



ADULT RELIGIOUS EDUCATION PROGRAMS

WINTER 2018

Unitarian Universalist Society: East
Manchester, CT
Rev. Joshua M. Pawelek, Minister

Winter Adult Religious Education Programs

Presented by Unitarian Universalist Society: East

SPECIAL PROGRAMS

DISCOVERY OF SELF THROUGH CREATIVE EXPLORATION

In her poem “The Summer Day,” Mary Oliver asks, “What is it you plan to do with your one wild and precious life?” This three-part workshop filled with art, writing, and creative exploration is designed to facilitate self-discovery. Engaging in creative pursuits can help us tap into our most authentic self and provide a path to a better understanding of what we want to do with this one wild and precious life. This class is geared to adults, but mature teens are also welcome to participate. No art or writing experience necessary – really!

Gina Campellone, uuse.redir@sbcglobal.net

Three Tuesdays, 1/23, 1/30, 2/20, 7:00 – 9:00 PM

SACRED DANCE

Join the Sacred Dance Group for a wonderful, modern variation on the ancient practice, and experience the expression of spirituality through movement and connection with others. All are welcome, participation is free. No experience necessary and it’s not necessary to attend every session. Please contact Christine Joyner; dates and times will be determined after receiving input from those who are interested.

Christine Joyner, spiritmoon7491@gmail.com

Dates and times TBD



- Sign up at uuse153@sbcglobal.net or 860-646-5151. Please include course name and date.
- Youth are especially encouraged to attend.
- Please let us know if you require special accommodations.
- Childcare is available with one week’s notice.
- All programs are held at Unitarian Universalist Society: East, 153 Vernon Street West, Manchester, CT.
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- In case of inclement weather, contact the program coordinator. Only complete building closures will be posted on the website at uuse.org.

WINTER CARD-MAKING: INTERGENERATIONAL CREATIVE WORKSHOP

Make your own greeting cards to reflect your beliefs and sentiments. Join us in designing mixed-media greeting cards just in time for Valentine's Day and other winter events. Each participant will receive all the materials and instructions needed to create a collection of four - six greeting cards. Card blanks, envelopes, colorful paper, embellishments, ideas, and more will be provided. There is no fee for this workshop; adults and children ages eight and over are welcome.

Carol Marion, cmarion333@gmail.com, Crystal Ross, kovaciny.ross@gmail.com

Mon, 2/5, 7:00 – 9:00 PM

STRANGERS IN THEIR OWN LAND: ANGER AND MOURNING ON THE AMERICAN RIGHT

Sociologist and author Arlie Russell Hochschild spent five years befriending and listening to people in Louisiana bayou country. Her deep story about the values, endurance, and dignity of these arch-conservatives will help us understand people across the political divide. Watch a one-hour YouTube interview with the author and join a discussion of her ideas. Reading the book is recommended but not required. Please contact Crystal Ross if you need help getting the book.

Crystal Ross, kovaciny.ross@gmail.com,

Sunday, 2/4, 1:00 – 3:00 PM



WATCH YOUR NEWSLETTER FOR ADDITIONAL ACTIVITIES AND EVENTS!

COMMITTEE- SPONSORED PROGRAMS

DARING DEMOCRACY: IGNITING POWER, MEANING AND CONNECTION FOR THE AMERICA WE WANT

In this UUA Common Read book discussion, we will explore the optimistic ideas of activist Frances Moore Lappé and organizer-scholar Adam Eichen. The authors view the Trump presidency as a symptom of an anti-democracy movement and expose the events that drove it. But their focus is on solutions: how people from all backgrounds, committed to social-justice causes, are creating hope with what the authors call the “democracy movement.” Books sold in Unitarian Universalist Society: East lobby and online (Beacon Press). Please sign up with Nancy Pappas to receive questions to consider while reading the book. Co-sponsored with the Social Justice, Anti-Oppression and Denominational Affairs Committees.

Nancy Pappas, Nanapap338@aol.com, Lorry King, KingL92@gmail.com

Sunday, 3/11, 1:30 – 3:30 PM

COMPASSIONATE COMMUNICATIONS, PART 2

It’s easy to define compassion, but much harder to practice it. In this follow-up to the September workshop, we will review the stages of grief and ways compassion (love) can be communicated to people who are ill, injured, or facing death. We’ll watch a series of real-life video clips of staff working in a hospital with critical patients and family members and practice applying compassionate communication. One session offered at two times. Facilitated by Cressy Goodwin. Co-Sponsored with Pastoral Friends.

