

First Universalist Church of Minneapolis

Adult Programming

WINTER 2018

CIRCLES: SOUL MATTERS, SPIRITUAL DEEPENING, CARE, NEWCOMERS

RACIAL JUSTICE LEARNING OPPORTUNITIES

DAYTIME CONNECTIONS | YOUNG ADULTS | PATHWAY TO MEMBERSHIP

CIRCLES

Reflect, Connect, and Grow Your Soul

Circles are groups of 8-10 committed participants who come together with a trained leader to nurture spiritual growth in community. These groups are grounded in the spiritual practices of deep listening and open-hearted reflection. Each gathering offers an opportunity for connection: connecting with ourselves, connecting with others, and connecting with something greater than ourselves. **Registration is open Jan. 4–21** online at firstucircles.weebly.com and in the Social Hall on Sundays.



Soul Matters Circles

Over the past two years, we have been getting to know Soul Matters, a small group curriculum that encourages participants to reflect more deeply on our monthly worship theme. Last spring, our community of facilitators decided to adopt Soul Matters as the core circle format at First Universalist. We hope that you will dive in and discover all that this soulful curriculum has to offer.

How do Soul Matters Circles work?

At the start of each month, you will receive a packet of resources to help you go deeper with the worship theme. It includes poems, articles, YouTube videos, and more. This packet is your go-to text as you meet with your group and attend services throughout the month. The packet also includes questions for contemplation and spiritual exercises that invite you into deeper relationship with our worship theme.

Which Soul Matters Circle is for Me?

We are offering two types of Soul Matters Circles this year. One meets for a shorter duration, with greater frequency, and asks no preparation. The other meets for a longer duration, with less frequency, and has simple preparation exercises. Which one is for you? See the chart on page 2 to compare.



CIRCLES



Registration

Registration for most Circles—pages 2 through 6—is open January 4–21, 2018, with some exceptions which are noted in program descriptions. Sign up in the social hall on Sundays or online at firstucircles.weebly.com. Register for Newcomer Circles (open until filled) online or by emailing sandy@firstuniv.org. See individual program descriptions for how to sign up for all other offerings in this catalog.

Winter 2018 Soul Matters Circles

Open to All:

SHORTER FORMAT (2X/MONTH FEBRUARY–APRIL)

Mondays, Feb. 5 & 19, March 5 & 19, April 9 & 16, 7–8:30 p.m.

Leader: Tim Balke

Thursdays, Feb. 8 & 15, March 8 & 15, April 12 & 19, 7–8:30 p.m.

Leader: Doug Hicks

Saturdays, Feb. 10 & 24, March 10 & 24, April 14 & 28, 10–11:30 a.m.

Leader: Anne McBean

LONGER FORMAT (1X/MONTH FEBRUARY–JUNE)

Wednesdays, Feb. 28, March 28, April 25, May 23, June 27, 7–9 p.m.

Leader: Jane Baudelaire

Thursdays, Feb. 22, March 22, April 26, May 24, June 28, 6:30–8:30 p.m.

Leader: Amanda Kaler

Shared Identity:

GLBTQ AND GENDER NON-CONFORMING FOLKS (SHORTER FORMAT)

Thursdays, Feb. 8 & 22, March 8 & 22, April 12 & 26, 7–8:30 p.m.

Leader: Cathy Strub

POCI: PEOPLE OF COLOR AND INDIGENOUS PEOPLE

Sundays, Feb. 18, March 11, April 8 & 22, May 6 & 20, 1–3 p.m.

Leader: Michael Dotson

Comparing Soul Matters Circles

	SHORTER FORMAT	LONGER FORMAT
TIMING	Meeting twice monthly for 90 minutes, February – April	Once monthly for two hours, January – June
PREPARATION	It's helpful if you engage with the packet prior to the meeting, but no advance preparation required.	You will choose two items from the packet to help you bring the worship theme into your daily life: <ul style="list-style-type: none"> • a spiritual exercise • a question to contemplate
FORMAT	Listening to readings, responding to reflection questions.	Sharing your experience of the exercise you chose & the question you chose to contemplate.

