us of any childcare or other needs ahead of time. Lunch will be provided for the Saturday sessions.

In lieu of this Membership Class, an alternative path to OUUC membership can be an individual session with our minister, the Reverend Arthur Vaeni, arranged through our church administrator, Darlene Sarkela.

Sara Lewis is Director of Religious Education for OUUC. Diana Finch is a member of the OUUC Membership Team.

MYTHS AND JOSEPH CAMPBELL

Date: Wednesdays (3 sessions) February 17, 24, March 3

Wednesdays (3 sessions) April 7, 14, 21

Time: 7:00-9:00 pm

Place: OUUC

Leader: Bob McIntosh

Attend either or both series of three classes. Each week we will view one segment of the PBS series *The Power of Myth* (about an hour

long) with Joseph Campbell and Bill Moyers. This will be followed by a discussion of the film and the handouts provided by the seminar leader. If you know of Professor Campbell's work, have seen the PBS series or attended the fall class on Campbell, you will know that this is an exhilarating journey into the mind and spirit of a remarkable man, a legendary teacher, and a masterful storyteller.

We will start again with the notion that we must take the hero's journey, learn about sacrifice and bliss and unmask God and find eternity in a Lotus blossom. Please come with your questions and emotional intelligence ready for a spiritual experience.

Bob McIntosh, PhD is a member of OUUC and teaches business at The Evergreen State College. He is also a founding member of the Joseph Campbell Foundation.

POETRY OF AWARENESS

Date: Thursdays (2 sessions) March 4, 11
Time: 7:00 – 8:30 p.m.
Place: OUUC
Leader: Jeanne Lohmann
Facilitator: Samara Joldersma

Through the music of memorable language, images and metaphors that open our eyes to new experience (or to a fresh look at the old), and offer keener ways of understanding our lives, poetry helps us become aware. In these two sessions we will exchange poems which enlarge our awareness and help us become more alive and present in the world. As a way to introduce yourself, please bring your own poems or the work of others to share. We will also explore the fun of writing poems from "prompts" with this theme.

Jeanne Lohmann has been called the Poet Laureate of Olympia. She is a member of the Olympia Friends Meeting and has published 8 books of poetry and prose.

TALKING ABOUT MARRIAGE

Dates: Wednesday (1 session) February 10
Time: 7:00 – 9:00 p.m.
Place: OUUC
Leader: The Reverend Arthur Vaeni

The January 24 and February 7 Sunday services, will focus on the history of marriage as well as some of the characteristics that help create a healthy marriage. In this class you are invited to join in a conversation about marriage.

The Reverend Arthur Vaeni is Minister of the OUUC.

TONGUES IN TREES, SERMONS IN STONES: What sacred texts reveal about our relationships with nature

Date: Monday (1 session) March 22
Time: 7:00 – 9:00 p.m.
Place: OUUC
Leader: Nalini M. Nadkarni
Class size: Limited to 20 persons

The holy scriptures of world religions articulate beliefs and values held by the followers of these spiritual traditions. What do these texts reveal about the relationships between humans and nature? Do the metaphors and symbols of nature in them divulge how nature and humans interact – or should interact? As an ecologist and as a person interested in diverse spiritual traditions, Nalini has explored how sacred texts articulate the multiple values of nature – particularly trees. She has raised these queries as a springboard to raising awareness of the importance of nature in ways that differ from traditional conservation approaches.

In this workshop, she will present extracts from sacred texts of the major world religions – the Bible, Talmud, Koran, Bhagavad-Gita, and Zen readings-- that pertain to nature, particularly trees. Drawing upon these excerpts and case studies -- such as the current evangelical

movement to help conserve biodiversity as God's Creation – she will lead the class in synthesizing the ways that nature is portrayed to the followers of these religious traditions and in articulating how to apply this understanding to environmental issues such as forest conservation.

Nalini M. Nadkarni is a Member of The Faculty of The Evergreen State College. Her specialty is study of forest canopies.

TWINED BASKET “BASICS” ... a funky and wonky creation.

Dates: Wednesdays (3 sessions) March 10,17, 24

Time: 1:00-3:00 p.m.

Place: OUUC

Leaders: Carol Williams

Class size: Limited to 6 persons

Learn to weave a basket (approx. 4x4x4) using one of the basic basket techniques. We will use rattan reed and seagrass to make this basket in three 2-hour sessions. Wear old clothes and bring an old towel, container to soak materials (plastic dishpan) and heavy shears or scissors. Optional: needle-nose pliers, miscellaneous bits of color, i.e. yarn raffia, small twigs, narrow ribbon, etc.. If you've taken a basket class, bring any leftover material you saved. If you don't have these items, I'm sure we'll all share. Come prepared to have fun.

