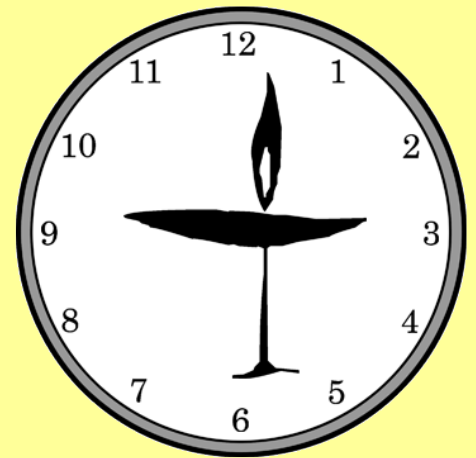




# WINTER-SPRING 2012 PROGRAMMING CATALOG

It is **TIME** to register for Religious Education classes. Get out your netbooks, your planners, your smartphones, or whatever system you use.

Within these pages you will find programming so rich, so varied, so relevant that you **WILL** want to start planning to attend any number of these programs **RIGHT NOW**.



# First Unitarian Universalist Church of Richmond

## Program Catalog Table of Contents

In the following pages, you'll find a menu of different programs and events happening in our church from January through May 2012.

Each description provides times, fees (if any), and a listing of the presenter or facilitator(s) if applicable.

Unless otherwise noted, all programming will be held at the First Unitarian Universalist Church of Richmond, 1000 Blanton Avenue, Richmond, VA.

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**QUESTIONS? CALL 804.355.0777**

**We *grow* in search of Wisdom, We *care* in support of Community, We *act* in service of Justice.**

# WELCOME TO THE FIRST UNITARIAN UNIVERSALIST CHURCH OF RICHMOND

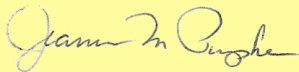
Stop learning immediately.

Just imagine if you were told to stop all learning and settle in at your present level of knowledge and understanding for the rest of your life. Most of us would find it immoral, unreasonable and impossible since as Unitarian Universalists we are so completely convinced of the need for personal growth.

This catalog is offered as an invitation to never stop learning, growing, listening and understanding. Join with others in reading, discussing and imagining. Let your personal growth be a radical commitment to which you give your time and intention.

Never allow anyone to make you stop learning, not even yourself.

Rev. Jeanne Pupke



## Church Covenant

We, the members of First Unitarian Universalist Church of Richmond, in support of our community, promise to:

**C**elebrate our differences

**H**onor the UU principles

Be **A**ccountable for our words and actions

**L**isten with openness and compassion

**I**nvoke and welcome all

**C**ommit our time, talents, and financial resources

**E**xpect the best of each other and ourselves

Thus, we do covenant.

## **UNITARIAN UNIVERSALIST PRINCIPLES**

**We, the member congregations of the Unitarian Universalist Association, covenant to 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 UNIVERSALIST SOURCES**

**The living tradition which we share 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;
- 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.

# Frequently Asked Questions

## Who can attend?

Everybody reading this catalog is invited to attend! If you let your neighbors read it, they are invited as well!



## How do I sign up?

Fill out the registration form found at the back of this catalog or go to our website (<http://richmondUU.org/grow/religious-education/>) and fill one out. You can put complete registration forms in the drop box located in the Middle Studio under the Religious Education bulletin board, mail them in to the church (attention “Lifespan Classes”), or email [Rhonda@richmondUU.org](mailto:Rhonda@richmondUU.org).

## When should I register?

Registration for classes is ongoing throughout the year, but closes a **week prior** to the class start date.

## What do classes cost?

Fees per class are listed with each synopsis. Dues must either be paid in advance or on the first night of the class—cash and checks only. Checks should be made payable to: First Unitarian Universalist Church of Richmond.

## Why do we charge for classes?

We charge for classes to cover the cost of having the space and materials available. Our expenses include building accessibility, classroom setup, classroom resetting for Religious Education and so forth.

