

First Universalist Church of Minneapolis

Adult Programming

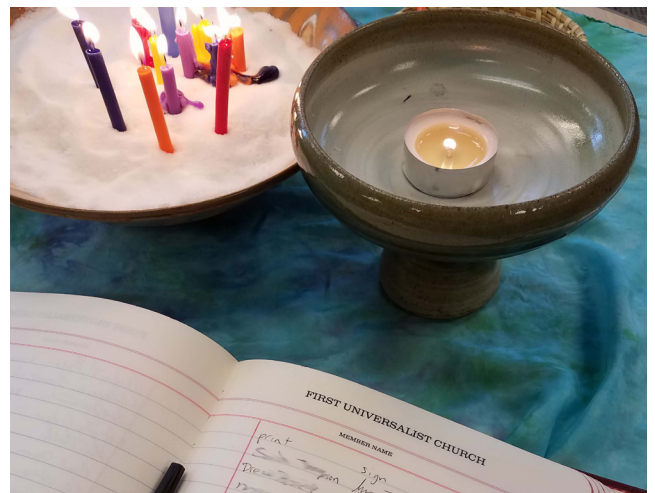
WINTER 2019

SOUL MATTERS & SPIRITUAL DEEPENING CIRCLES

RACIAL JUSTICE LEARNING OPPORTUNITIES

DAYTIME CONNECTIONS | YOUNG ADULTS

WELLSPRING | PATHWAY TO MEMBERSHIP



www.firstuniversalistchurch.org



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: with ourselves, with others, and with something greater than ourselves.

Circle Registration: January 10–29

Registration for Circles is open Jan. 10–29, 2019, with the exception of Newcomer Circles which remain open until filled. Register online at firstucircles.weebly.com or sign up in the Social Hall on Sundays, Jan. 13, 20 & 27.

Soul Matters Circles

Soul Matters is a small group curriculum that encourages participants to reflect more deeply on our monthly worship theme. This winter's Soul Matters groups require no special preparation beyond showing up ready to listen and reflect. However, you can go deeper with each month's theme with our Soul Matters packet. This collection of resources, which includes poems, questions for contemplation, spiritual exercises, articles, and more, helps ground you in our monthly theme as you meet with your group and attend services throughout the month.



Winter/Spring 2019 Soul Matters Circles

Open to All:

Tuesdays, Feb. 5, 19, March 5, 19, April 2 & 9, 7–8:30 p.m.

Leader: Mat Salamonski

Wednesdays, Feb. 6, 27, March 6, 13, April 3 & 10, 7–8:30 p.m.

Leader: Doug Hicks

Thursdays, Feb. 7, 21, March 7, 21, April 4 & 18, 7–8:30 p.m.

Leader: Jane Jordan

Shared Identity/Experience:

PARENTS

Wednesday mornings, Feb. 6, 20, March 6, 20, April 10 & 24, 9–10:30 a.m.

Leader: Rev. Elaine Aron Tenbrink

PARENTS

Thursdays, Feb. 7, 21, March 7, 21, April 11 & 25, 6:30–8 p.m.

Leader: Heidie Lish

PEOPLE OF COLOR AND INDIGENOUS PEOPLE (POCI)

Sundays, Feb. 24, March 17, April 14, May 19, 1–3 p.m.

Leader: Michael Dotson

PEOPLE LIVING WITH MENTAL ILLNESS

Tuesdays, Feb. 5, 19, March 5, 19, April 2, 16, May 7, 21, June 4 & 18, 5:30–7 p.m. Leaders: Rev. Ruth MacKenzie and Gary Melom

Soul Matters & Self Friendship: A circle for those living with mental illness

Maitri is a sanskrit word meaning an unconditional friendship with oneself. So often with issues of mental health, we denigrate ourselves, or try to get rid of some “bad” trait, disliking ourselves for who and what we are. With a focus on maitri, we might discover our wisdom, bravery, resilience, and kindness. We will use worship themes to befriend ourselves, provide support for the twists and turns of our mental health, develop spiritual practices that soothe and calm, and create strong bonds of community.

Leaders: Rev. Ruth MacKenzie coordinates pastoral care at First Universalist. **Gary Melom** is a member of the pastoral care team with a background in mental health care.

Spiritual Deepening Circles

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

Have I Got a Story for You. It's Called My Life.

Thursdays, Feb. 7, 21, March 7, 21, April 4 & 18, 7–8:30 p.m.

In the last 15-20 years, the social sciences have witnessed a strong upsurge of interest in narrative and stories as they apply to human lives and social relationships. The life-story model of adult identity is becoming a tool for personal, spiritual and community reflection. We create internalized and evolving life stories that serve to reconstruct the past and anticipate the future in ways that provide our lives with some degree of unity and purpose. In this 6-week circle, participants will explore the multifaceted world of narrative construction, meaning, and purpose through fun and engaging exercises.

