



*Lady Slipper by Susan Barlow*

# ADULT RELIGIOUS EDUCATION PROGRAMS

*SPRING 2018*

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

# Spring Adult Religious Education Programs

*Presented by Unitarian Universalist Society: East*

## SPECIAL PROGRAMS

### REVITALIZE YOUR BEING WITH AN EVENING OF YOGA AND SATSANG

This workshop begins with an explanation of the five pranas and yoga techniques that expand and purify their field. We will move into a holistic yoga flow to highlight each prana, leaving you feeling revitalized and aligned. We will close with an hour of Satsang: sharing spiritual teachings, the Upanishads, from teacher to students. These can involve stories, laughter, and teachings from yogic wisdom. Led by Yogrishi Vishvketu, a Himalayan Yoga Master, author and founder of Akhandayoga, [www.akhandayoga.com](http://www.akhandayoga.com) & [www.akhandayogaonline.com](http://www.akhandayogaonline.com) Donations will be accepted for this workshop; no one will be turned away.

*Marie Lorenzo, [marie.lorenzo@att.net](mailto:marie.lorenzo@att.net), Crystal Ross, [kovaciny.ross@gmail.com](mailto:kovaciny.ross@gmail.com)*

**Sunday, 5/20, 6:00 – 8:00 PM**

### BHUTAN: HOW WESTERN VALUES, MODERNIZATION AND THE INTERNET MAY BE DESTROYING THE LAST SHANGRI-LA

Learn how life is changing for the people of Bhutan, the “Happiest Kingdom on Earth.” Loss of their agrarian way of life, rapid urbanization, and exposure to the Internet and western values are leading to a loss of their Buddhist values and culture of compassion.

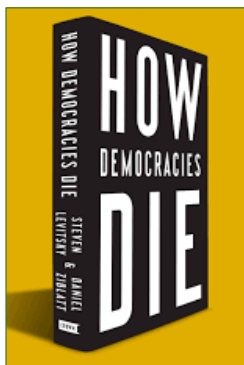
These changes have given rise to increased rates of anxiety, depression, substance abuse and suicide. This land of Gross National Happiness, and the world’s youngest democracy, is in danger of losing its soul. Led by Judi Durham, who travels to Bhutan to help the country develop mental health services, this workshop will also include images of this breathtakingly beautiful country.

*Judi Durham, [judi.durham@gmail.com](mailto:judi.durham@gmail.com), Lorry King, [KingL92@gmail.com](mailto:KingL92@gmail.com)*

**Sunday, 6/3, 1:00 – 3:00 PM**



## GIVING UP ON OUR DEMOCRACY?



The conservative ascendancy and the Trump presidency have intensified grave concerns that our American democracy is in crisis. This round-table discussion will be based on Steven Levitsky and Daniel Ziblatt's book, *How Democracies Die* (2018), and brief articles and columns to be provided to those who sign up to join the conversation. Facilitated by Lauriston King. Please sign up with Annie Gentile at [uuse153@sbcglobal.net](mailto:uuse153@sbcglobal.net) to receive materials.

*Lorry King, KingL92@gmail.com*

**Sunday, 5/13, 1:00 – 3:00 PM**

## COMMITTEE- SPONSORED PROGRAMS

### 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 the Membership Committee.

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

**Sunday, 5/6, 1:00 – 4:00 PM**

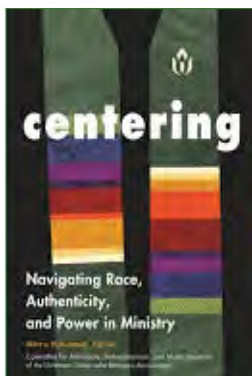


### UUA COMMON READ BOOK DISCUSSION: CENTERING: NAVIGATING RACE, AUTHENTICITY AND POWER IN MINISTRY

*Centering* has been chosen as one of the Unitarian Universalist Association's “common reads” for the 2017-2018 congregational year. This book contains the stories, analyses, and insights of a number of Unitarian Universalist religious leaders of color as they explore how racial identity is made both visible and invisible in Unitarian Universalist communities. Sponsored by the Social Justice / Anti-Oppression Committee

*Reverend Josh Pawelek, revpawelek@gmail.com*

**Two Tuesdays, 5/15, 5/29, 7:00 – 8:30 PM**



**WATCH YOUR NEWSLETTER FOR ADDITIONAL ACTIVITIES AND EVENTS!**

## TWO PERSPECTIVES ON THE ISRAELI – PALESTINIAN CONFLICT

**In Part 1** of this series, held in March, Bishop John and Pamela Selders shared their recent trip to the West Bank, Israel, and Jordan and facilitated a discussion about how the Palestinian-Israeli conflict takes a toll on our humanity.

**In Part 2**, we welcome Rabbi Richard Plavin (Rabbi Emeritus of Temple Beth Sholom B'nai Israel in Manchester), who will share his experience of life in Israel and his perspective on Israeli security and democracy.

**In Part 3**, we will have a conversation within the UUS:E community to process what we've learned, to deepen our collective understanding, and to consider further avenues of study and engagement.