## What if I am unable to pay for a class?

Please speak with Rhonda Wingfield either in person or via email @ [Rhonda@richmondUU.org](mailto:Rhonda@richmondUU.org) You may also speak with any other staff of First UU.

## Is there a minimum class enrollment?

Some classes do have a minimum enrollment. Should a class you have registered (and paid) for be cancelled, a refund will be issued and mailed to you as soon as possible.

### Is childcare available for each class?

Currently, childcare is provided for the following:

- Wednesdays from 5:30 – 8:45pm.
- **New to UU** classes scheduled for Sundays from 9:00-11:00 am.
- **First on First** (an introduction to First UU) offered at 1:00 pm on the first Sunday of the month.

### What is the difference between a Small Group format and a Lifespan Faith Development format?

Small Groups offer a consistent practice of Chalice Lighting, readings and meditative space for those who attend. While commitment to attend is important for each class we offer, the power of Small Groups comes from our ability to be present to one another. Facilitators of Small Groups gently guide the discussion, but do not act as instructors. Small Groups offer the ability to share our responses more than a classroom setting might. All of our classes are offered to enrich you in mind/body/spirit. The best way to know the difference is to try one of each!!

### What if there is inclement weather?

Should weather cause a cancellation of services and/or classes at First UU, your instructor / facilitator will attempt to be in contact. In case of a sudden change of weather conditions, call First UU at 804-355-0777. Announcements will be posted on WTVR, WRIC, and [www.nbc12.com](http://www.nbc12.com) as well as our church website. You may also wish to become a fan of First UU Church of Richmond on Facebook! Updates will be available there as well. If you don't feel safe traveling, please don't risk being hurt!

### How can I stay informed of updates to programming?

As always, information on classes, events, and Small Group meetings is located at [www.richmondUU.org](http://www.richmondUU.org). Access the church website for information on events for the week and other calendar items. For any questions on the website, contact [communications@richmondUU.org](mailto:communications@richmondUU.org).

# LIFESPAN FAITH DEVELOPMENT

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## **Building the World We Dream About**

This progressive program is designed to help UUs welcome and build community with people of diverse ethnicities, races, and cultures, both in congregational life and in community. In this class, we identify ways the broader cultural narrative about race intersects with personal and congregational stories. We will seek to understand the barriers to the goal of being a truly welcoming and inclusive faith. The experience stimulates dialogue rather than debate. Because it is a faith development program, participants engage in spiritual reflection about how UU Principles and values undergird and support the work of becoming more racially and culturally welcoming, inclusive, and justice-centered.

**Introductory Sessions: Saturdays, January 7, 14, & 21. 9:00-11:00 a.m.**

**Facilitated by: Jim Armstrong, Wendy DeGroat, and Regina Largent**

**Fee: none**

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## **More Building the World We Dream About (Part 2)**

This portion of the curriculum is for those who have completed the introductory session. These sessions focus on identity, power and privilege.

**Saturdays, February 11- March 31. 9:00-11:00 a.m.**

**Facilitated by: Jim Armstrong, Wendy DeGroat, and Regina Largent**

**Fee: none**

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## **Yoga**

A mindfulness-based Hatha class influenced by the Integral tradition. A gentle, meditative approach, this practice increases flexibility, strength, and greater awareness of the mind/body connection. Learn to incorporate the breath with movement and decrease stress with deep relaxation. Suitable for the beginner to intermediate practitioner. Please provide your own yoga mat.

**Tuesdays, January 10 through March 13 from 7:00-8:15 pm.**

**Instructor: Lori Speagle**

**Fee: \$40.00**

## **Faith like a River: Themes from Unitarian Universalist History**

Faith Like a River explores the dynamic course of Unitarian, Universalist, and Unitarian Universalist (UU) history the people, ideas, and movements that have shaped our faith heritage. It invites participants to place themselves into our history and consider its legacies. What lessons do the stories of our history teach that can help us live more faithfully in the present? What lessons do they offer to be lived into the future?

