



**ADULT RELIGIOUS
EDUCATION
PROGRAMS**

WINTER 2017

**Unitarian Universalist Society: East
Manchester, CT**

Rev. Joshua M. Pawelek, Minister

Winter 2017

Adult Religious Education Programs

Presented by Unitarian Universalist Society: East

COMMITTEE SPONSORED PROGRAMS

ISIS AND ISLAMOPHOBIA: UNDERSTANDING THE MOST MISUNDERSTOOD FAITH IN AMERICA

This presentation and discussion will provide the religious, social, and historical context needed to understand how the self-proclaimed Islamic State has generated fear and loathing through a wrong and deviant interpretation of Islam. Speaker: Imam Sami Aziz. Co-sponsored with Social Justice/ Anti-Oppression Committee

Lorry King, KingL92@gmail.com

Sunday, 1/15, 1:30 – 4:00 p.m.

VEGAN RESOLUTION: GET HEALTHY IN THE NEW YEAR

Trying to improve your diet for the sake of the planet, the animals, and your own health? Feeling confused, even intimidated? Vegan chef Mary Lawrence to the rescue! Mary, of Ahimsa Health and Harmony and owner of Well on Wheels, will help us get started. Her presentation will include tips on overcoming obstacles, meal planning, and cooking quick and easy recipes. Delicious vegan snacks will be served. See Mary's blogspot: www.wellonwheels.blogspot.com. Sponsored by Sustainable Living Committee

Kat Dargan, katdargan@gmail.com, PeggyWebbe, peggywebbe@gmail.com

Saturday, 1/14, 2:00 – 3:00 p.m.

IN OUR OWN VOICE

Following Rev. Josh's sermon on mental health on the same day, the National Alliance on Mental Health (NAMI) will host "In Our Own Voice," a presentation by two trained speakers who are in recovery from a mental illness. They share personal stories and show a video depicting the challenges of living with a mental illness and demonstrating hope for treatment and recovery. Co-sponsored with Mental Health Ministry.

Sarah Karstaedt, sarah_karstaedt@sbcglobal.net, PeggyWebbe, peggywebbe@gmail.com

Sunday, 1/29, 1:00 – 3:00 p.m.

13TH: FILM AND DISCUSSION

In this recent and highly acclaimed documentary, scholars, activists and politicians analyze the criminalization of African Americans and the U.S. prison boom. Further details to follow. Co-sponsored with Social Justice/ Anti-Oppression Committee

David Garnes, davidgarnes@msn.com

Saturday, 1/14, 6:00 – 9:00 p.m.

WATCH YOUR NEWSLETTER FOR ADDITIONAL ACTIVITIES AND EVENTS!

See page 8 for additional class information.

ANTIRACISM 101

This three-hour class will provide an overview of the analysis of racism presented in the Unitarian Universalist Association's antiracism training programs. Participants will discuss reasons why racism persists in the United States, especially in institutional and cultural forms. We will also reflect on ways we – as individuals and collectively – can be instrumental in dismantling racism. Sponsored by Social Justice/Anti-Oppression Committee

Rev. Josh Pawelek, revpawelek@sbcglobal.net

Sunday, 1/22, 1:00 - 4:00 p.m.

INTRODUCTION TO UNITARIAN UNIVERSALISM

“Introduction to Unitarian Universalism” is for those interested in finding out more about Unitarian Universalism in general and UUS:E in particular. It is a prerequisite for those seeking to become members of UUS:E. Sponsored by Membership Committee.

Jennifer Klee, jenduv@sbcglobal.net, Rev. Josh Pawelek, revpawelek@sbcglobal.net

Sunday, 1/29, 1:00 – 4:00 p.m.

SPECIAL PROGRAMS

UNDERSTANDING THE OTHER SIDE: CAN A DIVIDED AMERICA HEAL?

Still reeling from the contentious politics of the past year? Join us to watch and discuss a Ted Talk by social psychologist Jonathan Haidt, author of *The Righteous Mind*. Haidt's research in moral psychology can help us understand our political differences and the increasing animosity between “blue and red”. What can we do to bridge this divide?

