



BUUF ADULT EDUCATION PROGRAM *SPRING 2011*

Life-long Learning ♦ Spiritual Growth ♦ Building Community

Due to space limitations on this paper copy, contact the instructor for further details about courses.

**** Please note classes are listed in order of start dates ****

Inner Resilience

How do you respond to and deal with changes, transitions or disruptions in your life? They may have to do with health, relationships, moving to a new home, or those larger events like a faltering economy that threatens your livelihood. Anger, panic, denial, addictions are all understandable responses, but they don't help the situation.

Courage, clear thinking, flexibility and creativity are the skills and qualities that can lead to effective action. This class will explore techniques for finding that inner space from which to launch a productive response when the life you have created gets threatened from without.

Leader: Lynne Tolk

Schedule & location: Tuesdays, January 18, 25; February 1, 8, 15, 22; 7-9 p.m.; Jr. High room

Registration fee: \$10

Maximum enrollment: 15

Rabindranath Tagore: National Treasure of India

Rabindranath Tagore (1861-1941), poet, playwright, novelist, essayist, was a monumental figure in Indian and world literature. He was the first non-European to receive the Noble prize for literature in 1913 for his book of poems, *Gitanjali*. Tagore's deeply insightful mind is rooted in Hindu thought but transcends any one tradition in its universality. This class will sample his work in five evening sessions:

January 20 – Class introduction & Tagore biography

January 27 – Drama, Memoirs, & Travel writing

February 3 – Letters and Essays

February 10 – Short stories

February 17 – Novel excerpts and Poetry

In conjunction with the class Mark will have an exhibition of selected paintings from his *Gitanjali* book on display in the BUUF south wing gallery.

Leader: Mark McGinnis

Materials: *Rabindranath Tagore: An Anthology* edited by Dutta & Robinson, 1997

Schedule and Location: Thursdays, January 20, 27; February 3, 10, 17; 7-9 p.m.; Jr. High room

Registration fee: \$10

Maximum enrollment: 20

New to UU Class (1)

Would you like to learn more about Unitarian Universalism? Are you thinking about becoming a member of BUUF? Then the New UU class is for you! This class will offer you the opportunity to meet other newcomers, church leaders, and members. It will provide you with some history, an opportunity to explore your own spirituality, and give you a glimpse into the inner workings of the Unitarian Universalist Association and of BUUF in particular. It will also reveal the many ways you might become involved in the life of this community.

New UU is the first step toward membership required in the Path to Membership approved by the board. But, even if you don't plan to join right away, the class is fun and informative.

Coordinators: Jay Wechselberger and Miriam Woito

Schedule: Saturdays, February 19 & 26; 9 a.m. to 12 p.m.; with byo lunch for after-discussion

Location: Jr/Sr High rooms, S wing

Registration fee: none #

Writing the Memoir

The memoir seeks meaning, applies a sorting and organizing system to the minutia of life. A journal asks only for time and a recording device; a memoir benefits from dedication, introspection, honesty. This class will have a maximum of shared readings from personal writing, with handouts available for those who want writing prompts or exercises. This class began in the fall but new participants are welcome.

Leader: Jeanette Ross

Schedule and location: Thursdays, February 17, 24, March 10, 17; 7-9 p.m.; #Preschool room (N wing)

Registration fee: \$10 plus \$5 for materials ##

Spiritual Practices

Have you ever said to yourself, “I know I should have a regular spiritual practice, but....”? Well, here’s a chance to join others in five evenings of various spiritual practices, giving us time together not only to center and to bond with each other, but also to “try out” different possible disciplines.

We will experience breathing, chanting, prayer, and movement meditation, plus reflecting on sacred writings from several traditions. In addition, there will be time for consideration of our questions and concerns.

Elizabeth will facilitate, and we will also have guest practitioners leading us in their disciplines.

This is your chance to start your new life, the one with time every day for centering, focusing, getting in touch with what calls you. This class will be different in specific practices from last year's class.

Leader: Elizabeth Greene

Schedule and location: Tuesdays, 7-9 p.m.; March 1, 8, 15, 22, 29; Preschool room (N wing)

Registration fee: \$10

Maximum enrollment: 25

Money, Values, and Investing

The goal of this workshop is to help participants understand their relationship with money issues and learn how they can manage their financial lives in harmony with their personal goals and values. Through small group discussions and exercises, each participant will begin to create a “money autobiography” to trace where our feelings about money come from and how our life experiences have shaped them. We will explore how we can change our relationship to money so that it helps us live the kind of life we want for ourselves, and helps us contribute to the kind of society in which we want to live. We will learn about sustainable investing (also known as socially responsible investing) and its three strategies of investment screening, shareholder advocacy, and community investing. And, we will explore how our investments can provide financial security while contributing to a more just and sustainable society.

