



# Adult Religious Education Programs

*Winter 2019*

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

*Rev. Joshua M. Pawelek, Minister*

# Winter Adult Religious Education Programs

Presented by Unitarian Universalist Society: East

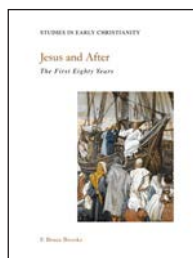
## SPECIAL PROGRAMS

### Book Discussion with Rev. Josh Jesus and After: The First Eighty Years

This course explores the earliest years of Christianity, when it was still a universalist sect of Judaism. Together we will read E. Bruce Brooks' *Jesus and After: The First Eighty Years*, available at [www.umass.edu/wsp/orders.html](http://www.umass.edu/wsp/orders.html). As one reviewer has said, "This book reveals a Jesus compatible with science and Unitarian Universalism, a Jesus with urgent ethical relevance to our lives today."

Rev. Josh Pawelek, [minister@uuse.org](mailto:minister@uuse.org)

4 Thursdays, 1/31, 2/14, 2/28, 3/14, 4:00 - 5:30 PM



### Increase Your Emotional Intelligence Through Self Awareness

Join us for this unique and powerful seminar led by longtime friend of UUS:E, Skip Gating. This two-session workshop will help you increase your happiness and success by learning to reduce self-defeating negative emotional reactions. A one-time \$5.00 materials donation is requested, no one will be turned away. Please contact Annie Gentile at 860-646-5151 or [uuseoffice@uuse.org](mailto:uuseoffice@uuse.org) to sign up.

Skip Gating, [gating@comcast.net](mailto:gating@comcast.net), Crystal Ross, [kovaciny.ross@gmail.com](mailto:kovaciny.ross@gmail.com)

2 Sundays, 1/6, 1/13, 1:00 - 2:00 PM

### Daring Democracy - From Discussion to Action

This is a continuation of last year's discussion of the UU Common Read, *Daring Democracy*. Using the solutions offered in this hopeful book as a base, we will explore and implement actions to restore democracy in the United States. Some examples we might consider are Campaign Finance Reform (a perennial favorite), Ranked Voting (recently passed in Maine), Restoring Voting Rights to Former Felons (yeah, Florida!), National Popular Vote, An End to Gerrymandering, and Fair Elections. At our first meeting we will decide when and how often to meet and our next steps. *Daring Democracy* is an easy, engaging, empowering, but not required read. New participants welcome!

Deena Steinberg, [deenasteinberg@gmail.com](mailto:deenasteinberg@gmail.com), Jay Stewart, [jstewart@hartford.edu](mailto:jstewart@hartford.edu)

Sunday, 2/10, 1:00 - 3:00 PM

Watch Your Newsletter for Additional Activities and Events!

## Revitalize Your Body, Mind, Soul Connection

Do you ever feel drained and wonder if there is anything you can do to restore vitality? This workshop is based partially on the work of Caroline Myss, five-times *New York Times* best-selling author and medical intuitive, who tells us, “Your biography becomes your biology.” Learn tools to release detrimental beliefs that are depleting your vitality so you can “reorder your biochemistry.” Hear about recent medical data that confirms the body, mind, soul connection. Led by Fredericka Close, a certified Sacred Contracts Consultant. Please visit [www.sacredcontractsconsulting.com](http://www.sacredcontractsconsulting.com) to learn more.

A \$30.00 donation is requested, no one turned away. Please register in advance with Annie Gentile at 860-646-5151 or Freddie Close at 860-872-2911, as class size is limited.

*Frederika Close, [close@sacredcontractsconsulting.com](mailto:close@sacredcontractsconsulting.com), Crystal Ross, [kovaciny.ross@gmail.com](mailto:kovaciny.ross@gmail.com)*

**Saturday 1/12, 9:00 AM to noon**

## Soul Mate Workshop

Release yourself of rigid contemporary beliefs of what a soul mate is and what a soul mate is supposed to do for you. Deep soul relationships call on us to embrace the sacred mysteries of our soul, not our ego, in the ordinary events of our lives. Discover how to be in relationships soulfully and how to identify whom you have a soul mate relationship with. Led by Fredericka Close, a certified Sacred Contracts Consultant. Please visit [www.sacredcontractsconsulting.com](http://www.sacredcontractsconsulting.com) to learn more.

A \$30.00 donation is requested, no one turned away. Please register in advance with Annie Gentile at 860-646-5151 or Freddie Close at 860-872-2911, as class size is limited.