Carol has been a basket maker since 1993, has won prizes for her creations; has taught children and adults over the years. She enjoys “playing” with materials, textures and colors which she incorporates in her baskets. She is a member of the Northwest Basketry Guild.

UU DUTCH OVEN BREAD - Step By Step

Dates: Tuesday (1 session) January 19

Time: 7:00 – 9:00 p.m.

Place: OUUC

Leaders: Melanie Ransom and Jim Crabtree

Class size: Limited to 12 persons

Join the UU Bread Revolution! Learn how to make THE delicious artisan bread served at UU homes across the continent. Even if you've never made a single loaf of bread in your life, you will have success at baking this bread. Imagine how powerful you'll feel when you can make your own bread—and the money you'll save! You can get seven loaves of this bread out of one packet of yeast!

During the class you'll see the bread in various stages of development, including coming out of the oven for tasting all around. If you're lucky, you might get to take a loaf home! No supplies needed.

Melanie Ransom serves as the Board president for OUUC. She watches the Food Network religiously. Jim Crabtree keeps the lights on at OUUC—literally. Jim has a way with electrons and yeast—but not together.

VIOLENCE AGAINST WOMEN AND CHILDREN IN OUR COMMUNITY - From Awareness to Action to Deeper Awareness

Dates: Tuesdays (2 sessions) March 9, 16

Time: 7:00 – 8:30 p.m.

Place: OUUC

Leaders: Tyra Lindquist

Domestic violence affects not just victims and perpetrators, but all friends, family, neighbors, co-workers, and everyone else. Violence comes into our church circle. Everyone is impacted – whether we know it or not. Come to this two-part class to hear about and talk about domestic violence. Leave with lots of ideas for concrete things to do to help and love the victims and perpetrators you know, as well as things to do to help change the conditions that make domestic violence possible. We will take time for quiet reflection about the nature of suffering from violence and how that fits into the larger reality of a person's wholeness and holiness.

Tyra Lindquist has worked as a domestic violence victim advocate for 30 years. She is a member of OUUC.

VOICE CLASS

Dates: Saturdays, beginning January 23

Time: 1:45 - 3:00 pm

Place: OUUC

Leader: Troy Arnold Fisher

Cost: No registration fee and registration is not required.

During our hour and fifteen minutes together we will work on posture, breathing and ear training, but that's not all. We will sing a variety of songs, ranging from high to low, ballad to scat. We sing together, braving to sing duets and solos! It's a chance to sing your heart out! Come and join the fun. All levels of talent are welcome.

Troy Arnold Fisher is OUUC Music Director. He also is also musical director of Capital Playhouse and Kids in Koncert.

WAKE UP TO LIFE! Part II

Dates: Mondays (6 sessions) February 1,8,15. March 1,8, 15

Time: 7 – 8:30 p.m.

Place: OUUC

Leaders: Sister Mimi Maloney, Samara & Tom Joldersma, Bernie Steckler

This class is a continuation of Part I, an offering last fall that featured the first six audio tapes of a conference based on the teachings of internationally acclaimed Anthony de Mello, S.J. (b, 1931, Bombay, India – d, 1987, New York), a Jesuit priest and University of Chicago educated psychotherapist. Part II is available to folks who did not participate in Part I. They can “catch up” by reading through p.95 of de Mello’s text Awareness – a virtually verbatim transcription of the tapes – which is read in sections prior to listening to the tapes.

De Mello draws from the spiritual traditions of Christianity, Buddhism and Hinduism in his teaching. We will listen to the final six tapes from his conference at Fordham University in NY in 1986. Listeners across the world have found this program to be life changing. De

Mello teaches the importance of awareness – of waking up to our illusions about ourselves, the world and others. Using humor, compassion, stories and insight he teaches us not to fear challenge but to welcome it as part of our life journey toward greater self-understanding, and the rewards that come from living the awakened, “aware” life. We will contemplate and discuss the tape, and stories and parables he uses to teach inescapable truths about ourselves and our world.

Copies of Awareness, both new and used, are readily available from Amazon.com. If sharing the text with someone who took Part I is feasible, a copy of the participant list for that class is available from the Class Steward, Samara Joldersma (samara@joldersma.org).

Sister Mimi Maloney is a member of the Sisters of the Holy Names and holds Masters degrees in education and spirituality; Bernie, Samara , and Tom enjoy sharing the teachings of de Mello.

YOGA: Begin or Restart

Dates: Saturdays [4 sessions] January 30, February 6, 13, 20

Time: 12:15 - 1:30 pm

Place: OUUC

Leader: Connie Ruhl

This is Yoga for wherever you and your body are Right NOW! Work on flexibility, strength and endurance in four sessions to peak or recharge your Yoga interest. Breathing and alignment are the focus of these sessions, which can possibly lead to finding a community Yoga class to meet your interests.