Spiritual Deepening Circles

Spiritual Deepening Circles are groups of 8–10 participants who explore a topic or spiritual practice together.

Rumi, the Mystical Poets, and Sufism

Wednesdays, Feb. 7, 14, 21, 28, March 7, 14, 21, 28, 9:30–11 a.m.

Rumi is a master poet of the heart, but he is not alone. His poetry provides a door to the world of the mystical poets and Sufism. These traditions are not intellectual encounters, but rather about “tasting” the Divine Love. They serve to move us from calling “Spirit of Life, come unto me” to directly experiencing the spirit of life moving within us. This class will provide some orientation to the history and global distribution of the Sufi traditions, but will primarily focus on the “tasting,” using mystical poetry, heart-based meditation, and sacred chanting from the Sufi tradition. Life can take a toll on our compassion reservoirs; connecting directly to the Love can recharge those reservoirs. Come join us for a tasting.

Leader: Cheryl Ritenbaugh is new to First U and Minneapolis. She has been on the Sufi path since 2001, and has been a leader and teacher in that tradition for more than 10 years. She loves the heart-space created when groups are able to share Rumi and the other mystics.

Early Bird Morning Meditation

Thursdays, Feb. 1 – May 31 (every week), 7:30–8:30 a.m.

Starting the day with focused quiet time to orient toward our source of wisdom/inspiration is a foundational spiritual practice. This weekly session will include a check-in, a short reading, approximately 20 minutes of meditation, and opportunity to share reflections. No experience necessary. Drop-ins welcome and encouraged.

Leader: Suzan Klein, member of First Universalist Church. Suzan learned to meditate in 2003 at the Expanding Light Retreat in California. While practicing intermittently since then it has been an essential component of her spiritual practice during the past 2 years.

Weekly Meditation Group

Tuesdays, Feb. 6–May 29 (every week), 8:45–10 a.m.

Whether you are experienced at meditation or wanting to try it for the first time, join us for weekly sitting meditation, walking meditation, and ending with an optional sharing. Come as often as you can.

Facilitation will be shared by several from the group. **Two of the leaders are: Kathy Urberg**, who has been meditating for about 10 years. She mostly meditates alone at home, but finds that meditation in a group weekly makes her practice much richer. And **Martha Easter-Wells**, who is new to Minneapolis and First U. She learned from participating in a sangha that meditation can help quiet a busy mind and that it leads to a greater peace.

Chi-Gung

Thursdays, Feb. 1–May 24 (every week), 9:30–11 a.m.

Chi-Gung is a centuries-old form of meditative exercise originating in China that helps people increase self-awareness, build internal energy, and develop a healthy body physically and spiritually. Chi-gung techniques include breathing, body movements, focusing the mind, and vowel sounds. The class is suitable for those with physical limitations or illness. Chi-gung techniques and practice will help you to be relieved of physical pain, stress, depression and isolation. Come as you are—stiff, limber, happy, sad, clumsy, nimble.

Leader: Pat Gottschalk is a member of First U, has studied with several Chi-gung instructors, including Master Chunyi Lin, a highly regarded teacher in the Twin Cities. Pat is a certified Shiatsu practitioner (including Reiki, Lymph Massage and Cranio-Sacral therapy) with a 20-year practice in Minneapolis.

CIRCLES

Peace Circle

Wednesdays, Feb. 14, March 14, April 11, May 9, 1:30–3:30 p.m.

Join us for a deep exploration of peacemaking: inner peace, community peace, and world peace. Grounded in our UU values, participants are encouraged in developing their own understandings of peace. As a community of study and reflection, this circle will engage with different texts and films that will invite us into a deeper understanding of what peacemaking looks like in our times.

