

Welcome to the Fall 2018 Adult Programs Catalog

This catalog will help you explore the wide array of classes, workshops, groups and retreats offered at UUCF.

No fees are required unless otherwise noted. All are welcome – whether you're a member or friend from the community. Teens are welcome unless otherwise noted. For more information, contact Adult Programs Committee Chair Linda Rothbart, rothbart@comcast.net.

Find the latest class information at <https://www.meetup.com/Unitarian-Universalist-Congreg-of-Fairfax-Adult-Learning/> or on uucf.org/get-connected/classes.

Registration

All courses require registration before the start date, unless otherwise noted, so that appropriate rooms can be reserved and facilitators have time to prepare. Sign up three ways: At the Adult Programs table in the Commons after services, by emailing Education Assistant Melissa Campos-Poehert, ap@uucf.org, or by going to uucf.org/get-connected/classes to sign up online.

Adult small groups and retreats

This catalog also contains information on UUCF's ongoing small groups and retreats. You can also access this information at uucf.org/get-connected.

Propose a new class

Submit your proposal to lead or teach a class at uucf.org/adult-programs-course-proposal-form.

Adult Programs Classes

In Alphabetical Order

Classes & Workshops

Afterlife in Judaism, Christianity and Islam	p. 5
Collapsing Humanism & Rising Techno-Religion	p. 1
Embracing the Other: What Gets in the Way	p. 4
Existence & Media: Conversations of Deep Meaning in a Digital World ...	p. 3
God - Evolution & Jewish Theology	p. 2
How Jesus Became God	p. 3
Living Consciously	p. 1
Medicare: Learn How It Works	p. 1
Nuts & Bolts: How Things Work at UUCF	p. 5
Pledge to End Racism Workshop	p. 5
Religious Themes in Western Art	p. 2
Righteous Minds Trying to Understand Other Political Tribes	p. 2
Science & Religion: The Conflict of Two Different Worlds	p. 5
Sharing the Small Things in Life	p. 4
Spiritual Encouragement for Baby Boomers	p. 4
Trans 101	p. 1
What Moves Us: U/U/UU Theology	p. 2
What We Can Do About Mass Incarceration	p. 5
What Would Martin Luther King Say About Race in America Today?	p. 4

Ongoing Groups & Retreats

All Congregation Retreat	p. 8
Fall Adult Retreat	p. 8
Federal Employees Group	p. 7
Gentle Yoga	p. 7
Global Affairs Discussion Group	p. 6
Meditation Practice Group	p. 6
Memoirs Writing Group	p. 6
Monday Night Book Club.....	p. 7
Needlework Group	p. 7
Poetry Club	p. 7
Science, Reason & Religion Sunday Forums	p. 8
Spiritual Hiking	p. 6
Wednesday Morning Book Club	p. 7

NOTE: Classes are listed in date order. For an alphabetical listing, see the table of contents. All classes meet in the Program Building, unless otherwise noted.

Medicare: Learn How It Works

Sep. 4, 18 & Oct. 2

11 a.m.-12:30 p.m.

Led by Kristian Sheils and Michelle Washington

This course will provide an in-depth look into Medicare, including coverage, choices, eligibility, prescription drug options, ways to avoid penalties, save money and more. If you have insurance after retirement from the federal government or another employer, this course will explain how Medicare works with your other insurance and compare Supplements and Medicare Advantage Plans. Presenters are Medicare specialists and insurance agents.

Trans 101

Sep. 16, 2-3:30 p.m.

Led by Karen Wolf

Transgender people have existed throughout history, but between politics and pop culture, trans issues seem to be everywhere today. Come learn about transgender identities, language, etiquette and how to be an ally to the transgender community. How can UUCF live up to its commitment of being a Welcoming Congregation for trans people? As people of faith committed to justice, what is our responsibility in the face of transphobia? Bring your questions and your open minds and hearts.

Living Consciously

Sep. 17, Oct. 15, Nov. 12 & Dec. 10, 7:30-9 p.m. Led by Zim Putney

Eckhart Tolle says we are only truly alive in this moment. In this class we strive to be more present and self-aware now, following the voice of our deepest inner resources: our intelligence, emotions, feelings and values. We apply the wisdom of Jack Kornfield's book "The Wise Heart," as well as teachings of Tara Brach and others. We practice mindfulness in each meeting through reading (mind), movement (body) and meditation (spirit) and the shared wisdom of others in the class.