Bring a man’s tie and 1-2 bath towels or a blanket. Or, if you have them, bring a yoga mat, belt and blocks.

Connie has practiced Yoga on and off for thirty years. She recently completed a 200-hour training program, is certified as a Yoga instructor, and is registered with the Yoga Alliance. Connie teaches resident and staff classes at Panorama City.

OFFERINGS FROM ALL SOULS UU COMMUNITY

6326 Martin Way E Suite 103 Lacey

Contact: Jim Fulton (491-5861)

No registration fee for any of these classes

BEGINNING QI GONG

Dates: Fridays On-going

Time: 6:00 – 6:30 p.m.

Place: All Souls UU Community

Leaders: Patti Logan

Qi Gong, Beginning. Qi Gong is an ancient Chinese health care system integrating physical postures, breathing techniques and focused intention. The “qi” means “breath” or “air” in Chinese, and by extension, “life force” or “dynamic energy”. Gong means work applied to a discipline or the resultant level of skill, so Qi Gong is thus “breath work” or “energy work”. These breathing and movements are practiced as a health maintenance exercise. The slow gentle movements of most Qi Gong forms can be easily adapted, even for the physically challenged, and can be practiced by all age groups.

Our 6 pm music meditation time in the sanctuary will be a time of group Qi Gong exercise. The movements and energy work will evolve as the group progresses, though it will continue to be an open group and all exercises will be easy to perform by beginners. All are invited for this beginners’ instruction and practice, and all are welcome to stay for the guided meditation immediately following. Our guided meditation group is eclectic and relaxing at the same time...the leader and format changes week to week.

Patti Logan is a student of Qi Gong who enjoys sharing this exercise with others.

IN SEARCH OF THE SOUL – 1 – *I Am a Strange Loop*

Dates: Sundays September 6 - February 28

Time: 9:30-10:30 a.m.

Place: All Souls UU Community

Leader: Jim Fulton

What is the nature of thinking? How is it related to our bodies? Our brains? This class will explore the book by Douglas Hofstadter, investigating the nature of human thinking and the soul.

Jim Fulton received his PhD in philosophy from Brown University in 1970. He taught philosophy at Wichita State University until 1977, when he began a second career in software architecture at Boeing, from which he retired in 2005.

IN SEARCH OF THE SOUL – 3 – *The Neurological Origins of Individuality*

Dates: Mondays January 18 – April 19

Time: 7:00 – 9:00 p.m.

Place: All Souls UU Community

Leader: Jim Fulton

How do our brains, our neurons, affect our thinking, our behavior? This series of classes will complement the Sunday morning class by viewing and discussing DVD programs from The Teaching Company on the relationship of neurology to behavior.

See Jim’s first class for his bio.

IN SEARCH OF THE SOUL – 4 – *Elbow Room*

Dates: Sundays March 7 - May 30

Time: 9:30-10:30 a.m.

Place: All Souls UU Community

Leader: Jim Fulton

What is the nature of free action? This class will explore the book by Daniel Dennett, investigating the "varieties of free will worth having", and then conclude with discussion of the entire series of classes.

See Jim’s first class for his bio.

IN SEARCH OF THE SOUL – 5 – *Consciousness and Its Implications*

Dates: Mondays April 26 - May 31
Time: 7:00 – 9:00 p.m.
Place: All Souls UU Community
Leader: Jim Fulton

What is it to be conscious? To be aware of what's happening? How does consciousness affect our behavior? This series of classes will complement the Sunday morning class by viewing and discussing DVD programs from The Teaching Company on the relationship of neurology to behavior.

See Jim's first class for his bio.

MILESTONES

Date: Saturday (1 session) January 16
Time: 6:00 – 8:00 p.m.
Place: All Souls UU Community
Leader: Patti Logan

How do you celebrate the important milestones in your life? This workshop will discuss ways of making your celebrations effective and symbolic.

Patti Logan is a long-time member and leader of All Souls UU Community.

PASTORAL COUNSELING SKILLS/CONSULTATION

Dates: Last Wednesday of every month Jan. 27 - May 26
Time: 7:00 – 9:00 p.m.
Place: All Souls UU Community
Leader: Rev. Barb Boyd

This will be an experiential 2 hour pastoral skills lab offered once per month. Students are to bring in examples (either real or theoretical) of pastoral care issues for which they want assistance. Students can also be non-pastoral helpers who just want to hone their listening skills. The class is deliberately non lecture...because students retain pastoral skills better through experiential practice that incorporates both head and heart in their listening. The textbook is each person's own individual experience.

Reverend Barbara Boyd is ordained pastor and certified Spiritual Healer through International Assembly of Spiritual Healers and Earth Stewards Congregations. During the 1980's she taught Pastoral Counseling at Seattle University.