Leaders: **Pat Gottschalk** has sought to build a foundation of inner peace through her 20+ years of practice in Chi-Gung, and as a leader and participant in circles at First U. **Robin Morris** is the chair of the Library Committee and a long-time member of the First Universalist community.

Newcomer Circles

Are you new to First Universalist? Whether you are a recent visitor or a new member, you're invited to join a Newcomer Circle. These four-session gatherings of 6–10 newcomers offer a chance to get to know Unitarian Universalism, reflect on our spiritual journeys, and connect with other folks who are new to church. *Registration for Newcomer Circles remains open until filled. Register online or by emailing Sandy at sandy@firstuniv.org.*

This winter, our four-session Newcomer Circles are offered:

Sundays, Feb. 4, 11, 18 & 25, 12:30–2 p.m., led by Roberta Haskin

Mondays, March 5, 12, 19 & 26, 7–8:30 p.m., led by Laura Schlatter

Care Circles

Care Circles gather with a trained leader for companionship and comfort during life's more challenging chapters.

Walking with Love

Meets every other week on Thursdays from 7 to 8:30 p.m. beginning Feb. 1

A support group/sharing circle for those who walk beside a person experiencing mental illness. Its purpose is to bring together those who are in relationship with someone whose personal mental health challenges bring other challenges to their relationships. This is not a therapy group, nor is it an educational group. This group is intended to provide a safe, confidential environment in which group members can share their experiences in the context of Unitarian Universalist principles and faith. Its hopefulness grows from our Sunday morning covenant "... to dwell together in peace, to seek the truth in love, and to help one another." Our goal is to lift up our strengths, hold our grief and our joys, and to deepen individual peace. Group size limited to 10.

Leader: **Gary Melom**, retired social worker and First Universalist member.

Grief Group

Meets Mondays, Jan. 29, Feb. 5, 12, 19, 26, and March 12 (not March 5), 7–8:30 p.m.

This six-week circle is for all who are suffering a loss. Facilitated by church members, Rev. Mary Bohman and Kim Kindler, participants explore their grief and loss together and share in support. Group size limited to 8.

Caregiver Support

Are you caring for a loved one? Explore your experience, questions, joys & frustrations, and deepen your spiritual resources with others who share a similar experience. This group is conducted like a support group and led by a facilitator experienced with elder care. *For details and/or to join, contact Anne Frenchick at tedanne@pro-ns.net.*

RACIAL JUSTICE LEARNING OPPORTUNITIES

Spiritual Deepening Circles (Racial Justice Topics)

Spiritual Deepening Circles are groups of 8–10 participants—here specifically exploring topics on racial justice.

Talking about Race and Racism with Kids (for white parents, grandparents & teachers)

Saturdays, Feb. 24, March 3, 10, 17, and 24, 1–2:30 p.m.

Research has shown that children become more biased, confused and unable to get along with others of different ethnic groups if race is not talked about in clear and specific ways. Let's come together as parents, caregivers, and teachers to build our capacity for talking with children and youth about race, racism, and whiteness in ways that are supportive, grounded in the realities of the world, and hopeful. We will especially focus on what children need to know at each stage of their development and how to prepare ourselves for real life questions. As we grow our souls through weekly reading assignments, sharing our stories and reflecting on our journeys, we will become better able to guide and accompany our kids on their journeys.

Leader: Denise Konen is a licensed parent educator who's been through extensive racial equity training with the Pacific Educational Group and Dr. Heather Hackman. She's committed to advocating for a world where all belong.

White Privilege: Let's Talk—A Resource for Transformational Dialogue

Mondays, Feb. 5, Feb. 26, March 19, April 9, April 30, and May 21, 7–8:30 p.m.

White Privilege: Let's Talk—A Resource for Transformational Dialogue is an adult curriculum that's designed to invite church members to engage in safe, meaningful, substantive, and bold conversations on race.