Leader: Rev. Karen Hutt serves as Adjunct Minister at First Universalist and is the Vice President of Student Experience and Culture at United Theological Seminary of the Twin Cities. In addition to being an ordained minister, she is also a credentialed Clinical Pastoral Educator and a Board Certified Chaplain.

Soulful Separation Circle

Tuesdays, Jan. 29, Feb. 5, 12, 26, March 5 & 12, 6:30–8:30 p.m.

When a committed relationship ends, whether long-term or of short duration, expected or a surprise, initiated by both or by one partner, it is a significant change and loss that each experiences. HOW one travels through this transition can make the difference between staying in a state of prolonged anger, judgment, grief, resentment, or more, or choosing to face this new way of being in the world as an opportunity for personal and spiritual growth, in all its richness and messiness. Join others as we each explore this journey of separation in an intentional, soulful manner.

Leader: Jeanne Guignon joined First Universalist, a faith community she could call “home,” in 2010. Jeanne is a retired clinical social worker, now using these skills in other ways. She enjoys her dog Katy, hiking, yoga, travel, being in nature... and of course, her kids and grandkids.

Storytelling as Spiritual Practice

Tuesdays, Feb. 12, 26, March 12, 26, April 9 & 23, 7–8:30 p.m.

The stories we tell, whether rooted in fact or make-believe, are bridges across generations, cultures, and physical distance. They can also serve as pathways for self-discovery. In this group, we will experience storytelling and listening as expressions of spiritual and ethical values. Participants will develop stories to share—either personal or family stories or their own retellings of traditional tales or myths. Together, we'll explore the potential of storytelling to enrich our spiritual lives.

Leader: Sue Searing is a storyteller who performs for both adults and children in Twin Cities venues including the monthly story slam and Story SlamMN. Sue is a member of both Story Arts of Minnesota and First Universalist.

Weekly Meditation Group

Beginning Tuesday, Jan. 15, continuing weekly throughout the year, 9–10:15 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 the group, but Kathy and Martha will get us started.

Leaders: Kathy Urberg 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. **Martha Easter-Wells** has learned from participating in a sangha that meditation can help quiet a busy mind and that it leads to a greater peace.

CIRCLES

Chi-Gung for Health and Peace of Mind

Thursdays, Feb. 7, 14, 21, 28, March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 & 23, 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 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.

Peace Circle

Saturdays, Feb. 9, March 9, April 13, May 11, 9:30–11:30 a.m.

Members of the Peace Circle are on a journey to find what it means to become literate about Peace. The Circle has studied some writings of Paul K. Chappell, noted Peace teacher and activist, and has several more authors whose writings they plan to explore, as they strengthen their understanding of what it means to “make Peace.” From Paul K. Chappell, the group has learned that Peace making is about deep listening between two sides, and is both sides demonstrating respect for the other. What can other thinkers show us about making Peace? Come join us as we explore.

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 Universalist. **Robin Morris** is the chair of the Library Committee and a long-time participant in the First Universalist community.

Spiritual Deepening Circles with a Racial Justice Focus

Brave Connections: Interrupting Bias and Systemic Racism

Thursdays, Feb. 21, 28, March 7, 14, 21 & 28, 7–8:30 p.m.

In this practice and reflection circle, learn how to listen closely and respond clearly to relatives, friends, neighbors and co-workers who say or do something that is biased. In situations concerning race, good people do things that have harmful impact and perpetuate a racist system. We will share an open-hearted approach for speaking up with directness and respect. We will focus on impact, not intent; compassion, not calling out. Short articles and videos will help guide us in our work. We will practice and reflect in the circle and in our lives.

Leaders: Jeff Sylvestre has worked closely with small group ministries and is committed to facilitating safe groups that explore race, racism, and whiteness. **Denise Konen** is a Licensed Parent Educator, anti-racist organizer, and facilitator of “Talking About Race and Racism With Kids” workshops.

Parenting for Racial Justice

Tuesdays, Jan. 29, Feb. 5, 12, 19 & 26, 7–8:30 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 and healing justice organizer and activist. She serves on the Sanctuary and Resistance Team at First Universalist and facilitates workshops for white people to practice ways to interrupt racism and take action for racial justice.