**Wednesdays, Jan. 11, 25, Feb. 1, 8, 15, 22 (No class Jan. 18) .**

**6:45-8:45 pm**

**Facilitator: Aija Simpson**

**\$25.00**



## **Introduction to Latin / Club Dancing**

Have some fun with Latin and Club dancing. Join in the excitement of Salsa or find your groove with Disco, either way this class will lift your spirits and get your blood pumping. These dances are designed for having fun on crowded dance floors and keeping up with fast moving music. In this class you will learn the basics of Latin/Club dancing in five dances: Cha Cha, Samba, Salsa, Rumba and Disco (Hustle). The class is for those with little or no experience. When complete, you should be able to enjoy many of the rhythm dance events in Richmond. Singles, couples and same-sex couples are welcome.

**Thursdays Jan. 19, 26, Feb. 2, 9, 16, 23                      6:30-8:45 pm**

**Facilitator: Michael Recant**

**Fee \$15.00 singles / \$25.00 couples**

## **Living to Tell the Tale: Writing Your Memoirs**

When we put our lives under thoughtful scrutiny, we connect with our inner life and our source of creative energy. When we share our stories from the past with others, we share our wisdom and that interaction enhances our potential for new insights and self-discovery. Through our writings we leave those we love an invaluable record of our life's passage and shed light on who we are as a human being.

How do we turn these memories into memoirs? Join Kirsten Taranto, who will:

Lead you through writing your personal and family history

Help you increase your ability to remember details of stories you want to tell

Teach strong writing techniques

Offer you access to life's deeper, inner meaning

Offer lots of laughter and bonding with class participants

Class will be modified for those with memoir writing experience.

**Fridays January 27—March 2 10:00– 11:30 am**

**Facilitator: Kirsten Taranto**

**Fee \$30.00**



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## **Elite?**

Using Unitarian Universalist Mark Harris's text (available in our bookstore), we will discuss the issue of whether our heritage relies too much on intellect, not enough on emotion and whether our faith preserves a perspective of privilege rather than common humanity.

**Monday, Jan. 30 and Feb. 6 6:30-8:00 pm**

**Facilitator: Rev. Jeanne Pupke**

**No fee.**

## **Understanding the World of Mormonism**

With Mitt Romney, a member of the Church of Jesus Christ of Latter-Day Saints, or "Mormon" church, as a top contender for the US Presidency, many Americans still know little about this American-grown religion or its history. Even less understood are the theological tenets and religious practices of Mormonism.

In this course, the unique theology, history and sociology of the church, along with the personal experiences of the facilitator (20 yrs. as a dedicated Mormon), will be discussed.

**Mondays, Feb. 13, 20, 27, Mar. 5, 7:00--8:30 pm**

**Facilitator: Adam Harrison**

**Fee: \$20**



## **Ancient Egypt and Western Religions**

Ancient Egypt influenced later Western religions in surprising ways! For example, the cult of the goddess Isis, which spread throughout the Roman Empire provided some of the associations and iconography later associated with the Virgin Mary. The conversion of the Pharaoh Akhenaten represents the kind of radical breakthrough in religious thinking that parallels the origins of Unitarianism--a single god instead of many (A Unity instead of a Trinity, in our case); it predated Moses and may have been an influence on Judaic monotheism. Socially, Egypt was arguably the first kingdom sometimes ruled by powerful queens!

In three sessions, we will look at the culture and religion of Egypt, some truly revolutionary pharaohs, and a brief overview of Egyptian archeology.

**Tuesdays, Feb. 21, 28, Mar. 6. 7:00-9:00 pm**

**Facilitator: Susan Williams**

**Fee: \$15.**

## **Estate and Life Planning: Be Prepared Now**

This class will provide a comprehensive overview of estate planning and life planning issues, including planning for the disposition of property after death, as well as planning for loved ones with special needs. Also discussed will be planning for blended family concerns, as well as for your own potential incapacity prior to death.