Cressy Goodwin, cgoodwin@tiac.net, Crystal Ross, kovaciny.ross@gmail.com

Tue, 1/30, 7:00 – 8:30 PM, Thur. 2/1, 2:00 – 3:30 PM

MUSIC AND MANTRA: KIRTAN WITH CHARLIE BRAUN

Join us for a plain ol’ good time. Charlie Braun leads a group of in-sync musicians in Western style kirtan: a fusion of melodic folk rock and the heart-opening power of Sanskrit mantras. He will guide us in the call-and-response singing of mantras, where we will be uplifted, deepened, comforted, and revitalized. Attendees may sing along, dance, do yoga, or just meditate and feel the vibration. No experience necessary. \$15 donation suggested. No one turned away. Co-sponsored with the Music Committee.

Sudha Sevin, beingshining@gmail.com, Charlie Braun, www.charliebraun.com, Peggy Webbe, peggywebbe@gmail.com

Fri, 2/9, 7:00 – 9:00 PM

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BECOMING A SANCTUARY CONGREGATION

Refugees and undocumented immigrants in the U.S. are facing new threats. As Unitarian Universalists, how do we gain better insight into the plight of these people, how should we view the current situation in light of our UU Principles, and what are the options for Unitarian Universalist Society: East and its members to get involved? In Session 1, we'll examine the plight of the immigrants and refugees, the issues they face, and the history of the Sanctuary Congregation Movement. In Session 2, we'll discuss the current movement and how Unitarian Universalist Society: East and its members can help. Hosted by the Social Justice Anti-Oppression Committee's Sanctuary Congregation Team.

Jim Adams, jimadamsuu@gmail.com, David Garnes, davidgarnes@msn.com

January dates and times TBD

NEW MONTHLY GROUP

HUMANIST GROUP

This ongoing group explores Religious Humanism and its applications to life, both historically and today. We will begin by reading *Humanist Voices in Unitarian Universalism*, edited by Kendyl Gibbons and William Murray, available from InSpirit, the bookstore of the Unitarian Universalist Association.

Rev. Josh Pawelek, revpawelek@sbcglobal.net

Second Tuesday of each month, 4:30 – 6:00 PM; first meeting 2/13



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ONGOING CLASSES, PROGRAMS, AND GROUPS

Experiential Programs

YOGA CLASSES

The practice of yoga encourages both physical strengthening and emotional awakening. The intensity of the class is appropriate for all levels of experience; beginners are especially encouraged to attend. Wear comfortable clothing, and bring a yoga mat or beach towel. Classes are taught by certified instructors. Cost: \$40 for eight sessions. Walk-ins are welcome at \$6/class. Ongoing eight-week sessions.

Jessica DeCarli, jess.decarli@gmail.com, Susan Barlow, sbarlow627@aol.com

Mondays, 5:45 – 6:45 PM or Wednesdays, 11:00 AM to noon. See planning calendar for specific dates.

WOMEN'S SACRED SINGING CIRCLE

A space for women and girls eight years old or older to come together through song and chant to enjoy each other, lift our spirits, and find the strength to continue the path of healing ourselves, our community, and the earth. No musical training or ability needed.

Jane Osborn, janeosb3@gmail.com. Thursdays, 7:00 – 9:00 PM

COMMUNITY DRUM CIRCLE

Drum with intentionality, send good vibes out into the world! Open to all levels of ability and experience. Facilitator Mary Ertel provides djembe drums and other hand instruments, and you may bring your own. Contact Paul Cocuzzo with questions or to reserve a drum. ***ADDING A SECOND SESSION:** Starting 3/26/2018 we will also meet on the fourth Monday of each month, at 7:00 – 8:30 PM.

Paul Cocuzzo, pcocuzzo@gmail.com

Third Tuesday of each month, 7:00 – 8:30 PM*

SPIRITUAL ART PLAY, OPEN STUDIO

Join us monthly to explore art as a form of spiritual self-expression and discovery. The beginning of each session will include an inspirational quote or meditation and a prompt to encourage doing something specific for that evening. You may bring materials that you are familiar with or try something new. Spiritual works in progress are always welcome as are all forms of media: paint, colored pencils, ink, collage, clay, paper cutting, journaling, writing, book making, weaving, knitting, etc. Limited materials will be provided.

