



## BUUF ADULT EDUCATION PROGRAM SPRING 2007

Life-long Learning  
Spiritual Growth  
Building Community

### Cosmos and Psyche Salons & Conference

Philosopher, cultural historian, and internationally acclaimed author Richard Tarnas (*Passion of the Western Mind*) will discuss his new book, *Cosmos and Psyche: Intimations of a New World Order*, at a two-day conference at BUUF. The author will challenge our understanding of history at its very foundations, suggesting a synchronistic connection between the structure of the world and the psyche that pervades it. Four intimate salons (January through March) will precede the April conference.

**Leaders:** Reverend Elizabeth Greene, Bill Renwick, Elton Hall, Susan Wildwood

**Schedule and location:** 4 monthly salons, Fridays, January 5, February 2, March 2, April 6, 7-9 p.m. in the Jr. High room. Two-day conference featuring Richard Tarnas, Friday, April 27, 7-9 p.m., Saturday, April 28, 9 a.m. to 12 noon and 1:30 p.m. to 4:30 p.m., in the sanctuary.

**Registration fee:** The Conference Friday evening session is \$10 for those who pre-register, or \$15 at the door; the Saturday session by itself is \$40; Pre-registration for both days is \$40!

Monthly salons are \$5 per salon or \$15 for all four; pay at the door. Call Gerry Morris at 658-1710 to reserve your place in advance.

### The Great Turning: Book Study and Discussion Class

One of the progressive sages of our time, David Korten was at BUUF on January 19 to discuss his new book, *The Great Turning: From Empire to Earth Community*. Theologian Matthew Fox praises this epic work as “a tour de force... a revelation of where we might travel if we have the moral imagination and the courage to choose and act wisely.” Now we have an opportunity to participate in *The Great Turning* book study and discussion class, drawing on materials from David Korten’s website. We’ll share insights with one another and apply new understanding to living our UU principles.

**Facilitators:** Mike Philley and Mason Morfit

**Schedule and location:** 5 sessions; Thursdays, 7-9 p.m., February 8, 15, 22; March 1, 8; Jr. High room.

**Registration fee:** \$15

**Maximum enrollment:** 12

### Meditation Practices for All

Many people have found that meditation helps in staying balanced in a busy and sometimes unbalanced world. To aid that equilibrium, this class will practice some basic meditation techniques as well as discussing obstacles that can arise. We will explore silent meditation, breathing meditation, chanting meditation and movement meditation. Anyone can do these!

**Leader:** Reverend Elizabeth Greene

**Schedule and location:** 3 sessions; Tuesdays, 7-9 p.m.; March 13, 20, 27; Sr. High room.

**Registration fee:** \$10

**Maximum enrollment:** 20

## Back to Natural Health

In this workshop, we will explore what it really means to be healthy and how the alternative approaches of Oriental Medicine and modern nutritional therapy can help us grow healthier naturally. Topics will include acupuncture and herbal medicine, stress management, overcoming chronic degenerative disease, how to grow *younger*, and how to minimize toxicity exposure. We'll also learn a simple technique that will always tell if a food or supplement (or drug) is beneficial or not. It is possible for *anyone* to have powerful breakthroughs in their health! This workshop will give you tools to make a quantum leap toward greater health and vitality.

**Leaders:** Hector Perez and Frances Towle, Licensed Acupuncturists, Masters of Acupuncture and Oriental Medicine

**Schedule and location:** 1 evening session; Monday, 7-9 p.m., March 5; Sr. High room

**Registration fee:** \$5

**Maximum enrollment:** 20

## Spiritual Cinema

Watch an inspiring (perhaps enlightening!) movie or documentary at Spiritual Cinema gatherings on Tuesday evenings. We'll go beyond being merely entertained as we actively discuss a film's meaning and relevance to our liberal religious values and spiritual sensibilities. Many of these films have never been released commercially because Hollywood distributors don't believe there is an audience (hence profit!). Several selections come from the Spiritual Cinema Circle, an organization that encourages independent filmmakers to create films "that matter," and makes them available to wider audiences.

**Leader:** Nuralima (for more information, contact Nuralima at 378-1412)

**Schedule and location:** 1st and 3rd Tuesday of each month, 7-9 p.m., beginning January 16 through May 15; Jr. High room

**Registration fee:** None. We suggest a \$5 donation for drop-in film viewing and discussion

**Maximum audience:** 24

## Cinco de Mayo "Light"

Chef extraordinaire Bryan Jennings will tantalize our taste buds in this hands-on, low-calorie Mexican cooking class. Learn how to prepare his famous chicken enchiladas and other delectable dishes from south of the border. Celebrate *Cinco de Mayo* (Mexico's Independence Day) while observing and learning from the master. We'll prepare healthy recipes using fresh (and possibly secret) ingredients, and share the outcome in a group *fiesta!*

**Leader:** Bryan Jennings

**Schedule and location:** Saturday, May 5, 10:30 a.m. to 1 p.m.; kitchen/sanctuary

**Registration fee:** \$10

**Maximum enrollment:** 10

## Voluntary Simplicity

Offered by the Idaho Earth Institute, this 8-week discussion course can be the catalyst for simplifying your life. It may help you begin to slow down and enjoy the things that really matter. You'll examine your lifestyle and values in the company of others who also wish to simplify—a process that can lead to new insights and understanding. You may see through old conflicts that you can now resolve, recognize limiting habit patterns you can change, and create new routines for a more satisfying and fulfilling life. All this while minimizing your ecological footprint on the Earth!

**Idaho Earth Institute Mentor:** Claudia Fernsworth

**Schedule and location:** 8 sessions, Sundays, 5-6:30 p.m.; March 4, 11, 18, 25; April 1, 8, 15, 22;

Sr. High room

**Registration fee:** \$25 (includes \$15 cost of guidebook with readings and discussion questions)

**Maximum enrollment:** 12

## BUUF ADULT EDUCATION PROGRAM SPRING 2007

To register for classes and workshops, simply fill out this form, attach a check, and deposit in the “drop box” at the Adult RE information table at the rear of the sanctuary. You may also return registration forms and fees directly to the BUUF office:

**Boise UU Fellowship (Attention: Adult RE)**

**6200 N. Garrett**

**Boise, ID 83714**

You may register for more than one class. Your registration will be confirmed with a call to remind you of the start date for the classes or workshops you have selected. If the class is full, we will contact you and refund the fee.

*\*\*\*The registration fee will be waived for anyone requesting financial assistance*

Name, phone, e-mail	Course or Workshop	Fee
	TOTAL FEES	

Childcare Needed? YES NO