



Programs for Mind, Heart, Spirit

(formerly Adult Religious Education)

*This material was updated November 20, 2009
Check calendar and current newsletter for info on these and other offerings.*

At our October meeting, we decided a more welcoming name would better reflect how our committee's programs can enhance the church's vision banner found on our website: "Belong with Heart. Thrive in Spirit. Act in Service."

To properly act in service, one needs not only to act from a generous heart and a grounded spirit but also to understand the issues involved. This is where our classes, talks, and workshops come in. For example, there is a link between our what we learned in our classes on climate change and how committed and effective we can be to help in the work of the Social Responsibility Committee on the environment.

We're very excited about our two current November programs.

Three Prophets of Religious Liberalism with Rev. Arthur Berman

The early history of Unitarianism in North America is an important part of our faith tradition. We're very fortunate that our own member, Rev. Arthur Berman, has offered to bring his extensive knowledge of that history to a three-evening book-study program based on "Channing, Emerson, Parker: Three Prophets of Religious Liberalism", starting on the evening of Remembrance Day, Wednesday, November 11th from 7:00 – 9:00pm in the Fireside Room. This program continues November 25th and December 16th.

SoulCollage® with Wanda Morris

Join Wanda Morris Saturday, November 28th from 9:00 am to 4:30 pm for this one-day workshop where you will learn about SoulCollage®, a spiritual practice that allows participants to access their inner wisdom. Wanda says it's also great fun. We will start in the sanctuary, then move to the Fireside Room.

In this workshop you'll receive an overview of the SoulCollage process, have time to make one (or more) SoulCollage cards and participate in a SoulCollage reading. As well as being a member of our church, Wanda holds a Master of Arts in Transforming Spirituality and recently completed the training to become a registered SoulCollage facilitator.

Space is limited to 12. The \$15 fee includes all materials and images and a catered lunch. However, if you have any magazines that you like (or old ones you'd like to donate) please bring them to the workshop. The signup sheet is on our new bulletin board. Please see one of the members of our committee after church to prepay.

Programs for 2010

We've postponed our screening and discussion of *Milk* to the new year. We hope to host this on a Sunday evening, with discussion leadership from our youth.

Building Your Own Theology II with Stephen Atkinson

is scheduled for the evenings of February 2, 9; March 2, 16, 30; April 13, 20; and May 4, 11, 18, 2010.

Other programs planned include a three-part book discussion of *Cascadia* by Douglas Todd with Marcia Stephenson in the winter and a six-part book discussion of *The Tao* by Wayne Dyer with Regina Bauman in the spring.

Living by Heart

The Living by Heart group continues to meet on the first Thursday of the month to learn how to use to poetry as a meditative, devotional practice. The class is based on a 12-part curriculum, which is clear, interesting and challenging. To find out more, contact Eljean Wilson.

Please contact ElJean Wilson (eljean@shaw.ca) or 604-921-9128 with any questions or suggestions.