Divided into four focused parts, each one introduces a different aspect of the dynamic of white privilege:

- The Spiritual Autobiography Told Through the Lens of Race
- Whiteness as the Norm: Five Loci of Insights on the Binary of Light/Dark and Black/White
- The Cash Value of Whiteness or Whiteness as a Tax-Exempt Status
- On Becoming an Ally

In all four parts, each author contributes a different view of the subject matter presented based on their unique personal experiences. The materials include questions for discussion and reflection.

Leaders: Channing McKinley & Lark Weller, members of the First Universalist Racial Justice Education Team.

Book Study/Reflection on Centering: Navigating Race, Authenticity & Power in Ministry

Thursdays, Feb. 1, 8, March 1 and 8, 7 to 8:30 p.m.

Join Rev. Justin Schroeder and Rev. Karen Hutt for a 4 part conversation on the book, *Centering: Navigating Race, Authenticity and Power in Ministry*. From the study guide: "This book includes nine essays by different authors, each one a religious professional of color. Each essay is followed by a response, also from a religious professional of color...Centering invites and challenges us to keep the voices and experiences of religious leaders of color at the center of the discussion." As First Universalist continues our racial justice learning and journey, one of our core practices is "centering" the voices of people of color within our faith communities and tradition. Join us for a lively discussion and time of learning and reflection.

Rev. Justin Schroeder has served as the Sr. Minister of First Universalist for over eight years. He was raised UU in Fort Collins, Col. He believes that relationships are at the heart of ministry—it is out of deep relationship that we best come to know ourselves, one another, the Spirit and Life, and what life is calling out of us.

Rev. Karen Hutt is an ordained Unitarian Universalist minister, a credentialed Clinical Pastoral Educator, and a Board Certified Chaplain. She was a co-founder and co-pastor of Church of the Open Door, which served Chicago's Black LGBTQ population from 1997-2005. Rev. Hutt went on to serve as a chaplain and Clinical Pastoral Educator in several large hospital systems in both Chicago and Minneapolis. She is widely regarded as one of the most innovative educators in the Clinical Pastoral Education field.

RACIAL JUSTICE LEARNING OPPORTUNITIES

Book Group: “An Indigenous Peoples’ History of the United States”

Mondays, Feb. 5, Feb. 19, March 5, and March 19, 7–8:30 p.m.

In the spirit and style of a circle group, we will investigate the history of the U.S. as a country founded and expanded as a white colonialist project and its effects on the indigenous nations already here. We’ll discuss how the information changes our view of ourselves, our country and our future. Our guide for the journey will be ‘An Indigenous Peoples’ History of the United States’ by Roxanne Dunbar-Ortiz, recipient of the 2015 American Book Award and recommended to congregations by the UUA. The UUA states, “This powerful book begs to be discussed and shared in trusted community. Unitarian Universalist groups and congregations can support people to delve together into the spiritual, emotional, and intellectual challenges of seeing their nation’s history through an unfamiliar and painful lens.” Whether it is a familiar or unfamiliar lens, join us for this 4-week study. We will read a portion of the book for each session. Please read the Introduction through Chapter 3 in advance of Feb. 5.

Leaders: Pam Berry and Jared Cruz have both been involved in racial justice programming for the last three years.

Workshops & Films

WORKSHOP: Revolution is Not a One-Time Event:

A Conversation for White People Newly Seeking to be Anti-Racist

Sunday, Feb. 11, 1–2:30 p.m.

In this moment, many white people are answering the call to racial justice action and showing up for their first march, contacting elected officials, and getting engaged for the first time. Well-meaning white people may be confused or not understand anger they may encounter as they enter contemporary anti-racism work. Does this sound like you? Do you have questions about why people get mad when someone says “All lives matter,” “I’m colorblind,” or “Nation of immigrants”? Does the statement, “If it’s not intersectional feminism, it’s white supremacy” leave you a little baffled? This group is designed for you! This will be an appropriate space to ask questions you’ve wanted—but have been afraid—to ask. Leaders will share their stories and experiences, and participants will have opportunities to share theirs in pairs. You’ll receive resources for further action, growth, and engagement. Join us for this conversation on how white people can thoughtfully engage in anti-racism work! *Register with Sandy DiNanni by emailing sandy@firstuniv.org or calling 612-825-1701.*

Leaders: Denise Konen, First Universalist Church member, **Katherine Parent** and **Shari Seifert**, anti-racist activists and organizers, both white women and members of Standing Up for Racial Justice (SURJ).

