

ADULT ENRICHMENT
OPPORTUNITIES

2009-2010



GREEN BAY AREA UNITARIAN
UNIVERSALIST FELLOWSHIP

1641 COMMANCHE AVENUE, SUITE G

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ADULT ENRICHMENT OPPORTUNITIES

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Other Ideas?

These are just some of the opportunities being offered for the 2009-2010 Church Year. Other ideas are welcomed at any time. If you would like to teach a class, please talk to Matt Johnson (adultre@greenbayuu.org or 920-465-1173) and we can work together to set it up.

Check our website at greenbayuu.org and newsletter for more information.

Mini Unitarian Universalism Intro

Visit with us for an informal orientation to Unitarian Universalism and to our fellowship. Ask questions and tour the facilities. Speak with Fellowship members and find out more about who we are.

We will have a Q&A and some information slides. We will either have this mini intro after service or open house and it will last no more than 30 minutes. It will basically cover what we believe and what we do here!

Facilitator: Membership committee and others

Fee: none

When: See newsletter & announcements, offered about 1x month

New to Unitarian Universalism Class

Interested in finding out about basic UU roots, the founding and history of our fellowship and what we believe in? This one session offering is for friends who have been attending for a while, members who may never have had the opportunity to find out about our rich heritage, and those who are considering joining our Fellowship.

When: See newsletter & announcements, offered 4x per year

Length: 2 hours (either Saturday or a weeknight)

Facilitator: Membership committee and others

Fee: none

UU 101

Want to explore more deeply the roots of your own spiritual journey the richness of what Unitarian Universalism has to offer you? This class will explore more deeply the roots of our liberal religion, the activities of our fellowship, and how we function as an organization.

When: See the newsletter and Sunday announcements for when

Length: 3 nights, 2 hours each, or a Saturday for 6 hours

Facilitator: Matt Johnson & Margaret Krings

Fee: none

Minimum: 3 people

When: See the newsletter & Sunday announcements for details

Build Your Own Theology

Unitarian Universalists support a responsible search for truth. Explore what it is you believe in by Building your Own Theology through discussion, reading and journaling. Share this deeply personal journey with others who are also seekers.

Tuesdays in March: 3/2, 3/9, 3/16, 3/23 7-9pm, 4 sessions total

Facilitator: Steve Krings and Matt Johnson

Fee: none

Min: 4

Voluntary Simplicity: Living Green

With conveniences of modern life come distractions. What are the benefits and challenges of living a simple life in a society dominated by materialism and technology? Participants in this discussion course will gain an understanding of the meaning of voluntary simplicity, explore the material and psychological distractions that prevent us from caring for Earth, consider how life might be enriched through the practice of simplicity and develop a personal Action Plan to integrate simplicity into our lives.

When: Thursdays of Jan 7, 21, Feb 4, 18 & March 4

Time: 7-9pm

Fee: \$20

Facilitator: Steve Krings and Stacy Gilmore

Min: 5 people

Parents as Spiritual Guides

Have you ever wondered how UU parents talk to their children about religion? Participate in this discussion group and share your ideas with other parents.

Who: Matt Johnson & Vicki Fresen

Fee: none

When: See newsletter and Sunday announcements dates in May

Parent's Guide to Children's Religious Education

Find out what your children will be learning in this year's Religious Education Class. Hear about the curriculum for the coming year and how you fit into it. Overview of the fellowships RE program and how to teach a class.

When: 2 classes were held in August and a refresher will be held in February; See the newsletter & Sunday announcements for details

Facilitator: Jennifer Johnson and Beth Jensen

Fee: none

Frequency: August & Feb

Cakes for the Queen of Heaven

Sorry, this has been canceled. We may offer it in the future.

The Last Lecture

This offering will view and discuss the video by the same title and discuss what is valuable in life and how to live it to the fullest.

Carnegie Mellon Professor, Randy Pausch, who had a terminal illness, gave his last lecture at the university, Sept. 18, 2007. In his moving talk, "Really Achieving Your Childhood Dreams", Randy spoke about his lessons learned and gave advice on how to achieve your own personal goals.

