



*Fall 2009
Adult Education
Classes and Workshops*

*Eno River Unitarian Universalist Fellowship
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Fall 2009 Adult Education Classes and Workshops

Welcome to Adult Education at Eno River Unitarian Universalist Fellowship! Unitarian Universalists often think of learning and growth as lifelong processes, and believe these are enhanced when they take place in community. In this spiritual community, we bring our principles, commitments and religious questions to conversations with one another, our religious tradition and the big ideas of others. The time we spend together is often inspiring and helps us engage in meaningful, sometimes life changing action.

In this brochure you'll find a listing of classes and workshops that support the growth and learning of adult bodies, minds and spirits. Teens are welcome too!

We're especially committed to supporting the development of Unitarian Universalist faith and spiritual identity. To accomplish all this, our classes are offered by volunteers and our minister(s).

Though you may be wondering... "but what happened to ISES?" ISES (Integrated Studies in Engaged Spirituality) actually always was Adult Classes and Workshops. We liked the concept a lot, yet heard repeatedly that the name confused people. We think that for now, "Adult Ed" describes what we do and when/if something creative emerges that helps all of us move toward ERUUF's Ends (vision) we'll share it right away!

Basic Information

There is no fee for any class or workshop, unless it's a special, one time event with a paid presenter. Members, friends and visitors are all welcome, though space is sometimes limited in a particular class or workshop.

Registration Process

Sign up for classes on Sunday during coffee hour, or by contacting the ERUUF Office at office@eruuf.org or (919) 489-2575.

We ask all participants to fill out a registration form. We never share your information with anyone outside of ERUUF; this simply helps us track interest and needs, plan for the future, and reach out to casual friends. This information also helps friends in a class both contact and support each other in times of need.

Where to Find More Information

Check out the Sunday Bulletin, www.eruuf.org, and Currents (our newsletter) for new course additions.

Think You Might Like to Lead a Class or Workshop?

The Adult Religious Education Committee is here to support you! Contact Victoria Zula, Chair of the Adult Education Committee: vmz@mindspring.com, or call (919) 806-8450.

Winter 2010 Adult Education Information

Our next updated Adult Education brochure will be available in January 2010. Submit information before December 15, 2009.

*Learning and Growing in **Body**.....*

Living a Healthy Life with Chronic Conditions

Thursdays, 1:00 PM - 3:30 PM, October 29 - December 10

Room 4/5, CARE Building

Facilitators: Jeanne Gresko Boehlecke, MS, LPC and Fran Rukenbrod, MS, RD, LDN

Preregistration by October 22 is required in order to prepare the free materials.

Free interactive 6 week course, developed at Stanford University, designed to help people with chronic diseases.

Included will be:

1. techniques to deal with frustration, fatigue, pain, isolation
2. appropriate exercises for maintaining and improving strength, flexibility, and endurance
3. appropriate use of medication
4. communicating effectively with family, friends, and health professionals
5. nutrition
6. how to evaluate new treatments

Each participant will receive a copy of the book, *Living a Healthy Life with Chronic Conditions* and a relaxation CD, *Time for Healing*. This program is designed to enhance regular disease treatment and disease specific education.

Jeanne Gresko Boehlecke is a Licensed Professional Counselor (NC) and has worked in rehabilitation for 20 years. She has also worked as a health coach at Duke University for the past 8 years.

Fran Rukenbrod is a registered and licensed dietitian who retired from working at Duke University Medical Center three years ago. Her experience includes counseling clients on nutrition in the areas of diabetes, hypertension, heart disease, weight management and others.

She and Jeanne have worked together on research projects at Duke, and have co-led groups in their work.

Mind.....

Veiled Reality: What Is Beyond Quantum Mechanics?

Wednesdays 7:00 PM-9:00 PM October 7- October 28

Room 14 (downstairs) CARE Building

Facilitator: Jim McCrae

The comfortable world described by Newtonian physics was supplanted by the unfamiliar but still imaginable world described by Einstein's Special and General Theories of Relativity in the early 20th century. Within a few years the Relativistic world view became inadequate after the discovery of quantum mechanics. The consequences of the quantum mechanical description of reality have barely entered the common understanding of how the world works and what lies behind what we see. While String Theory offers some fascinating mathematical explanations of how this other world may be constructed from our view as sentient beings, the fundamental question of what is out there remains a complete mystery.

This series of discussions will focus on the possible interpretations of what we do know about the "veiled reality" hinted at by our understanding of quantum mechanics. All that is needed is a healthy desire to learn and question coupled with a respect for the complimentary paths of science and spirituality. Some background understanding of physics and quantum mechanics will be helpful but no necessary.

Jim McCrae is a long time ERUUF member who has a fascination and passion for the quantum world.

On Your Way to Authorship

Third Monday evening of each month, 7:00 PM - 9:00 PM

CARE Building, Room 1

Facilitator: David Halperin

Are you writing, or would you like to write, a memoir or a novel, a short story or an essay or a book of non-fiction, a sermon or a poem? Bring it in and let us hear it! We're an ongoing writers' group, led by professor-turned-novelist David Halperin, dedicated to providing helpful and supportive feedback for one another. Whatever your dream of being a writer may be, we're here to help you make it come true.