Collapsing Humanism & Rising Techno-Religion

Sep. 26, Oct. 3, 10, 17 & 24, 7:30-9 p.m. Led by Jerry Poje

How are humans evolving during our age of hyper-technological development? How can current and next generations survive the Anthropocene? What do legacy religions have to offer during this transformation? Using provocative online content and grounded in Yuval Harari's "Homo Deus," course leaders will step beyond historical Ishtar, Moses, Jesus, Mohammed and others, and explore our place in an expanding universe. Includes personal preparation, lectures and challenging conversations. Deeper religious friendships expected beyond this short course.

What Moves Us: U/U/UU Thexlogy

Oct. 1, 15, 29, Nov. 5 & 19, 6:30-8 p.m.

Led by Rev. Sarah Caine

Using the What Moves Us curriculum (uaa.org/re/tapestry/adults/movesus) from the Unitarian Universalist Association, we will explore the roots of some of our UU theology. Classes will offer time to reflect on how the thexlogians of the week connect with the idea of God and life, and if this is similar or different from the participant's own thexlogy. We will look at two thexlogians per session.

Note: thex is the gender-neutral term for god in modern thexlogical circles.

Righteous Minds Trying to Understand Other Political Tribes

Oct. 17, 24, 31 & Nov. 7, 7-9 p.m. Led by Bill Roos

Inspired by Jonathan Haidt's book, "The Righteous Mind: Why Good People are Divided by Politics and Religion," and other authors, this class will look at people from diverse political and cultural backgrounds and try to better understand each others' values and beliefs – and possibly even find areas of agreement across the usual political and cultural boundaries.

God - Evolution & Jewish Theology

Nov. 13 & 20, 7:30 p.m.

Led by Beryl Trauth-Jurman. Contact Albert Nekimken, anekimken@cox.net.

Explore the historical evolution of the idea of God in the Jewish tradition over the millennia with insights into the ways it differs from Christianity and Islam. Learn how varieties of Jewish beliefs have flowered in the modern era. Beryl Trauth-Jurman is a member of Temple Rodef Shalom in Falls Church, VA, and an experienced presenter of adult education programs. Sponsored by Unitarian Universalists for Jewish Awareness.

Religious Themes in Western Art

Oct. 9, 10 a.m.-12 p.m.

Led by Roz Hoagland

If you have ever wandered through the Renaissance section of any art museum and wondered who the people in the paintings might be, then this is the class for you. Much of Western art deals with religious themes. Artists gradually developed

formulas for depicting familiar Bible stories and key individuals. Looking at examples from early Christian catacombs through the 17th Century, this class will explain the stories and discover the attributes of important figures in religious art.

***Existence & Media:
Conversations of Deep Meaning
in a Digital World***

Oct. 10 & 24, 7-9 p.m.

Led by Rev. David A. Miller

Class participants will “listen” to conversations of deep meaning taking place solely online. Using one or more social media platforms, follow a selection of people and organizations - preferably non-UUCF members or conversations - from at least two discernible generations. During the course of several days, “listen” for discussions, opinions, hopes and concerns regarding issues of meaning: social justice, ethics/morality, environmentalism, race, sexuality, law, economics and, finally, religion.

- Using two to four examples, identify the spiritual need, hope or concern embedded in the conversation. (Use your own definition of “spiritual,” but please be prepared to explain your understanding.)
- Copy, note or screen-grab the conversation, tell us where it came from (if not obvious) and journal about the spiritual needs embedded in the conversation.
- Class participants who struggle to identify social media conversations can choose lyrics from current songs or messages from YouTube videos that express spiritual longing.

The first session will involve sharing the contents of the conversations and your observations, and the second will involve sharing your thoughts, surprises and insights in dealing with issues of meaning in a digital age. Instructions on searching social media will be emailed to those registered.

Note: With deep appreciation to Rev. David's seminary classmate, Damian Geddry, for sharing ideas for this class.

