



Talk, Reflect, Learn & Share: Adult Religious Exploration at NSUC this fall

This material was updated Sept 14, 2007. Check calendar for more details.

NSUC's fall line-up of Adult Religious Exploration classes is varied and interesting. The tough part is choosing!

While some dates listed below are firm at press time, others will be assigned a starting time later this fall. Check the bulletin board near the church kitchen for course descriptions and sign-up sheets, and check the newsletter and calendar for further details.

Growing Your Spirituality

So many spiritualities, so little time. Where do we start? How do we find our way through the plethora of religious traditions open to us as Unitarian Universalists to something that supports and challenges us?

With a new understanding of our own personality types, we can locate ourselves and journey forward with a sense of direction and greater compassion for others.

Based on Peter Tufts Richardson's *The Four Spiritualities*. 4 two-hour sessions facilitated by Antonia Won, meeting Tuesdays September 11, 18, 25, and October 9.

Spirit of Life

NSUC has been selected as one of the congregations field-testing a new Unitarian Universalist Association curriculum *Spirit of Life* to be facilitated by our skilled minister, Stephen Atkinson.

Participants may choose to attend all nine Tuesday evenings as a series, or may drop in to single workshops. The sessions, designed to last between 60 to 90 minutes, are built around themes from the lyrics of one of our classic hymns:

Spirit of Life—Exploring Spirituality for Unitarian Universalists
Sing in My Heart—Celebrations and Rituals
The Stirrings of Compassion—Caring For One Another
Blow in the Wind, Rise in the Sea—Spirituality in Nature
Move in the Hands—Living Our Spirituality in Our Day to Day Lives
Giving Life the Shape of Justice—Loving Your Neighbor and Yourself
Roots Hold Me Close—Tradition, Teachers, and Spiritual Formation
Wings Set Me Free—Hopes, Dreams, and Expanding Vision
Spirit of Life, Come to Us, Come to Us—Continuing On

This course will give everyone a chance to get to know our minister in an informal discussion-group setting, and will provide an opportunity for people at all stages of involvement in the UU faith to explore what spirituality means to them.

As the material is still under development, we will be sending our feedback to the authors of the curriculum as part of our field-testing agreement. Tentatively scheduled to begin October 16.



Yoga

If you are interested in yoga, we may have a chance to host a class taught by local instructor Elizabeth Shaw on Tuesday afternoons from 3:45 to 4:45 pm. A small group has been meeting in a local school, but the class is open to adding more participants.

The yoga postures can be modified so they are accessible for beginners and of benefit for those with previous experience. There is a charge for the instructor. If you are interested in joining this group, please call Marcia Stephenson at 604-922-3739.

Living Values

Living Values, a workshop for parents, teachers, and caregivers, will be offered by our own Val Hemingway and her associate Gudrun Howard on Saturday, October 20th, from 10 am to 3 pm. This program currently operates in over 80 countries in the world, and Gudrun is the Canadian representative.

Living Values helps parents, teachers and caregivers to encourage social skills and responsibility in children and youth, and to develop problem-solving strategies in situations involving bullying, prejudice, and interpersonal conflict.

The Saturday session will include a short introductory video followed by exercises that demonstrate the teaching of the core Living Values through songs, reflections, stories, and social interaction. Questions? Call Val Hemingway at 604-921-8029.

Compassionate Communication

Wayne Ulian, Lay Chaplain at Unitarian Church of Vancouver, will offer morning and afternoon workshops on Compassionate Communication for NSUC on Sat, November 17.

Wayne developed the specific ideas for these workshops out of material originally presented by Dr. Marshall Rosenberg in his book *Nonviolent Communication: a Language of Life*. This book and many other resources are available from the Center for Nonviolent Communication (John, link is <http://www.cnvc.org>)

CNVC is a global organization whose vision is a world where all people are getting their needs met and resolving conflicts peacefully. Worldwide, facilitators are using this NVC “process language” to bring life-serving changes in economics, education, justice, health care, and peacekeeping.

Over the past seven years, Wayne has presented non-violent communication workshops and facilitated peer practice in Vancouver and Bellingham, WA. The morning session will introduce/review the basic concepts and the afternoon will offer opportunities for practice.

Contact the church office (604-926-1621) to register for a course, or sign up on the bulletin board near the church kitchen.

Call Marcia Stephenson (604-922-3739) if you would like to join the ARE Committee or have any questions about the programs.