*Frederika Close, [close@sacredcontractsconsulting.com](mailto:close@sacredcontractsconsulting.com),  
Crystal Ross, [kovaciny.ross@gmail.com](mailto:kovaciny.ross@gmail.com)*

**Saturday, 2/16, 9:00 AM to noon**



- Sign up at [uuseoffice@uuse.org](mailto:uuseoffice@uuse.org) 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.
- Contact the program coordinator if you have questions.
- Programs held at Unitarian Universalist Society: East, 153 Vernon St. W., Manchester, CT
- In case of inclement weather, contact the program coordinator. Only building closures will be posted on the website at [uuse.org](http://uuse.org).

## 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. Same program offered on two dates. Sponsored by the Membership Committee.

*Jennifer Klee, jenduv@sbcglobal.net, Rev. Josh Pawelek, minister@uuse.org*

**2 Sundays, 1/20 or 3/03, 1:00 – 4:00 PM**

### Music and Mantra: Community Kirtan

Join us to experience the magic of kirtan, a different kind of music. Based on ancient chants, this call-and-response singing of mantras can quiet the mind and uplift the soul. 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.

- January 11: Shakti’s Light with Jenn Richard and Vicky Hannon
- March 8: Charlie Braun, Western style kirtan

*PeggyWebbe, peggywebbe@gmail.com*

**Fridays, 1/18, 3/8, 7:00 – 9:00 PM**



Watch Your Newsletter for Additional Activities and Events!

# ONGOING CLASSES, PROGRAMS, AND GROUPS

## NEW MONTHLY GROUP

### Science and Religion

How does science inform our beliefs? Where do science and religion meet? Where are they in opposition? Members of this ongoing group select and discuss readings covering myriad topics such as evolutionary biology, artificial intelligence, climate change, the brain, genetics, etc..... and the way we look at the Big Questions. Please sign up in advance to receive the first meeting's topic and questions from Linda Duncan. To sign up, contact Annie Gentile at [uuseoffice@uuse.org](mailto:uuseoffice@uuse.org) or (860) 646-5151.

*Linda Duncan, [lindakduncan@gmail.com](mailto:lindakduncan@gmail.com)*

*4th Thursday of each month, 4:30 - 6:00 PM, first meeting 1/24*

## EXPERIENTIAL PROGRAMS

### Yoga Classes

The practice of yoga encourages both physical strengthening and emotional awakening. These are moderate/gentle classes, 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](mailto:jess.decarli@gmail.com), Susan Barlow, [sbarlow627@aol.com](mailto:sbarlow627@aol.com)*

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



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## 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 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**

## 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. 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**

## 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**



**Watch Your Newsletter for Additional Activities and Events!**

### 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](mailto:uuse153@sbcglobal.net))

*Rev. Josh Pawelek, [minister@uuse.org](mailto:minister@uuse.org)*

**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, [minister@uuse.org](mailto:minister@uuse.org), Louisa Graver, [graver30@att.net](mailto: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](mailto:KingL92@gmail.com)*

**Thursdays, 1/17, 2/21, 3/21, 3:30 – 5:00 PM**

- Sign up at [uuseoffice@uuse.org](mailto:uuseoffice@uuse.org) or 860-646-5151. Please include course name and date.
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## 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.

- January 8: *Born a Crime: Stories from a South African Childhood* by Trevor Noah
- February 12: *Small Great Things* by Jodi Picoult
- March 12: *The Age of Innocence* by Edith Wharton

Martha Larson, [marlar@wordshard.com](mailto: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, who trained at the Interdependence Project, leads the group. \*January meeting 2nd Tuesday, 1/8/19, due to holiday on first Tuesday.

Nancy Thompson, [nancythompson123@yahoo.com](mailto:nancythompson123@yahoo.com)

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

### Pagan Study Group

This ongoing group explores Pagan and Earth-Centered spirituality in the context of Unitarian Universalism. We will continue to read and discuss *Pagan and Earth-Centered Voices in Unitarian Universalism*, edited by Jerrie Kishpaugh Hildebrand and Shirley Ann Ranck, available from InSpirit, the bookstore of the Unitarian Universalist Association.

Rev. Josh Pawelek, [minister@uuse.org](mailto:minister@uuse.org)

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

### Humanist Group

This ongoing group explores Religious Humanism and its applications to life, both historically and today.

Rev. Josh Pawelek, [minister@uuse.org](mailto:minister@uuse.org)

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

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Watch Your Newsletter for Additional Activities and Events!