Nancy Madar, nancymadar@hotmail.com

Second Monday of each month, 7:00 – 9:00 PM

WATCH YOUR NEWSLETTER FOR ADDITIONAL ACTIVITIES AND EVENTS!

WALK WITH ME—INTERGENERATIONAL POETRY WALKS

Join us for a one-mile poetry walk to read aloud short poems of a spiritual nature. Bring a poem to share if you like, but please come even if you don't want to read aloud. All are welcome, including children. We'll gather in the Meetinghouse lobby at 10:25 a.m. and convoy to Hop River State Park parking lot. Bumpy, but not too hilly, terrain. Contact Susan Barlow at 860-808-7103 with questions.

Susan Barlow, sbarlow627@aol.com

Sunday, 3/4, 10:25 AM Inclement weather cancels

MEET-UP WALKS IN THE HARTFORD AREA

Larry Lunden of Unitarian Universalist Society: East leads hikes, with short informational talks, in the Hartford area. Please check this website for directions on where to meet: www.meetup.com/Hartford-Area-Hiking

Larry Lunden, Kingbird613@comcast.net

Check meet-up website for dates, times and locations



Discussion Groups

DIALOGUE FROM YOUR HOME

This ongoing virtual talkback series continues online after each of Rev. Josh's sermons. Whether you want to read along, post your thoughts, and/or engage in dialogue about the topic, you are welcome to join this group. Request a password from Annie Gentile, our office administrator, to get access to the discussion. Please note posts may be more infrequent during Rev. Josh's sabbatical. (email: uuse153@sbcglobal.net)

Rev. Josh Pawelek, revpawelek@sbcglobal.net.

Online

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SMALL GROUP MINISTRY

The dual purposes of Small Group Ministry are intimacy and ultimacy: getting to know the group members at a deeper level and discussing questions of spiritual growth. Meeting once a month, each group is made up of five to ten people, one of whom is a designated leader. Meetings are two hours long, including opening and closing words, check-in, and a discussion of a topic of the group's choice. Additional groups can be formed as needed.

Rev. Josh Pawelek, revpawelek@sbcglobal.net, Louisa Graver, graver30@att.net

Varies

POLITICS AND PUBLIC AFFAIRS SESSIONS

Special guests, articles, and columns provide the basis for conversation. For those interested in receiving notices about the meetings, please provide your contact information to Lorry King.

Lorry King, KingL92@gmail.com

Thursdays, 1/18, 2/15, 3/15, 3:30 – 5:00 PM

UUS:E BOOK LOVERS GROUP

Join us in lively and thoughtful book discussions. Participants recommend and select books. We choose books available in paperback or in public libraries. Members of the group volunteer to lead discussions each month. Everyone is welcome - including friends from outside Unitarian Universalist Society: East. January 9: *The Sense of an Ending*, by Julian Barnes. February 13: *The Postmistress*, by Sarah Blake. March 13: *A Gentleman in Moscow*, by Amor Towles.

Martha Larson, marlar@wordshard.com

Second Tuesday of each month, 3:30-5:00 PM



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Spiritual Groups

UU BUDDHIST GROUP

The Buddhist Group offers a place to meditate, study, and explore Buddhist teachings as they relate to our lives. Each session begins with a meditation period, followed by a teaching on an aspect of Buddhism and discussion. Nancy Thompson, a teacher with the Interdependence Project, leads the group.

Nancy Thompson, nancythompson123@yahoo.com

First Tuesday of each month, 7:00 p.m.

THEIST GROUP

God Talk: An Open Conversation. There are many ways to name and experience God, from the dogmatic to the mystical. This ongoing group will explore how theistic Unitarian Universalists can name and experience God in meaningful, useful ways.

Rev. Josh Pawelek, revpawelek@sbcglobal.net

Fourth Tuesday of each month, 4:30 to 6:00 PM

Outreach and Support

MENTAL HEALTH MINISTRY

This network provides understanding and support for folks affected by mental illness and to caregivers. Twice a year we hold a summit. It is a program, open to the congregation, to informally share and learn more about our experiences with mental illness. We use spiritual activities such as art, walking in the woods and in labyrinths, and games to express our feelings. Please contact Sarah Karstaedt or Christine Joyner to be included on the email contact list for the next meeting.