WORKSHOPS: Racial Justice & Our UU Faith

Sundays, Feb. 25 & March 4, 1–3:30 p.m., led by Jeff Sylvestre, Susan Schultz and Bianca Zick

Saturdays, March 10 & 17, 9–11:30 a.m., led by Clemma Muller and Pam Berry

Join us for an interactive, reflective workshop exploring a framework and tools for understanding race, racism, and whiteness and the spiritual imperative that drives our racial justice work. *To register, contact Sandy at Sandy@firstuniv.org or 612-825-1701.*

“13th” — A Documentary Screening & Discussion in Two Parts (Drop-In)

Thursday, March 15, 7 p.m. (part 1) and Sunday, March 18, 12:30 p.m. (part 2)

What does the passage of the 13th Amendment in 1865 have to do with today? Everything. The powerful documentary “13th” analyzes the criminalization of African Americans, the U.S. prison boom, and their relationship to the abolishment of slavery via the 13th Amendment. Join us for a two-part screening and conversation in community. *This is a drop-in opportunity—no registration required.* **Led by Jeff Sylvestre and Margaret Manderfeld**, members of the First Universalist Racial Justice Education Team.

DAYTIME CONNECTIONS

Through Daytime Connections, older adults empower each other to live intentional, joyful, purposeful, and spiritually fulfilled lives. We invite you to a variety of programs, workshops and activities listed below.



Two-Hour Programs with Lunch

Programs begin at 11 a.m., followed by lunch at 1 p.m. A \$5–10 donation for lunch is encouraged. **Registration is requested for lunch planning: contact Sandy DiNanni at sandy@firstuniv.org or 612-825-1701.** For more information about individual programs, visit: firstuniversalistchurch.org/daytime-connections-for-seniors/

Thursday, Jan. 18: Writing an Ethical Will

Leaving an ethical will is a spiritual gift to others. It's also a gift to the writer who, in the midst of life, gets to clarify life values and lessons, allowing us to be known by others. We invite you to bring a personal notebook or journal for writing and a small keepsake to help spark life memories and insights. Led by Judy Young, legacy writing facilitator, grief educator, and First U member.

Thursday, Feb. 15: Practicing Balance

How can we keep our balance, both physically and spiritually? Can we step surefootedly through our own stressful lives, while keeping our bearings amidst national and international turmoil? Learn some simple practices from a physical fitness specialist and from our own Reverend Justin that can build up daily habits of balance in our living.

Thursday, March 15: "The Talk" with Family

Have you had "the talk" yet with your kids or significant family or friends? Not the one about the birds and the bees, but the one focusing on end-of-life matters, including your medical care, memorial service and legacy, and your important papers. Take the opportunity to prepare for death with intentionality. Expect lots of interaction. Led by Harlan Limpert, longtime First U member, minister and outgoing executive of the UUA.

Thursday, April 19: Less Clutter, More Life!

It's two minutes to midnight and we haven't quite gotten to the things we really love. What can we do at the end of our one wild and crazy life to finally attend to and manifest our deepest longings? If reducing clutter popped into your mind, you would be right on target. It turns out that creating a serene space is an unexpected and powerful enabler of change. Learn the how-to's from an expert, while enjoying funny stories and lessons from First U declutterers. Onsite goal setting. Get ready to change your life!

Thursday, May 17: TBD

The DayTimer's planning team has decided to take more time to choose our May theme from among many amazing options. Updates will be posted online and announced on posters at church and via email. Stay tuned!