The principles of estate taxation, the myth and reality of probate, the importance of managing assets, and updating beneficiary designations--all the nitty gritty will be included. Here is a wonderful opportunity to fill in gaps in your knowledge about planning for yourself and your loved ones.

This **one session** class will be offered twice. Please designate which class you wish to attend when registering.

**First offering—Thursday, Mar. 1                      7:00-9:00 pm**

**Second offering—Thursday, Mar. 29                      7:00-9:00 pm**

**Facilitator: Carolyn Bourdow, Estate Planner and Elder Law Attorney**

**Fee: \$5.**

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## **Introduction to Humanism**

In this three part series, the basics of Humanism will be covered and the fact that Humanists have had a major influence on Unitarian Universalism.

**Mondays, March 5, 12, 19. 7-8:30**

**Facilitator: Ernest Wilson**

**Fee: \$15**



## **Grow, Care and Act: Live Your Life With Meaning!**

How can we live in authentic ways that have a positive effect upon ourselves and the world? In this class, we will learn to develop a "life mission statement" as a powerful tool to create focus, peace, and power in the way we live our daily lives, and affect our legacies. Discussion, writing, meditation, and service will be part of the sessions.

**Wednesdays, March 7-April 11                      6:30-8:30 pm**

**Please aim to attend at least 5 of the sessions.**

**Facilitator: Rev. Jeanne Pupke**

**Fee: \$25**

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## **Articulating Your UU Faith**

Whether you are a life-long UU, or a newcomer, when asked to describe your faith...well...it can be a challenge! How do we describe our non-dogmatic belief system? The purpose of this class is to help you articulate this empowering and demanding faith! Come explore and expand your own beliefs and listen to others as well.

**Session 2— Mar. 14, 21, 28, Apr. 4, 11    6:45-8:45 pm Wednesdays—childcare provided**

**Session 3— June 10, 17, 24, July 1, 8    9:00-11:00 am Sundays—childcare provided**

**Facilitator: Pat Owen**

**Maximum 14 / Minimum 6**

**Fee: \$20.00 per session**

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## **Science and Religion**

In this four part series, discover connections between science and religion. Participants will appreciate a brief history of science as it has affected religion; discuss new challenges from fundamentalism, non-western religions, and their very different relationship to science; consider the evolution of ethics as understood by science; and lastly, incorporating religious ritual that celebrates the contributions of science and scientists over the ages.

**Thursdays, March 15, 22, 29, April 5.                      7:00-9:00 pm**

**Facilitator: Lanny Buettner**

**Fee: \$20**

## **Why Are We Moral: The Evolution and Future of Ethics**

In four engaging sessions, learn the roots of ethics, from primates to philosophers; explore the question "Am I My Brother's Keeper"; tackle ethics and religion after the plough; discuss the future of ethics in the brave new world of robots, genetic engineering, Big Brother, and the loss of happiness as a moral concern.

**Tuesdays, March 20, 27, April 3, 10. 7:00-8:30 pm**

**Facilitator: Mark Reimers**

**Fee: \$20**

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## **Nature Walk to Texas Beach**

Come for a family friendly nature walk to Texas Beach on the wild north bank of the James River. Meet at the church door, then drive to the park. Expect Spring wildflowers to be in bloom!

**Sunday, March 25 1:00-2:00 pm**

**Facilitator: Ernest Wilson**

**No fee.**



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## **Nature Walk to Kanawah Canal**

Walk to Pump House, next to Kanawah Canal! We will walk down the paved road which starts next to Dogwood Dell, and return along the the path through the woods. All ages welcome! Meet at the church door.

**Sunday, April 15 1:00-2:00 pm**

**Facilitator: Ernest Wilson**

**No fee.**

# SMALL GROUP MINISTRY

## Men's Small Group

We are excited to offer a small group ministry for men! This curriculum fosters communication within our community, and creates lasting connections. This monthly small group will be appreciated by anyone.

