

BUUF Adult Education Classes Spring 2012

The Art of World Religions

This class will be introduction to the art of 12 religions and Mark McGinnis' paintings to symbolize those faiths: "Designs of Faith." The format of the class will be power point presentations followed by group discussions. Four religions will be discussed each evening.

Tentative Schedule:

January 24 – Western Religions: Judaism, Christianity, Islam, Baha'i

January 31 – Eastern Religions: Hinduism, Buddhism, Taoism, Confucianism

February 7 – Tribal Religions: The Dreaming of Aboriginal Australia, The Religion of the Hopi, Inuit Spirituality, Ifa Divination of the Yoruba

Optional reading will be the 12 essays Mark McGinnis wrote on these 12 religions, "Designs of Faith." Available as an eBook (\$8.99) for iPad (excellent color), Nook or Color Nook (fair color), Kindle (black and white), and from **Fastpencil.com**. The essays may be read for free at the author's blog, **www.markwmcginnis.wordpress.com**.

Leader: Mark McGinnis

Schedule and Location: Tuesdays, Jan 24, 31, Feb 7; 7-9 pm; Jr. High (Channing) room

Registration fee: \$10

Maximum enrollment: 15

Re-Reading Great Gatsby

Written in 1925, this novel uncannily anticipates the inevitable stock market crash of 1929. It chronicles the excess, corruption and graft on the part of the moneyed class, but also demonstrates how the envious middle class contributed to this perversion of "the American Dream." We'll read and discuss two chapters at a time over the course of four meetings, and reflect, too, on news articles and opinion pieces that deal with our most recent financial collapse.

Leader: Debra Smith

Schedule and Location: Alternate Tuesdays, Jan 31, Feb 14, 28, Mar 13; 7-9 pm; Sr. High (Balazs) room

Registration fee: \$10

Maximum enrollment: 10

New to UU Class (1) and (2)

Would you like to learn more about Unitarian Universalism? Are you thinking about becoming a member of BUUF? Then the New UU class is for you! This class will offer you the opportunity to meet other newcomers, church leaders, and members. It will provide you with some history, an opportunity to explore your own spirituality, and give you a glimpse into the inner workings of the Unitarian Universalist Association and of BUUF in particular. It will also reveal the many ways you might become involved in the life of this community.

New UU is the first step toward membership required in the Path to Membership approved by the board. But, even if you don't plan to join right away, the class is fun and informative.

Coordinators: Jay Wechselberger and Miriam Woito

Schedule and Location: *the class comprises two meetings, and is offered twice:*

First session: Saturdays, Feb 4 & 11; 9:30 am to noon; Jr. High (Channing) room

Second session: Wednesdays, May 9 & 16; 6:30-9 p.m.; Jr. High (Channing) room

Registration fee: none

Writing the Memoir

The memoir seeks meaning and applies a sorting and organizing system to the minutia of life. A journal asks only for time and a recording device; a memoir benefits from dedication, introspection, honesty. This class will have a maximum of shared readings from personal writing, with handouts available for those who want writing prompts or exercises. Both continuing and new participants are welcome.

Leader: Jeanette Ross

Schedule and location: alternate Mondays; Jan 9, 23, Feb 6, 20; Jr. High (Channing) room

Registration fee: \$10 plus \$5 for materials

Twelve Steps to a Compassionate Life by Karen Armstrong

In 2008, religious writer Karen Armstrong was awarded a TED prize of \$100,000 to help make a wish of her choice come true. She worked with leaders of the major religious traditions to develop a Charter of Compassion which centers on the one theme found in all major spiritual traditions: treat others as you would like to be treated—the Golden Rule. Cities, organizations and individuals have signed the Charter, including Seattle.

This class will read Armstrong's short book, *Twelve Steps to a Compassionate Life*, and discuss what compassion is, how it is found in all spiritual traditions, and how individuals can become transformed through increasingly cultivating compassion.

February 14: Compassion and the Wish for a Better World

February 21: Beginning with Oneself

February 28: Action, Knowing Little, and Speaking

March 6: Concern, Knowledge, Recognition and Love

Leaders: Rev. Elizabeth Greene and Prof. Elton Hall

Schedule and location: Tuesdays Feb 14, 21, 28, Mar 6; 7-9 pm; Jr. High (Channing) room

Registration fee: \$10 **Maximum enrollment:** 25

Communication

What does it mean to be a good listener? Learn to express your thoughts, feelings, and reactions so others are more likely to listen and to understand.

Instructor Qualifications: Sheryl Dowlin - Higher degree work at Southern Illinois University at Carbondale in field of human communication, which she taught for 20 years. Sue Stadler - clinical social worker (MSW) from the University of Chicago, counselor, trainer, and consultant in interpersonal communications.

Leaders: Sherry Dowlin and Sue Stadler

Schedule and location: Tuesdays; Mar 13, 20, 27, April 3; 7-9 pm; Jr. High (Channing) room

Registration fee: \$10 **Maximum enrollment:** 20

Writing Your Ethical Will

A will can express your intent to distribute personal assets: money, property, jewelry and other tangible treasures. But what of your wisdom, values, spiritual beliefs, and life lessons learned? Zevaath (ethical will), the Jewish practice of handing down morals and values has been around for millennia. Ethical will record a person's spiritual autobiography, much like a memoir, but the *intent* makes the ethical will unique.

- This type of will can include family history, and explain the spiritual and cultural values you held in your life.
- You can pass on your tales of trial and triumph, and how these life lessons shaped you.
- It is an opportunity to give blessings, express pride, and request forgiveness from others.
- For your children and grandchildren, you can impart your hopes and dreams for their futures.
- It is an invitation to express how you would like to be remembered by your family and friends.