View together "The Last Lecture" along with both reflective time and discussion.

When: 2 Sunday evenings Feb. 28, 6:30 - 8:30pm.

Facilitator: Vicki Fresen

Fee: none

Min: 4

Religulous

In this full length movie, comedian and TV host Bill Maher takes a pilgrimage across the globe on a mind-opening journey into the ultimate taboo: questioning religion. Meeting the high and low from different religions, Maher simply asks questions, like "Why is faith good?" "Why doesn't an all-powerful God speak to us directly?" and "How can otherwise rational people believe in a talking snake?" For anyone who's even a little spiritually curious, this divine entertainment will deepen your faith...in comedy!

Facilitator: Steve Krings

When: Saturday, January 9th, 7-9pm

Free: none

Min: 4

Tai chi

Intro to Tai chi

Wikipedia defines Tai chi chuan as “an internal Chinese martial art often practiced for health reasons. Tai chi is typically practiced for a variety of other personal reasons: its hard and soft martial art technique, demonstration competitions, health and longevity. Consequently, a multitude of training forms exist, both traditional and modern, which correspond to those aims. Some of tai chi chuan's training forms are well known to Westerners as the slow motion routines that groups of people practice together every morning in parks around the world, particularly in China.”

Facilitator: Jan Berg, Tai Chi Instructor

When: Saturday April 24, 9am-12pm

Frequency:

Fee: \$5

Min: 4

Other Opportunities for adult enrichment include the following:

Men's group

2nd and 4th Thursdays each month and an annual winter retreat

As men we tend to feel we must be self-reliant and don't need anyone else. Most of us who have participated in our men's' group find that other men share our concerns and questions, that other men have experienced similar struggles and often can help us to face challenges knowing that we are not alone.

We don't take roll or keep minutes of our sessions. We use little or no ritual. We have no officers and few rules. We don't drum or chant or have a secret handshake.

We help each other in times of trouble, share our joys, explore common issues. We have cooked together, presented Sunday services, sponsored church events, participated in bike rides, hikes and kayaked/canoed together. We hold weekend retreats. Friendships have grown up among us.

Who: Open to any man in the Fellowship or friends

Date of winter retreat: February 5, 6, 7 We'll be finished and back to Green Bay in time for the Super Bowl.

Questions? Email mengroupleader@greenbayuu.org or call the fellowship at 920-499-2344

Women's Group

Looking to start up in January after the Holidays. Look for more information in the newsletter and during announcements.

First Friday Discussions:

The First Friday Discussion Group is an informal gathering of individuals getting together to have a bite to eat and discuss topics of interest to them. We meet the first Friday of the month at 6 PM at the Fellowship. A snack or small dish to pass is appreciated but not required.

Family Camping:

Join Members at Peninsula State Park in August (any day between 22-29) for fun and fellowship. Watch the newsletter for details in Spring. . 2 fellowship families have booked sites in Tennison Bay (215-Fresens and 213-Johnsons). It would be great if you booked a site near there. Book on line or by phone 888-947-2757. See Vicki Fresen or Matt Johnson for questions.

Book Group:

The UU Book Group meets monthly to discuss titles and movies selected by members. Amy Masias coordinates the group and updates the schedule on a regular basis. Here is a snapshot below and thus is only a tentative schedule. See Amy for more details (uubook@greenbayuu.org).

Tentative book schedule:

December 16th, 6:30pm Jitterbean Coffee, 2670 Monroe, DePere (south of 172 & GV)

The Hour I First Believed by Wally Lamb

January Date/Time TBD - Jean Wentz's

Genesis by Bernard Beckett

February 10th, 6:30pm Amy Gialdini's

Sarah's Key by Tatiana de Rosnay

March 17th, 6:30pm Panera Bread, 2627 S. Oneida St, Green Bay

Galway Bay by Mary Pat Kelly

April, Date/Time TBD

The Namesake by Jhumpa Lahiri

May, Date/Time TBD

Kate- The Woman Who was Hepburn by William Mann

June, Date/Time TBD

The Beekeeper's Apprentice by Laurie R. King



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