Crystal Ross, kovaciny.ross@gmail.com

Sunday, 2/12, 1:00 – 3:00 p.m. Snow date, 2/19

INTRODUCTION TO SOMATIC THERAPY

The winter months are an ideal time to slow down and have an inward focus. In this free workshop, we will explore the innate wisdom of our bodies through mindfulness, gentle movement, and simple sketches. What does your body have to tell you? Open to all. Bring a journal, something to write with, and a yoga mat if you have one. Contact Kate Grigg at kate@kategrigg.com or Annie Gentile at uuse153@sbcglobal.net to sign up. Instructor, Kate Grigg, RSMT.

Kate Grigg, kate@kategrigg.com, Linda Rohlf, rohlfs26@comcast.net

Saturday, 1/28, 9:30 – 11:30 a.m.

CREATING PRAYER FLAGS

Prayer flags are small, colorful rectangles of cloth, hung to promote peace, compassion, strength, and wisdom. Tibetans believe the prayers and mantras are blown by the wind to spread good will and compassion. We will each create two no-sew prayer flags, one to keep and one to share with a classmate. We will imprint them with poems, prayers, and symbols from the great faiths of the world in the spirit of peace and harmony. All materials will be supplied, though you are welcome to bring small items to attach to the flags or scraps of a favorite piece of clothing. Coordinator: Carol Marion

Carol Marion, cmarion333@gmail.com, PeggyWebbe, peggywebbe@gmail.com

Tuesday, 3/28, 6:30 – 8:30 p.m.

WALK WITH ME—INTERGENERATIONAL POETRY WALKS

Join us for an informal poetry session as we walk along a woody trail in Hop River State Park. During this one-mile walk we will read aloud short poems of a spiritual nature – bring your favorite, but please come even if you don't have a poem to share. All are welcome, including children. We'll gather in the Meetinghouse lobby at 10:25 a.m. and convoy to the Hop River State Park parking lot in Vernon. We'll walk about one mile over bumpy, but not too hilly, terrain. Takes about one hour.

Susan Barlow, sbarlow627@aol.com, 860-808-7103

Sunday, 3/19, 10:25 a.m. Inclement weather cancels

MINDFULNESS AND MOVEMENT SESSIONS

Slow down, connect inward, be in your body, and move to music. Come explore meditation, qigong, and creative expression through dance. Participants are welcome to attend all six classes or drop in to one or more. All are welcome. No previous experience required. Cost is \$10 at the door. Bring a yoga mat, meditation cushion or bench if you have one and wear clothes you can move in freely. Contact Annie Gentile at uuse153@sbcglobal.net or Kate Grigg at Kate@kategrigg.com to sign up. Walk-ins welcome.

Kate Grigg, kate@kategrigg.com or Linda Rohlf, Rohlf26@comcast.net

Six Mondays, 1/9 – 2/13, 9:00 – 10:00 a.m.

ONGOING PROGRAMS

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, 1/19, 3/16, 3:30-5:00 p.m. Feb. date TBD

YOGA CLASSES

The practice of yoga encourages both physical strengthening and emotional awakening. The intensity of the classes is appropriate for all levels of experience; beginners are especially encouraged to attend. Wear comfortable clothing, and bring a yoga mat or beach towel. Taught by certified instructors. Cost: \$40 for eight sessions. Two class times are offered. Walk-ins are welcome at \$6/class. Additional 8-week sessions will continue.

Jessica DeCarli, jess.decarli@gmail.com; and Ruth Rempt, ruthrempt@cox.net

Mondays, 5:45 – 6:45 p.m. Next 8-week session begins 1/30

OR Tuesdays, 9:30- 10:30 a.m. Next 8-week session begins 1/10

MEET-UP WALKS IN THE HARTFORD AREA

Larry Lunden of UUS:E 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

WATCH YOUR NEWSLETTER FOR ADDITIONAL ACTIVITIES AND EVENTS!

See page 8 for additional class information.

NEW MONTHLY GROUP

SPIRITUAL ART PLAY, OPEN STUDIO

Join us monthly to play with art as a form of spiritual self-expression. We meet not to make crafts or works of art, but to explore ourselves more deeply, to express our values and ideas, to make beauty present in the world. All forms of media are welcome: paint, colored pencils, ink, collage, clay, paper cutting, journaling, writing, book making, weaving, knitting, etc. Bring something you are already working on or start something new.

Nancy Madar, nancymadar@hotmail.com,

Second Monday of each month, starting Monday, 2/13, 7:00 – 9:00 p.m.