Sarah Karstaedt, sarah_karstaedt@sbcglobal.net, Christine Joyner, spiritmoon7491@gmail.com

Summit programs twice/year, Dates TBD

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PLANNING CALENDAR

January	Date	Weekday	Time
UU Buddhist Group	1/2	Tue.	7:00 – 9:00 PM
Morning Yoga Classes	1/3, 1/10, 1/17, 1/24, 1/31	Wed.	11:00 AM – noon
Women's Sacred Singing Circle	1/4, 1/11, 1/18, 1/25	Thur.	7:00 – 9:00 PM
Evening Yoga Classes	1/8, 1/22, 1/29	Mon.	5:45 – 6:45 PM
Spiritual Art Play, Open Studio	1/8	Mon.	7:00 – 9:00 PM
UUS:E Book Lovers Group	1/9	Tue.	3:30 – 5:00 PM
Community Drum Circle	1/16	Tue.	7:00 – 8:30 PM
Politics & Public Affairs Sessions	1/18	Thur.	3:30 – 5:00 PM
UUS:E Theist Group	1/23	Tue.	4:30 – 6:00 PM
Discovery of Self Through Creative Exploration	1/23, 1/30	Tue.	7:00 – 9:00 PM
Compassionate Communications, Part 2	1/30	Tue.	7:00 – 8:30 PM
February	Date	Weekday	Time
Compassionate Communications, Part 2	2/1	Thur.	2:00 – 3:30 PM
Women's Sacred Singing Circle	2/1, 2/8, 2/15, 2/22	Thur.	7:00 – 9:00 PM
<i>Strangers in Their Own Land</i> book discussion	2/4	Sun.	1:00 – 3:00 PM
Evening Yoga Classes	2/5, 2/12, 2/19, 2/26	Mon.	5:45 – 6:45 PM
Winter Card-Making: Intergenerational Creative Workshop	2/5	Mon.	7:00 – 9:00 PM
UU Buddhist Group	2/6	Tue.	7:00 – 9:00 PM
Morning Yoga Classes	2/7, 2/14, 2/21, 2/28	Wed.	11:00 AM – noon
Music and Mantra: Kirtan with Charlie Braun	2/9	Fri.	7:00 – 9:00 PM
Spiritual Art Play, Open Studio	2/12	Mon.	7:00 – 9:00 PM
UUS:E Book Lovers Group	2/13	Tue.	3:30 – 5:00 PM
Humanist Group	2/13	Tue.	4:30 – 6:00 PM
Politics and Public Affairs	2/15	Thur.	3:30 – 5:00 PM

February	Date	Weekday	Time
Community Drum Circle	2/20	Tue.	7:00 – 8:30 PM
Discovery of Self Through Creative Exploration	2/20	Tue.	7:00 – 9:00 PM
UUS:E Theist Group	2/27	Tue.	4:30 – 6:00 PM
March	Date	Weekday	Time
Women's Sacred Singing Circle	3/1, 3/8, 3/15, 3/22, 3/29	Thur.	7:00 – 9:00 PM
Walk with Me – Intergenerational Poetry Walk	3/4	Sun.	10:25 AM
Evening Yoga Classes	3/5, 3/12, 3/19, 3/26	Mon.	5:45 – 6:45 PM
UU Buddhist Group	3/6	Tue.	7:00 – 9:00 PM
Morning Yoga Classes	3/7, 3/14, 3/21, 3/28	Wed.	11:00 AM – noon
<i>Daring Democracy</i> : UUA Common Read book discussion	3/11	Sun.	1:30 – 3:30 PM
Spiritual Art Play, Open Studio	3/12	Mon.	7:00 – 9:00 PM
UUS:E Book Lovers Group	3/13	Tue.	3:30 – 5:00 PM
Humanist Group	3/13	Tue.	4:30 – 6:00 PM
Politics and Public Affairs	3/15	Thur.	3:30 – 5:00 PM
Community Drum Circle	3/20, 3/26	Tue., Mon.	7:00 – 8:30 PM
UUS:E Theist Group	3/27	Tue.	4:30 – 6:00 PM

Winter 2018 Program Information

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Unitarian Universalist
Society: East is a welcoming,
open-minded, spiritual
community seeking truth and
meaning in its many forms.

We share responsibility for
building a more equitable,
peaceful, and sustainable
world.

~ Adopted by the Congregation in 2010

*This publication is available in large print
and electronic formats. To request an alternate
format, please contact us at 860.646.5151*



UNITARIAN UNIVERSALIST
SOCIETY: EAST

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