Co-Sponsored with the Social Justice / Anti-Oppression Committee

*Reverend Josh Pawelek, revpawelek@gmail.com, Deena Steinberg, deenasteinberg@gmail.com*

**Sundays, Part 2: 4/8, 2:00 – 4:00 PM, Part 3: 4/22, 1:00 – 3:00 PM**



## BEING IN THE MOMENT: A PERSPECTIVE ON ALZHEIMER'S

Hear about and share ideas on interacting with people who have Alzheimer's. David Garnes of UUS:E has been giving talks and leading discussions at Live Well (formerly called the Alzheimer's Resource Center) in Plantsville for several years. He will share his perspective on this life-affirming experience, particularly in terms of encouraging and engaging participation. This is not a teaching presentation, but rather a sharing of ideas for those interested or involved in the Alzheimer's experience. Co-Sponsored with the Pastoral Care Committee.

*David Garnes, davidgarnes@msn.com*

**Sunday, 6/10, 4:00 – 5:30 PM**

- Sign up at [uuse153@sbcglobal.net](mailto: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.
- Contact the program coordinator if you have questions.
- In case of inclement weather, contact the program coordinator. Only complete building closures will be posted on the website at [uuse.org](http://uuse.org).

## MUSIC AND MANTRA: COMMUNITY KIRTAN

Join us for an evening of kirtan in the Western style: a fusion of melodic folk rock, reggae, blues, and other genres with Sanskrit mantras. Leaders guide the group in the call-and-response singing of mantras, co-creating a sacred space in which to be uplifted, deepened, comforted, and revitalized. You may sing along, dance, do yoga, or just meditate and soak in the heart-opening, high vibration. No experience necessary. \$15 donation suggested. No one turned away. Co-sponsored with the Music Committee. For more information, please see Central Connecticut Community Kirtan, [www.facebook.com/CTkirtan](http://www.facebook.com/CTkirtan)



**April:** Charlie Braun, [www.charliebraun.com](http://www.charliebraun.com)

**May:** Adam Bauer, [www.iamadambauer.com](http://www.iamadambauer.com)

*Sudha Sevin, [beingshining@gmail.com](mailto:beingshining@gmail.com), Peggy Webbe, [peggywebbe@gmail.com](mailto:peggywebbe@gmail.com)*

**Fridays, 4/13 and 5/11, 7:00 – 9:00 PM**

## NATIVE AMERICAN FLUTE EXPERIENCE

Back by popular demand! Learn to use the Native American flute to de-stress, create your own meditative style, work on breathing and fingering techniques. No musical experience required. Fee: \$10.00 if you have a flute; \$20 to purchase a flute and participate in the workshop. Please email Kristen Dockendorff at [kdockendorff@gmail.com](mailto:kdockendorff@gmail.com) if you want to purchase a flute. Co-sponsored with the Music Committee. *Kristen Dockendorff, [kdockendorff@gmail.com](mailto:kdockendorff@gmail.com), Peggy Webbe, [peggywebbe@gmail.com](mailto:peggywebbe@gmail.com)*  
**Friday, 4/20, 6:30-8:00 PM**



**WATCH YOUR NEWSLETTER FOR ADDITIONAL ACTIVITIES AND EVENTS!**

## ONGOING CLASSES, PROGRAMS, AND GROUPS

### *Experiential Programs*

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#### 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. Please 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.

*Paul Cocuzzo, pcocuzzo@gmail.com*

***Third Tuesday and Fourth Monday of each month, 7:00 – 8:30 PM. Please see planning calendar for specific dates.***

#### 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, bookmaking, weaving, knitting, etc. Limited materials will be provided.

*Nancy Madar, nancymadar@hotmail.com*

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

## WALK WITH ME—INTERGENERATIONAL POETRY WALKS

Join us for an informal, congenial poetry session as we walk along a local woodsy trail. 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 our destination. Contact Susan Barlow at 860-808-7103 with questions or any problem finding us.

April: Risley Pond with short poems or quotes by Ralph Waldo Emerson or Henry David Thoreau. We'll walk about one mile over bumpy but not too hilly and sometimes wet terrain.

May: East Coast Greenway with poems by Mary Oliver. We'll walk about one mile over paved, hilly terrain.

*Susan Barlow, sbarlow627@aol.com*

**Two Sundays, 4/15 and 5/6, 10:25 AM. Inclement weather cancels.**



*Violets by Susan Barlow*

## 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](http://www.meetup.com/Hartford-Area-Hiking)

*Larry Lunden, Kingbird613@comcast.net*

**Check meet-up website for dates, times and locations**

- Sign up at [uuse153@sbcglobal.net](mailto: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.
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## Discussion Groups

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### IALOGUE 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@gmail.com*

**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@gmail.com, 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, 4/19, 5/17, 6/21, 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 UUS:E.