Prompt Writing

First Wednesday of the month, 7:00 PM - 9:00 PM

CARE Building, Room 1

Facilitator: Linda Brooks

We provide a prompt, such as "Something I've wasted" or "I knew I was grown up when..." and then we write for 15 minutes. After each of three prompts, we read what we've written on a voluntary basis and those in the group give feedback about what they liked. No negative comments allowed! No writing skills or experience needed. You don't even need to like to write. All are welcome. You're guaranteed at least one laugh per meeting, probably more. It's great fun and we get to know each other. Come as often as or as little as you like.

Linda Brooks is a retired educator and long time ERUUF member.

and Spirit.....

A Gift from the Heart

Saturday mornings, November 7 and 21st 10:00 AM - 12:00 PM

CARE Building Room 4/5

Facilitator: Juanita Johnson

They say the best gifts are free and given from the heart. Would you like to give a gift of the heart this year for Christmas? If so, consider joining Juanita Johnson for two Saturday mornings.

The first week - to consider what you value and what you would like to convey in an uplifting, positive letter to loved ones.

The second week - to compose the letter(s) which can then be shared at your choosing, perhaps as your Christmas gift to loved ones.

Juanita Johnson has taught courses on writing Ethical Wills and Legacy Letters.

Study Group: Thich Nhat Hanh's *Anger*

Four Wednesdays, October 14-November 4 7:00 AM-8:30 PM

CARE Building,

Room 1 (October 14 and 28)

Library (October. 21 and November 4)

Facilitator: Pam Sobek, (919) 384-5940

We will read *Anger* and discuss how its principles and practice might enrich our lives and support us in addressing conflict in our congregation.

Pam Sobek has taught anger management with at risk children for many years, and has studied the work of Thich Nhat Hanh.

Unitarian Universalist History

Wednesdays: October 7- November 5 7:00 PM-9:00 PM

CARE Building, Room 7

Facilitator: Rev. Deborah Cayer

In this class we'll view short clips from a DVD that features historians and ministers who succinctly tell the story of Unitarian Universalism, and we'll discuss the issues they raise. What does religious freedom mean to us today? Where and why did our tradition historically part company with other congregational traditions? What are some of the distinguishing features of Unitarian Universalism as a result?

This is a great introduction to UU history and theology. All are welcome; *preregistration is necessary*. Deborah Cayer is ERUUF's Acting Lead Minister for 2009-2010.

Giving Circle Workshop: Getting Bang for your Buck

Day/Time/Room Tuesday, November 3, 2009, 7:00 PM Room 4/5

Facilitator: Marilyn Hartman, (919) 967-5837 marilynhartman@nc.rr.com

Are your charitable dollars really making a difference?

Would you like to be able to watch your donations at work?

A giving circle is a powerful way to impact social change. It gives you a hands-on opportunity to explore and collaborate with like-minded people who share the desire to make local, social investments with impact.

Find out how pooled charitable dollars can have a far greater impact than smaller, individual gifts, and how the collective savvy of a group adds value and impact to volunteerism and charitable investments.

Attendance in this workshop does not obligate you to join a giving circle, but it will give you tools to pave the way to making a bigger difference in our community.

Marilyn Hartman is a long time Giving Circle and ERUUF member.

Harvest the Power: Developing Lay Leadership

Sundays, 1:00PM -3:00 PM on the following dates:

October 4 *The UU Journey: UU History & Leadership from
UU perspective* a

October 18 *Power and Authority*

October 25 *Caring for Ourselves and Each Other* (**Library**)

November 8 *Integrity*

November 15 *Understanding Systems in Your Congregation*

November 22 or December 6

Keeping Distress Productive

CARE Building, Room 4/5 (except October 25)

Facilitators: Linda Brooks and Jean O’Barr

Ready to jump in and contribute to ERUUF this fall? Here’s the opportunity! This 6 session series is based on the UUA’s new curriculum for adult leadership. Harvest the Power weaves UU values with four strands: spiritual development, ethical development, UU identity development, and UU faith development. The series enables lay members to grow in spirit as they grow as leaders. The sessions are designed for anyone in the congregation—emerging leaders as well as experienced ones—who wants to enrich the skills they bring to their roles, both in church life and life in the "outside world." Limit: 12 people.

Linda Brooks and Jean O’Barr are both long time ERUUF members who have worn many different leadership hats over the past several years. Leading this class allows them to share their enthusiasm and support others in exploring and growing their own UU leadership identity.

The Mission of the Eno River Unitarian Universalist Fellowship is to transform lives by building a free and inclusive covenantal religious community of spirit, service, justice and love.

There are seven principles which Unitarian Universalist congregations affirm and promote:

- ◆ The inherent worth and dignity of every person;
- ◆ Justice, equity and compassion in human relations;
- ◆ Acceptance of one another and encouragement to spiritual growth in our congregations;
- ◆ A free and responsible search for truth and meaning;
- ◆ The right of conscience and the use of the democratic process within our congregations and in society at large;
- ◆ The goal of world community with peace, liberty, and justice for all;
- ◆ Respect for the interdependent web of all existence of which we are a part.

Unitarian Universalism (UU) draws from many sources:

- ◆ Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- ◆ Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- ◆ Wisdom from the world's religions which inspires us in our ethical and spiritual life;⁴
- ◆ Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- ◆ Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.
- ◆ Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

Eno River Unitarian Universalist Fellowship

campus map