## Theist Group

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

*Rev. Josh Pawelek, minister@uuse.org*

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

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### 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
Morning Yoga Classes	1/2, 1/9, 1/16, 1/23, 1/30	Wed.	11:00 AM – noon
Women's Sacred Singing Circle	1/3, 1/10, 1/17, 1/24, 1/31	Thu.	7:00 – 9:00 PM
Increase Your Emotional Intelligence Through Self-Awareness	1/6, 1/13	Sun.	1:00 – 2:00 PM
Evening Yoga Classes	1/7, 1/14, 1/21, 1/28	Mon.	5:45 – 6:45 PM
UUS:E Book Lovers Group	1/8	Tue.	3:30 – 5:00 PM
Pagan Study Group	1/8	Tue.	4:30 – 6:00 PM
UU Buddhist Group	1/8	Tue.	7:00 – 8:30 PM
Revitalize Your Body, Mind, Soul Connection	1/12	Sat.	9:00 AM - noon
Spiritual Art Play, Open Studio	1/14	Mon.	7:00 – 9:00 PM
Introduction to Unitarian Universalism	1/20	Sun.	1:00 – 4:00 PM
Humanist Group	1/15	Tue.	4:30 – 6:00 PM
Community Drum Circle	1/15 1/28	Tue. Mon.	7:00 – 8:30 PM
Politics & Public Affairs Sessions	1/17	Thu.	3:30 – 5:00 PM
Music and Mantra: Kirtan with Shakti's Light, Jenn Richard and Vicky Hannon	1/18	Fri.	7:00 – 9:00 PM
UUS:E Theist Group	1/22	Tue.	4:30 – 6:00 PM
Science and Religion Discussion Group	1/24	Thu.	4:30 - 6:00 PM
Book Discussion with Rev. Josh: <i>Jesus and After: The First Eighty Years</i>	1/31	Thu.	4:00 – 5:30 PM
February	Date	Weekday	Time
Evening Yoga Classes	2/04, 2/11, 2/18, 2/25	Mon.	5:45 – 6:45 PM
UU Buddhist Group	2/5	Tue.	7:00 – 8:30 PM
Morning Yoga Classes	2/6, 2/13, 2/20, 2/27	Wed.	11:00 AM – noon
Women's Sacred Singing Circle	2/7, 2/14, 2/21, 2/28	Thu.	7:00 – 9:00 PM
<i>Daring Democracy – From Discussion to Action</i>	2/10	Sun.	1:00 – 3:00 PM
Spiritual Art Play, Open Studio	2/11	Mon.	7:00 – 9:00 PM

**Watch Your Newsletter for Additional Activities and Events!**

## PLANNING CALENDAR

February	Date	Weekday	Time
UIUS:E Book Lovers Group	2/12	Tue.	3:30 – 5:00 PM
Pagan Study Group	2/12	Tue.	4:30 – 6:00 PM
Book Discussion with Rev. Josh: <i>Jesus and After: The First Eighty Years</i>	2/14, 2/28	Thu.	4:00 – 5:30 PM
Soul Mate Workshop	2/16	Sat.	9:00 AM - noon
Humanist Group	2/19	Tue.	4:30 – 6:00 PM
Community Drum Circle	2/19 2/25	Tue. Mon.	7:00 – 8:30 PM
Politics and Public Affairs	2/21	Thu.	3:30 – 5:00 PM
UIUS:E Theist Group	2/26	Tue.	4:30 – 6:00 PM
Science and Religion Discussion Group	2/28	Thu.	4:30 - 6:00 PM
March	Date	Weekday	Time
Introduction to Unitarian Universalism	3/3	Sun.	1:00 – 4:00 PM
Evening Yoga Classes	3/4, 3/11, 3/18, 3/25	Mon.	5:45 – 6:45 PM
UIU Buddhist Group	3/5	Tue.	7:00 – 8:30 PM
Morning Yoga Classes	3/6, 3/13, 3/20, 3/27	Wed.	11:00 AM – noon
Women's Sacred Singing Circle	3/7, 3/14, 3/21, 3/28	Thu.	7:00 – 9:00 PM
Music and Mantra: Kirtan with Charlie Braun	3/8	Fri.	7:00 – 9:00 PM
Spiritual Art Play, Open Studio	3/11	Mon.	7:00 – 9:00 PM
UIUS:E Book Lovers Group	3/12	Tue.	3:30 – 5:00 PM
Pagan Study Group	3/12	Tue.	4:30 – 6:00 PM
Book Discussion with Rev. Josh: <i>Jesus and After: The First Eighty Years</i>	3/14	Thu.	4:00 – 5:30 PM
Humanist Group	3/19	Tue.	4:30 – 6:00 PM
Community Drum Circle	3/19 3/25	Tue. Mon.	7:00 – 8:30 PM
Politics and Public Affairs	3/21	Thu.	3:30 – 5:00 PM
UIUS:E Theist Group	3/26	Tue.	4:30 – 6:00 PM
Science and Religion Discussion Group	3/28	Thu.	4:30 - 6:00 PM

[Watch Your Newsletter for Additional Activities and Events!](#)

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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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