**April 10:** *A Gentleman in Moscow*, by Amor Towles

**May 8:** *The Handmaid's Tale*, by Margaret Atwood

**June 12:** *Hillbilly Elegy*, by J.D. Vance

*Martha Larson, marlar@wordshard.com*

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

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**WATCH YOUR NEWSLETTER FOR ADDITIONAL ACTIVITIES AND EVENTS!**



# *Spiritual Groups*

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## **HUMANIST GROUP**

This ongoing group explores Religious Humanism and its applications to life, both historically and today. This spring, we continue our discussion of *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@gmail.com*

**Third Tuesday of each month, 4:30 – 6:00 PM**

## **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@gmail.com*

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

## *Outreach and Support*

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### **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**

**WATCH YOUR NEWSLETTER FOR ADDITIONAL ACTIVITIES AND EVENTS!**

## PLANNING CALENDAR

April	Date	Day	Time
Evening Yoga Classes	4/2, 4/9, 4/16, 4/23, 4/30	Mon.	5:45 – 6:45 PM
UU Buddhist Group	4/3	Tue.	7:00 – 9:00 PM
Morning Yoga Classes	4/4, 4/11, 4/18, 4/25	Wed.	11:00 AM – noon
Women's Sacred Singing Circle	4/5, 4/12, 4/19, 4/26	Thu.	7:00 – 9:00 PM
Two Perspectives on the Israeli- Palestinian Conflict, Part 2 (4/8), Part 3 (4/22)	4/8 4/22	Sun. Sun.	2:00 – 4:00 PM 1:00 – 3:00 PM
Spiritual Art Play, Open Studio	4/9	Mon.	7:00 – 9:00 PM
UUS:E Book Lovers Group	4/10	Tue.	3:30 – 5:00 PM
Music and Mantra: Kirtan with Charlie Braun	4/13	Fri.	7:00 – 9:00 PM
Walk with Me – Intergenerational Poetry Walk	4/15	Sun.	10:25 AM
Humanist Group	4/17	Tue.	4:30 – 6:00 PM
Community Drum Circle	4/17 4/23	Tue. Mon.	7:00 – 8:30 PM 7:00 – 8:30 PM
Politics & Public Affairs Sessions	4/19	Thu.	3:30 – 5:00 PM
Native American Flute Experience	4/20	Fri.	6:30 – 8:00 PM
UUS:E Theist Group	4/24	Tue.	4:30 – 6:00 PM
May	Date	Day	Time
UU Buddhist Group	5/1	Tue.	7:00 – 9:00 PM
Morning Yoga Classes	5/2, 5/9, 5/23, 5/30	Wed.	11:00 AM – noon
Women's Sacred Singing Circle	5/3, 5/10, 5/17, 5/24, 5/31	Thu.	7:00 – 9:00 PM
Walk with Me – Intergenerational Poetry Walk	5/6	Sun.	10:25 AM
Introduction to Unitarian Universalism	5/6	Sun.	1:00 – 4:00 PM
Evening Yoga Classes	5/7, 5/14, 5/21	Mon.	5:45 – 6:45 PM
UUS:E Book Lovers Group	5/8	Tue.	3:30 – 5:00 PM
Music and Mantra: Kirtan with Adam Bauer	5/11	Fri.	7:00 – 9:00 PM
Giving Up on Our Democracy?	5/13	Sun.	1:00 – 3:00 PM

<b>May Cont.</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
Spiritual Art Play, Open Studio	5/14	Mon.	7:00 – 9:00 PM
Humanist Group	5/15	Tue.	4:30 – 6:00 PM
UUA Common Read book discussion: <i>Centering: Navigating Race, Authenticity and Power in Ministry</i>	5/15, 5/29	Tue.	7:00 – 8:30 PM
Community Drum Circle	5/15	Tue.	7:00 – 8:30 PM
Politics and Public Affairs	5/17	Thu.	3:30 – 5:00 PM
Revitalize Your Being with an Evening of Yoga and Satsung	5/20	Sun.	6:00 – 8:00 PM
UUS:E Theist Group	5/22	Tue.	4:30 – 6:00 PM
<b>June</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
Bhutan: How Western Values, Modernization and the Internet May be Destroying the Last Shangri-La.	6/3	Sun.	1:00 – 3:00 PM
Evening Yoga Classes	6/4, 6/11, 6/18, 6/25	Mon.	5:45 – 6:45 PM
Morning Yoga Classes	6/6, 6/13, 6/20, 6/27	Wed.	11:00 AM – noon
UU Buddhist Group	6/5	Tue.	7:00 – 9:00 PM
Women's Sacred Singing Circle	6/7, 6/14, 6/21, 6/28	Thu.	7:00 – 9:00 PM
Being in the Moment: A Perspective on Alzheimer's	6/10	Sun.	4:00 – 5:30 PM
Spiritual Art Play, Open Studio	6/11	Mon.	7:00 – 9:00 PM
UUS:E Book Lovers Group	6/12	Tue.	3:30 – 5:00 PM
Humanist Group	6/19	Tue.	4:30 – 6:00 PM
Community Drum Circle	6/19	Tue.	7:00 – 8:30 PM
	6/25	Mon.	7:00 – 8:30 PM
Politics and Public Affairs	6/21	Thu.	3:30 – 5:00 PM
UUS:E Theist Group	6/26	Tue.	4:30 – 6:00 PM

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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*



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