Leaders: Kathy Stearns and Ed Keener

Schedule and location: Thursdays, March 17 & 24; 7-9 p.m.; K-1 classroom (N wing)

Registration fee: \$10

Maximum enrollment: 20

Harvest the Power: Developing Lay Leadership

Many Unitarian Universalists experience a deepening commitment to their faith and congregation as a call to accept a position of leadership—as a lay worship leader, a leader of children or youth or a member of a task force, committee or governing board. Co-sponsored with BUUF’s Program Ministry Council, this UUA curriculum offers opportunities for both new and experienced leaders to enrich the skills they bring to their

volunteerism and to experience their leadership development as a Unitarian Universalist faith journey. This spring we will offer three sessions focused on the theme of Community: *Unitarian Universalist Journey*; *Caring for Ourselves and Each Other*; and *Understanding Systems in Your Congregation*.

Leaders: TBA

Schedule and location: Tuesdays, April 12, 19, 26; 7-9 p.m.; Junior High room

Registration fee: \$10 ##

Maximum enrollment: 20

Family Do-Together Paper Crafts

An intergenerational class for adults and children. There will be a choice of projects to make and take home, including a mini-book, a pop-up card using the child's drawing, a hat, origami or paper beads.

Leader: Jeanette Ross

Schedule and location: Saturday 2 - 4 p.m.; March 19; N wing classrooms

Registration/materials fee: \$10 per adult/child pair plus \$5 each additional child ##

Maximum enrollment: 25, adults must include at least one child on the registration form

New to UU Class (2)

See New to UU (1) class description above.

Schedule and location: Wednesdays, May 4, 11, 18, 25; 7-9 p.m.; Jr. High room

Registration fee: none #

***** Idaho Friends of Jung Salons and Workshops *****

co-sponsored by the BUUF Adult Education Program

Friday evening salon lectures include refreshments served prior to the presentation. These are followed the next morning by workshops on the same topic. *Pre-registration is recommended.* There are set fees for both Friday lectures and Saturday workshop. For more detailed descriptions of these programs, as well as information on *pre-event book discussion groups*, go to idahofriendsofjung.org.

The Power of Companionship: The Psychology of Brother-Sister Relationship

Speaker: Lara Newton, Jungian analyst practicing in Denver, CO

Salon: Friday, February 18, 7-9 p.m., Great Hall, **Registration fee:** \$20

Workshop: Saturday, February 19, 10 a.m.- 4 p.m., North wing classrooms, **Registration fee:** \$60

In her book Brothers & Sisters: Discovering the Psychology of Companionship (Spring Journal Books), Lara Newton lays the foundation for a new psychological perspective on the brother-sister relationship, and opens us to an inner dimension that teaches us the power of companionship. Lara will introduce us to a psychological exploration of that relationship, both externally in the inter-personal and cultural worlds and internally in the relationship between conscious and unconscious, masculine and feminine.

The Matter of Fate: Synchronicity and Numbers in Jungian Psychology

Speaker: J. Gary Sparks, Jungian analyst practicing in Indianapolis, IN

Salon: Friday, May 13, 7-9 p.m., Great Hall, **Registration fee:** \$20

Workshop: Saturday, May 14, 10 a.m.- 4 p.m., North wing classrooms, **Registration fee:** \$60

The role of numbers in dreams shows them to be dynamic symbols of life's most significant processes: the birth of selfhood; the growth of destiny; the life of synchronistic phenomena; the bridge between matter and spirit, desire and meaning. Mr. Sparks' most recent book is Valley of Diamonds: Adventures in Number and Time with Marie-Louise von Franz published by Inner City Books.

office use _____
paid _____ date _____

BUUF ADULT EDUCATION PROGRAM SPRING 2011 REGISTRATION

To register for classes and workshops, fill out this form, attach a check, and deposit in the “drop box” at the Adult Ed information table at Sunday services or the box at the front of the reception desk in the BUUF office. You may also mail registration forms and fees directly to the BUUF office:

Boise UU Fellowship (Attention: Adult Ed)
6200 N. Garrett
Boise, ID 83714

You may register for more than one class and pay fees with a single check (except for IFJ events: please submit a separate check made out to *Idaho Friends of Jung*). Your registration will be confirmed with a reminder of the start date for the classes or workshops you have selected. If the class is full, we will contact you and refund the fee (classes filled by earliest paid dates).

NAME(s): _____ PHONE#: _____

EMAIL: _____

Course or Workshop	Fee
TOTAL FEES	

*****Registration fee will be waived for anyone in BUUF requesting financial assistance**

CHILDCARE REQUESTED? (please circle “yes” and fill out below) **YES**

Which class(es)? _____

Number, name and age of child(ren): _____