This class will discuss the merit of writing your own ethical will, provide a historical perspective of this practice and help you get started on preserving the matters of most worth in your unique life for generations to come.

Leader: Val Duffy

Schedule and location: Tuesdays April 10, 17, 24; 7-9 pm; Jr. High (Channing) room

Registration fee: \$10 **Maximum enrollment:** 10

Harvest the Power II: Developing Lay Leadership

Three selections from the UUA curriculum (www.uua.org/re/tapestry/adults/harvest/) for developing lay leadership under the theme of healthy leadership presence and qualities: "Power and Authority," "Integrity" and "Keeping Distress Productive."

Many UUs experience a deepening commitment to their faith and congregation as a call to accept a position of leadership—as a lay worship leader, a leader of children or youth or a member of a task force, committee or governing board. *Harvest the Power* provides leadership skill development that goes hand-in-hand with faith development. The program helps lay leaders grow in spirit as they grow as leaders. It weaves UU values, Principles and Sources with four strands: spiritual development, ethical development, UU identity development and faith development.

Leaders: TBA

Schedule and location: Wednesdays; Mar 7, 14, 21; 7-9 pm; Junior High (Channing) room

Registration fee: \$10 **Maximum enrollment:** 15

Dyeing Eggs Transylvania-style

This class will be just in time for you to learn how to dye eggs using natural ingredients that are abundant in early spring. You'll also learn how to make and "bake" the traditional Székely Kürtöskalács (chimney bread). This treat is baked on a hand-turned, tapered, wooden spit, rolled slowly on the wooden cylinder above an open fire. The dough is yeast-raised, flavored with cinnamon and sugar. The sugar is caramelized on the kürtöskalács surface, creating a sweet, crisp crust.

Leaders: Gwyn Reid

Schedule and location: Sunday; April 1; 1 – 4:30 pm; Sr. High (Balazs) room

Registration fee: \$15 includes materials and ingredients, families add \$2 per each additional person

Maximum enrollment: 15

Transylvanian Cooking

Join us as we prepare Hungarian and Romanian-inspired recipes from Transylvania. We will share lunch and dessert at the end of the class.

Leaders: Gwyn Reid

Schedule and location: Saturday; May 12; 10 am – 3 pm pm; Kitchen

Registration fee: \$20 includes ingredients and supplies

Maximum enrollment: 12

***** Idaho Friends of Jung Salons and Workshops *****

co-sponsored by the BUUF Adult Education Program

The Friday evening salons include refreshments served prior to the presentation. *No pre-registration is required.* A donation of \$10-20 is suggested and is accepted at the door, but no one will be turned away. Some events are followed the next morning by workshops (separate fee charged) on the same topic. *Pre-registration is recommended.* For more details regarding these and future programs, go to idahofriendsofjung.org.

The Jung-White Letters

A Film Presentation and discussion facilitated by **Dr. Heike Weis**

Friday, January 6, 6:30 – 9:30 pm

No charge for Idaho Friends of Jung members; suggested donation of \$5-10 from non-members.

The Tree of Life in Kabbala & Depth Psychology

The Ancient glyph of the Hermetic Tree of life contains a Jungian Map that illustrates the flow of energy between Archetypal world and the depths of instinctual knowledge that lives in the cells of our bodies.

Presenter: Jungian-oriented psychotherapist, **Eva Rider**, MA, MFT

Salon: Friday, February 24, 7 -9 pm

Workshop: Saturday, February 25, 10am – 1pm

Trauma & Healing in A Woman's Analytic Process

With reference to the cutting edge work in neuroscience, Dr. Weis, who comes to us from Zurich, will explore the dynamics and healing work of analysis using a case study of a woman from her own practice.

Presenter: Psychiatrist and Jungian analyst, **Dr. Heike Weis**, Diplomate, C. G. Jung Institute

Salon: Friday, April 6, 7 -9 pm

Workshop: Saturday, April 7, 10am – 1pm

The Call to Creativity and the Individuation Process

Ms. Leonard's book, The Call to Create explores the hopes, visions, and wisdom that foster a rich creative life by identifying and working with the insecurities, doubts, and fears that sabotage our efforts to create and to change our lives.

Presenter: Jungian analyst and author, **Linda Leonard**

Salon: Friday, May 18, 7 -9 pm

Workshop: Saturday, May 19, 10am – 1pm

office use _____

paid _____ date _____

BUUF ADULT EDUCATION PROGRAM SPRING 2012 REGISTRATION

To register for classes and workshops, fill out this form, attach a check, and deposit in the “drop box” at the Adult Ed information table at Sunday services or the box at the front of the reception desk in the BUUF office. You may also mail registration forms and fees directly to the BUUF office:

**Boise UU Fellowship (Attention: Adult Ed)
6200 N. Garrett
Boise, ID 83714**

You may register for more than one class and pay fees with a single check (except for IFJ events: please submit a separate check made out to *Idaho Friends of Jung*). Your registration will be confirmed with a reminder of the start date for the classes or workshops you have selected. If the class is full or cancelled, we will contact you and refund the fee (classes filled by earliest paid dates).

NAME(s): _____ PHONE#: _____

EMAIL: _____

Course or Workshop	Fee
TOTAL FEES	

*****Registration fee will be waived for anyone in BUUF requesting financial assistance**

CHILDCARE REQUESTED? (please circle “yes” and fill out below) **YES**

Which class(es)? _____

Number, name and age of child(ren): _____