Stepping Off the Path of Dominion:

A justice-oriented book study of *White Birch, Red Hawthorn: A Memoir* by Nora Murphy
Tuesdays, Feb. 5, 19, March 5 & 19, 7–8:30 p.m. plus one field trip on a date TBD

Join us to learn from and investigate the three themes of this book: discovering our personal family roots, reframing our understanding of Minnesota's history and making a new way forward that recognizes the native experience in Minnesota. As the flap of the book explains, "in twelve essays, each dedicated to a tree significant to Minnesota, Murphy tells the story of the [160 acre virgin maple] grove that, long before [her relatives] arrived, was home to three Native tribes: the Dakota, Ojibwe, and Ho-Chunk. She notes the devastating strategies employed by the U.S. government to wrest the land from the tribes, but also revisits iconic American tales that subtly continue to promote this displacement—the Thanksgiving story, the Paul Bunyan myth, and Laura Ingalls Wilder's Little House books." One touch point of the book is how white settler colonialism showed up in Minnesota. Over the four meetings, we will also develop relationships, take a field trip, read related articles, and share resources.

Facilitators: Pam Berry appreciates the many opportunities within our church to learn more about racism and white privilege. She finds that facilitating groups provides a perfect chance to explore one aspect of racial justice while making meaningful connections with others. **Margaret Manderfeld** has found a home at First Universalist because of its focus on racial justice. She has a special interest in examining her family's settler roots because her family established a farm in New Ulm in 1861—the year before the U.S. provoked conflict with the Dakota. **Jared Cruz's** ancestors include white settler colonizers on the U.S. mainland and in Puerto Rico. He is interested in Puerto Rican, Latin American and Native American history and political struggles as well as racial justice issues in general and has been involved in First Universalist's racial justice programming.

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.

Sign up online at firstucircles.weebly.com (Jan. 10–29) or after that by contacting Sandy at sandy@firstuniv.org or 612-825-1701. Registration is open until filled.

Wednesdays, Jan. 30, Feb. 6, 13 & 20, 2–3:30 p.m., led by Rev. Elaine Aron Tenbrink

Wednesdays, Feb. 6, 13, 20 & 27, 7–8:30 p.m., led by Rev. Roberta Haskin

Thursdays, March 7, 14, 21 & 28, 7–8:30 p.m., led by Philipp Muessig

Tuesdays, April 2, 9, 16 & 23, 6:30–8 p.m., led by Shelley des Isles

RACIAL JUSTICE LEARNING OPPORTUNITIES

Circles

People of Color and Indigenous People Circle (Soul Matters Circle): See page 2 for details.

Brave Connections: Interrupting Bias and Systemic Racism (Spiritual Deepening Circle): See page 4 for details.

Parenting for Racial Justice (Spiritual Deepening Circle): See page 4 for details.

Stepping Off the Path of Dominion (Spiritual Deepening Circle): See page 5 for details.

Workshops

Racial Justice and Our UU Faith

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.**

Saturday, Jan. 26, 1–5 p.m., led by Jared Cruz and Susan Schultz

Saturdays, March 9 & 16, 9–11:30 a.m., led by Channing McKinley and Jeff Sylvestre

Film Discussions

“13th”

What does the passage of the 13th Amendment in 1865 have anything to do with today? Everything. The powerful and thought-provoking 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. This is a drop-in event and will be held in the Cummins Room.

Sunday, Jan. 27, 1–3:30 p.m., facilitated by Lynn Anderson and Polly Talen

Tuesday, Jan. 29, 6:30–9 p.m., facilitated by Shannon Puechner and Lark Weller

We will be offering more film discussion opportunities throughout the winter and spring. Contact Polly Talen for updates: Pollymtalen@gmail.com.

WELLSPRING

Wellspring is a uniquely Unitarian Universalist program of spiritual deepening that offers the opportunity to learn more about ourselves and our faith through a year-long small group experience. It has five components: **1.** commitment to a daily spiritual practice, **2.** monthly spiritual direction, **3.** small group meetings, **4.** reading about the theological and historical foundations of our faith, and **5.** putting our faith into action.

After a day-long opening retreat on Saturday, Aug. 24, Wellspring meets every other week through May 2020.

Contact Rev. Elaine Aron Tenbrink with any questions: elaine@firstuniv.org.

Information Sessions

Attendance at one drop-in information session is required if you wish to participate in Wellspring next year:

Sunday, March 24, 1 p.m. in Room 203

Sunday, April 28, 1 p.m. in Room 200

Thursday, May 2, 7 p.m. in Room 203

THE PATHWAY TO MEMBERSHIP

Is First Universalist feeling like your spiritual home? Join us for The Pathway to Membership, a class exploring Unitarian Universalism, the history and 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. We'd love to welcome you as a new member!

Sundays, Feb. 17 & 24, 1–3 p.m.