**Interested?** Contact Pat Owen, Director of Membership at [powen@richmondUU.org](mailto:powen@richmondUU.org).

**No Fee**

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## Cakes for the Queen of Heaven

This curriculum examines pre-Judeo Christian cultures that may have worshiped the female as divine. The concepts of equality and reverence for the female in a religious setting are eye-opening to many participants. More than Goddess 101, this workshop series examines important elements of today's women's lives; personal, interpersonal and societal. It examines how our culture has been influenced by Judeo Christian values. The primary question raised is: How would your life have been different if, when growing up, the divine had been imaged as female? Participants are encouraged to share their own experiences and beliefs, creating trust and strong bonds of friendship.

**Mondays, January 23—February 27 7:00-9:00 pm Maximum 14 /Minimum 6**

**No Fee**

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## Right Livelihood Small Group

The Right Livelihood small group provides members a place to explore the concept of right livelihood together, share personal stories, gain new skills, offer each other support, and otherwise guide one another through the process of finding meaningful employment.

**Mondays February 13, 27, March 12, 26, April 9, 23, May 7, 21**

**Facilitator: Adele MacLean Maximum: 12 6:45-9:00 pm**

**No Fee.**



## **First UU FUUN Nights**

Evenings planned for multi-generational enjoyment of food and fun activities!  
All evenings begin with a pot luck dinner and are followed by an activity to engage all ages. Hosted by the Religious Education Committee. No sign-up required.

**January 14                      5:30pm—7:30pm      No fee.**

**February 18**

**March 17**

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## **First UU Presents**

We call it “theatre for busy people.” Our modified Reader's Theatre format means we don't spend months in rehearsal. Typically we have 5-6 rehearsals for each performance. Our cast members’ acting experience ranges from none to lots. During our two seasons of existence, our youngest cast member was 15 and our oldest was 90. We look for plays that will stimulate thought as well as entertain while providing this fun experience to as many folks as possible. If you have always wanted to try acting, or you think you might like to stage manage or do tech work please contact us.

**Larry Landon [llandon@verizon.net](mailto:llandon@verizon.net)**

**March 10**

**Cabaret**

**April 14 & 15**

**"Living Out" by Lisa Loomer**

**June 2 & 3**

**Our Comedy Season Finale - Title to be announced**

**Show times are 7:00pm      \$5.00 per Ticket**

# MEMBERSHIP PROGRAMMING

## New to UU

If you are interested in membership, sign up for New to UU. This is a new format of classes, and will be a great way to make new acquaintances! This program will:

- Introduce newcomers to Unitarian Universalism.
- Help you make a decision about membership in a UU congregation.
- Provide information related to UU worship, theology, history, social justice, religious education, and governance.
- Provide resources for participants to explore topics independently.
- Help integrate you into the congregation.

Please contact Pat Owen at [powen@richmondUU.org](mailto:powen@richmondUU.org) to register.

**February 5, 12, 19, 26, March 4 9:00 – 11:00 am Sundays—Childcare available**

**May 7, 14, 21, 28, June 4 6:30-8:30 pm Mondays\*\* Childcare upon request with one week notice**

**No Fee**

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## First on First

We hold “First on First” on the **first Sunday of each month at 12:45 pm**. Join us in the Library for an informal conversation about what First UU is, and what we believe.

Hosted by: Senior Minister, Director of Membership, Membership committee.

**No sign-up required. No fee.**

## General Assembly, 2012

General Assembly (GA) 2012 will have as a prime objective raising the capacity of all our congregations to engage with community based partners to do effective advocacy and witness.

- Workshops will focus on justice issues, including topics such as the spiritual foundations of justice work, the theology of social justice, as well as a more tactical focus on organizing.
- All participants will be afforded opportunities to experience social justice through service, witness, and reflection.
- There will be hands-on projects working directly with Arizona partner organizations. We expect work to be in areas of voter registration as well as in direct human services.
- Congregations will learn to assess their strengths and weaknesses and learn skills for social justice work according to their region, congregation size and resources.
- Both the hours and the pace of programming will be different from other GAs. We expect to have major worship services and speakers in the middle of the day when it is hottest, and community engagement in the morning and evening hours.