Engaging Opportunities for Active Adults on Thursdays

First Thursdays: Lend-a-Hand is an opportunity to help care for our building and grounds by cleaning, tidying, and helping with repairs on first Thursdays, 8:30 a.m.–noon. Email Sandy at sandy@firstuniv.org to sign up.

Second Thursdays: Habitat For Humanity Join our team for builds on Thursdays, Jan. 11, Feb. 8, and/or March 8. Sign up in the social hall or online at <http://firstuniversalistchurch.org/habitat-for-humanity-sign-up-form/>

Third Thursdays: Daytime Connections Two-Hour Programs with Lunch (see above)

Fourth Thursdays: Hiking Group Join other First U seniors for a hike in a different park each month! Find details online at firstuniversalistchurch.org. RSVP to Tom at saterstromtom@yahoo.com or 952-239-3629.

THE PATHWAY TO MEMBERSHIP

Feeling like First Universalist could be your spiritual home? Join us for The Pathway to Membership, a class exploring Unitarian Universalism, the history & mission of this congregation, and the experience of membership. Participants are invited to share and reflect on their own spiritual journeys and values. We ask that all those who wish to become members take this class (two sessions = one class). We'd love to welcome you as a new member!

Tuesdays, Jan. 30 & Feb. 13, 6:30–8:30 p.m., led by Rev. Jen Crow

Sundays, April 8 & 15, 1–3 p.m., led by Rev. Elaine Aron Tenbrink

Thursdays, May 17 & 24, 6:30–8:30 p.m., led by Rev. Elaine Aron Tenbrink

To register, contact Sandy DiNanni at Sandy@firstuniv.org or 612-825-1701.

YOUNG ADULTS

Join up with young people who are also in their 20s and 30s to nurture the spirit, enjoy good company, and have fun! Join the group on Facebook (search "First Universalist Young Adults" and request to join) for up-to-date information. Here is how you can get involved this winter and spring:

Service Project: Saturday, Jan. 13, noon–2 p.m. at First Universalist Church

Hang out with some great people, help around the facility with deep cleaning or painting, eat treats, and stick around to play some games! Come for a bit or stay the whole time, we will take anything you are willing to give. Contact Richard via email (RichardLopez229@gmail.com) with any questions.

Let's Get Outside this Winter!: February (weekend date and time TBD) at Trapp Farm Park Tubing Hill

Bundle up and join us for snow tubing at Trapp Farm Park Tubing Hill in Eagan! Tubes are provided and we'll be walking up the hill each time (\$4 per person cost), with an optional meetup for hot beverages afterward. Partners and friends are welcome. Check the young adults Facebook group for more info and/or send an email to Youngadultsfirstu@gmail.com. Hosted by Susan Engberg and Elisabeth Groebel.

Volunteer at Open Arms: Saturday, March 31, 10 a.m.–noon at Open Arms Kitchen

Join us for a superb opportunity to donate time to a valuable Minneapolis organization. Come and assist as we serve food to those in need. Limited spots available for this activity and each participant must complete a waiver. Register by emailing Naira Polonsky (naira.polonsky@gmail.com); registration closes 3/17/2018.

April Activity: date, time and location TBD

Join the group for a fun social excursion in April. Watch for details in The Weekly Liberal and/or Facebook.

May Day Parade/Festival: Sunday, May 6, time TBD, Powderhorn Park

Tag along as the First U YA group descends with thousands of others to the annual May Day parade and festival! Enjoy inspiring art, good food, amazing costumes, and stellar performances with a great group of peeps. Contact Mat via email (matthew.salamonski@gmail.com) with questions.

Childcare during Church Programming

During most church programming, we are delighted to offer childcare free of charge for children ages 6 months to 12 years with a **minimum of 7 days notice**. We can provide childcare for up to 3 hours. To sign up, submit the form at <http://firstuniv.weebly.com/childcare-reservation-form.html> at least 7 days in advance.

For more information about any of the programming listed in this catalog, contact Sandy DiNanni at sandy@firstuniv.org or 612-825-1701 x145.