ONGOING 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. (email: uuse153@sbcglobal.net)

Rev. Josh Pawelek, revpawelek@sbcglobal.net

Online

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

Dates and Times Var

UUU 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.

MENTAL HEALTH MINISTRY

This support network provides connections and information on various aspects of mental health/mental illness/brain dis-ease. Meets as a group twice a year for a summit to discuss ideas of what members would like to do in the next six months and to affirm contact information within the group. 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 meetings twice/year, Dates TBD

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 p.m.

UUS:E BOOK LOVERS GROUP

Books are selected by the participants; members of the group volunteer to lead discussions each month. Watch the website at www.uuse.org for the current month's book.

Mary Heaney, mheaney1932@frontier.com,

Second Tuesday of each month, 3:30-5:00 p.m.

THEIST GROUP,

GodTalk: 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 from 4:30 to 6:00 p.m.

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.

Paul Cocuzzo, pcocuzzo@gmail.com, 978-270-2056,

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



In case of inclement weather, contact the program coordinator. Only complete building closures will be posted on the website at uuse.org.

Winter 2017 Adult Religious Education Program Information

- Sign up by calling the church office, 860-646-5151 or by email at uuse153@sbcglobal.net. Please include course name and date.
- Youth are especially encouraged to attend Adult RE programs.
- Childcare is available with one week's notice.
- Please let us know if you require special accommodations.
- All programs are held at the Unitarian Universalist Society: East Meetinghouse, 153 Vernon Street West, Manchester, CT unless otherwise noted.
- Contact the program coordinator if you have questions.
- Come and enjoy our winter line-up.

PLANNING CALENDAR

January	Date	Weekday	Time
Evening Yoga Classes*	1/2, 1/9, 1/16, 1/23, 1/30	Monday	5:45-6:45 p.m.
Morning Yoga Classes*	1/3, 1/10, 1/17, 1/24, 1/31	Tuesday	9:30-10:30 a.m.
Mindfulness and Movement Sessions*	1/9, 1/16, 1/23, 1/30	Monday	9:00 – 10:00 a.m.
Vegan Resolution: Get Healthy in the New Year	1/14	Saturday	2:00 – 3:00 p.m.
13th Film and Discussion	1/14	Saturday	6:00 - 9:00 p.m.
ISIS and Islamophobia: Understanding the Most Misunderstood Faith in America	1/15	Sunday	1:30 – 4:00 p.m.
Politics & Public Affairs Sessions*	1/19	Thursday	3:30 – 5:00 p.m.
Antiracism 101	1/22	Sunday	1:00 – 4:00 p.m.
Introduction to Somatic Therapy	1/28	Saturday	9:30 – 11:30 a.m.
In Our Voice NAMI Presentation	1/29	Sunday	1:00 – 3:00 p.m.
Introduction to Unitarian Universalism*	1/29	Sunday	1:00 – 4:00 p.m.
February	Date	Weekday	Time
Mindfulness and Movement Sessions*	2/6, 2/13	Monday	9:00 – 10:00 a.m.
Evening Yoga Classes*	2/6, 2/13, 2/20, 2/27	Monday	5:45-6:45 p.m.
Morning Yoga Classes*	2/7, 2/14, 2/21, 2/28	Tuesday	9:30-10:30 a.m.
Understanding the Other Side: Can a Divided America Heal?	2/12, snow date 2/19	Sunday	1:00 – 3:00 p.m.
Spiritual Art Play Open Studio (new monthly group)	2/13	Monday	7:00 – 9:00 p.m.
Politics and Public Affairs*	TBD	Thursday	3:30-5:00 p.m.

March	Date	Weekday	Time
Evening Yoga Classes*	3/6, 3/13, 3/20, 3/27	Monday	5:45-6:45 p.m.
Morning Yoga Classes*	3/7, 3/14, 3/21, 3/28	Tuesday	9:30-10:30 a.m.
Spiritual Art Play Open Studio	3/13	Monday	7:00 – 9:00 p.m.
Politics and Public Affairs*	3/16	Thursday	3:30-5:00 p.m.
Walk with Me – Intergenerational Poetry Walks: spiritual poetry at Hop River State Park, Vernon	3/19	Sunday	10:25 a.m.
Creating Prayer Flags	3/28	Tuesday	6:30-8:30 p.m.

* Ongoing groups or activities. See www.uuse.org for additional times and dates.

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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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