Our time together next June, be it in worship, education, outreach or reflection sessions, will offer opportunities for deepened understanding of our religious call to justice and human rights, for profound transformation, and for building capacity in congregations, regardless of size or geographic location, to become more engaged in this work.

For more specific information about Justice GA, please visit the UUA website

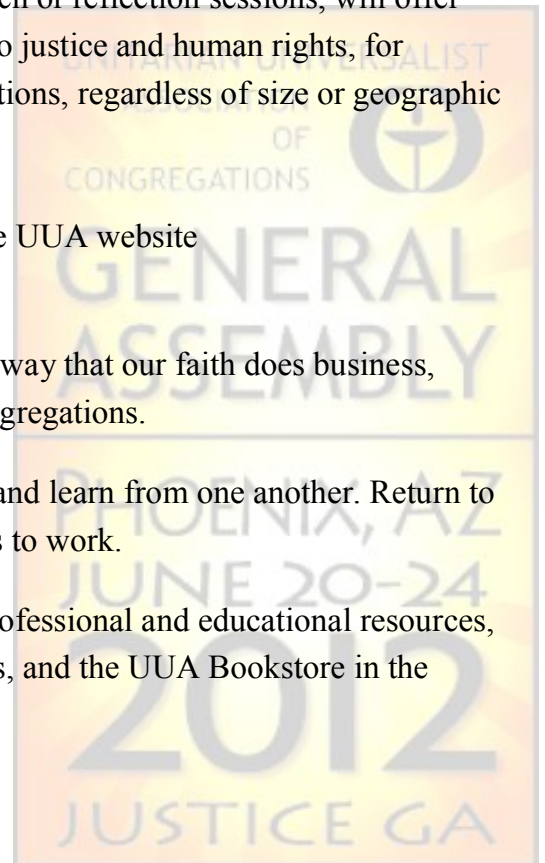
<http://www.uua.org/ga/2012/index.shtml>

Participate in our democratic process. General Assembly is the way that our faith does business, bringing together the distinctive character of our individual congregations.

Network with other congregation leaders, share best practices, and learn from one another. Return to your congregation reinvigorated and inspired to put your values to work.

Connect with craftspeople and artisans, social action groups, professional and educational resources, theological schools, UUA organizations and staff, Beacon Press, and the UUA Bookstore in the General Assembly Exhibit Hall.

Phoenix, Arizona June 20-24, 2012



# Be a Part of Creating a Vibrant Adult Religious Education Program!

**Interested in teaching a class for Fall 2012?**

Submit your class proposals **by June 1, 2012** to Rhonda Wingfield [rhonda@richmondUU.org](mailto:rhonda@richmondUU.org). All proposals need to reflect a connection to Unitarian Universalist principles and values. They must also reflect the Adult Religious Education mission of 'promoting our religious heritage and facilitating growth in mind, body, and spirit'.



## NOTES:


- - Check the church calendar for other groups, which may not be listed in this catalog. [www.richmondUU.org](http://www.richmondUU.org)

# FIRST UU REGISTRATION SLIP



Name:

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Email:

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Phone:

---

Class Title #1:

---

Class Title #2:

---

Fee (circle one):  
Meeting

None

Included

Will Pay First

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# FIRST UU REGISTRATION SLIP



Name:

---

Email:

---

Phone:

---

Class Title #1:

---

Class Title #2:

---

Fee (circle one):  
Meeting

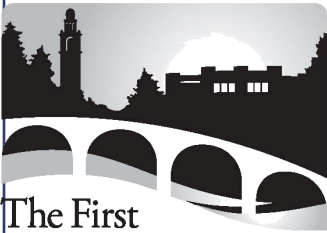
None

Included

Will Pay First



**WINTER-SPRING 2012  
ADULT RELIGIOUS  
EDUCATION  
PROGRAMMING  
CATALOG**



**The First  
Unitarian Universalist  
Church of Richmond**

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Richmond, VA 23221

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