Saturday, April 13, 8:30 a.m.–noon

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

DAYTIME CONNECTIONS

Through Daytime Connections, older adults empower each other to live intentional, joyful, purposeful, and spiritually fulfilled lives.



Two-Hour Programs with Lunch

Programs begin at 11 a.m., followed by lunch at 1 p.m. A \$5–15 sliding scale donation for lunch is encouraged.

Registration is requested for lunch planning: contact Sandy DiNanni at sandy@firstuniv.org or 612-825-1701.

Thursday, Feb. 21, 11 a.m.: Get it Right: Planning Your Own Memorial Service

As we move into the second half of our lives, questions of meaning and purpose often arise. Your time contemplating and planning your own memorial service may deepen and widen your exploration of these questions. Join Rev. Ruth MacKenzie as she helps us identify the stories that are important, name what is meaningful, and plan the different elements of your own memorial service. Please join us for this life-giving, meaningful venture.

Thursday, March 21, 11 a.m.: Palliative Care: What You May Not Know

Palliative care is an interdisciplinary approach to specialized medical and nursing care for people with serious illnesses, focusing on providing relief from the symptoms, pain, physical and mental stress at any stage of illness. Experienced palliative care providers will present an overview of recent developments in palliative care, explain the differences between palliative and hospice care, and share how one finds palliative care when needed.

Thursday, April 18, 11 a.m.: Appreciating & Belonging in Garden Spaces—from Small to Large

As we anticipate spring, how can we prepare ourselves to experience nature's rebirth? Can we find it in thoughts of garden strolls, our inside potted plants, our gardens or walks through our neighborhoods? Join us as we cultivate gardens in our minds and in the earth. We will receive tips on finding nature spaces and cultivating our own gardens – small or large.

Thursday, May 16, 11 a.m.: Strokes: Avoiding, Identifying, Treating

Donna Lindsay, Neuroscience Clinical Nurse Specialist from Hennepin County Stroke Center, will discuss stroke risk factors and how to reduce them. Just as importantly, we will learn how to recognize when someone is having a stroke and what we should do to help them. She will give us an overview of what a stroke is and the emergency treatments available if someone gets to the hospital fast enough.

For more information about Daytime Connections and individual programs, visit: firstuniversalistchurch.org/daytime-connections-for-seniors/

YOUNG ADULTS (20s & 30s)

Young Adults Lunches: First and Third Sundays, 12:45 p.m.

Are you in your 20s or 30s? Join the First Universalist Young Adults group on the 1st and 3rd Sunday of every month for lunch and conversation after the 11:15 a.m. service. This is a casual “come when you can” social opportunity—no sign up required! Meet at 12:45 p.m. at the info desk in the Social Hall before heading out. Email Molly Work at mollywork88@gmail.com with questions.

Ice Skating at Loring Park: Sunday, Jan. 20

Feeling tired of the Minnesota winter? Embrace the season and join other young adults in their 20s and 30s for some skating fun on Sunday, Jan. 20. Gather with the group for lunch beforehand (meet at the social hall info desk at 12:45pm) or meet us at Loring Park (1382 Willow Street, Minneapolis, MN, 55402) at 2:30 p.m. Skating on the rink is free and skates are available on a first-come first-serve basis at the site. Email Gordon Loery at gloery945@gmail.com with questions.

Coming Soon: Theology and Coffee

Coffeeshop conversations with First Universalist ministers about the big questions of being human. Email Gordon Loery at gloery945@gmail.com to receive more information as it becomes available.

CONGREGATIONAL CARE

12-Step Spirituality: Centering Prayer Meditation

Saturdays, Jan. 19, Feb. 9, March 9, April 13, May 11, 9 a.m.–noon, Social Hall

These drop-in sessions, offered monthly Oct.–May, are designed for those actively working a 12 Step program, as well as those wanting to explore & deepen their spirituality through meditation. Each session includes Centering Prayer meditation instruction, two 20-minute Centering Prayer sessions, reading from 12 Step literature, and presenters sharing personal experiences and sharing on selected topics.

Caregiver Support Circle

Are you caring for a loved one? Explore your experience, your questions, your joys and 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, contact Anne Frenchick at tedanne@pro-ns.net.

Soul Matters Circle for People Living with Mental Illness See page 2 for details.

Soulful Separation: a Spiritual Deepening Circle See page 3 for details.

Childcare during Circles, Classes, and Programs

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.

More Information & Registration

Register for circles online at firstucircles.weebly.com. Register for most other classes and programs with Sandy at sandy@firstuniv.org or 612-825-1701. **For more information** about any of the programming listed in this catalog, contact Rev. Elaine Aron Tenbrink at elaine@firstuniv.org or 612-825-1701.