How Jesus Became God

**Oct. 11, 18, 25 & Nov. 1,
7-8:30 p.m. Led by Jack Dalby
\$20 course fee**

New Testament scholar Bart Ehrman states, “At the heart of the Christian faith is a spectacular claim: Jesus of Nazareth was, and is, God. But this is not what the original disciples believed during Jesus’ lifetime, and it is not what Jesus claimed about himself.” How is it that within 100 years of his death, Jesus, an apocalyptic, itinerant Jewish preacher, went from being seen as God’s unique messenger to being seen by some as God himself? In this course, we will discuss how a small group of ancient, monotheistic Jews came to allow for their one God to have a “son.” We will examine the belief in divine humans in the ancient Roman world, the ministry, death and resurrection of Jesus, Christian missionaries, worship practices of early Christians, the evolution of Christology, the doctrine of the Trinity, heretical and orthodox Christian practices, other Christianities, the conversion of Constantine and much more.

***Spiritual Encouragement for
Baby Boomers***

Oct. 11, 1-2:30 p.m.

Led by Barb Brehm

In today's fast-paced and overpacked world, baby boomers more and more are faced with the big questions: Why are we still here? Are we too old to be useful? This one-session class, using a discussion format, addresses how baby boomers can humbly accept help and the limitations of aging bodies while continuing to learn new things. Participants will draw upon various books, including “Living With Purpose in a Worn-Out Body,” and share insights.

***Embracing the Other: What
Gets in the Way?***

Nov. 4, 3-5 p.m., Sanctuary

Contact Susan Kirby,

sabkirby@cox.net, and Rod

Paolini, rodpaolini@comcast.net

Join us for roundtable discussions of the origins and consequences of prejudice, bigotry and discrimination against those who are different from us. We will consider race, gender, nationality, religion and sexual orientation, and explore our feelings toward and treatment of those we consider “other.” Sponsored jointly by the UUCF Muslim Liaison Group and the Rumi Forum.

***What Would Martin Luther
King Say About Race in America
Today?***

Nov. 5 & 19, 7:30-9 p.m.

Led by Daniel Rothbart

Serving as the nation’s moral conscience on matters of race, Dr. King offered insight into the insidious forms of systemic racism of his day. In this mini-course, we bring him back to life, as it were, by imagining what he would say about the current forms of racism in this country. We speculate on his answers to two questions: first, how exactly has systemic racism changed since the 1960s and, second, how should current forms of racial injustice be redressed through possible policies, programs and social movements?

Sharing the Small Things in Life

Nov. 6, 20 & Dec. 4, 1-2:30 p.m.

**Led by Mary Frances Kordick and
Ann King**

We will look at the practical sides of living - ways to simplify, be environmentally sound and enhance our well-being. We want to bring together a group that will share tips, including earth-friendly cleaning methods, natural remedies, the simple joys of plants, decluttering tactics, downsizing, etc. The list goes on, and is open-ended. Participants will share their knowledge and expand areas of interest as we learn from each other. Kahlil Gibran wrote, “... In the dew of little things the heart finds its morning and is refreshed.” We want to embrace “little things” as we gather, share and refresh.

Nuts & Bolts:

How Things Work at UUCF

Nov. 14, 7-9 p.m.

Led by Craig and Susan Bennett

This course is intended to provide leaders and curious non-leaders an overview of UUCF mechanics. How is the congregation organized and governed? What are the responsibilities of the staff? How does one reserve a meeting space, coordinate a special event, advertise an activity, get reimbursed or even adjust the thermostats? Learn what resources and processes are available to help you get things done.

Science & Religion: The Conflict of Two Different Worlds

Nov. 27, 28 & 29, 7:30-9 p.m.

Led by John Rybicki

Is there truly a conflict between science and religion? We will examine two case studies - the Galileo and Scopes trials and what they tell us about the real conflict between religion and science. We will also consider "intelligent design" and the "anthropic principle" to show that from the beginning church scholars did not always view all parts of the Scripture as literal and, in fact, they considered allegorical and spiritual interpretations of Scripture as oftentimes far more powerful and insightful than the simply literal.

What We Can Do About Mass Incarceration

Dates/times TBD

Please contact Karen Wolf, karenwolf@gmail.com.

Led by Betsy Bicknell

The United States has nearly 25% of

the world's prison population, and the number of prisoners has increased 700% since 1970. People of color are disproportionately incarcerated. How did it get this way, and what can we do to change the U.S. policy of caging people? Over several weeks, this program will explore the history of mass incarceration, the prison system, ending money bail and issues specific to Virginia.

The Pledge to End Racism Workshop

Dates/times TBD

Presented by the UUCF Racial Justice Steering Committee

This workshop aims to help us develop confidence in our abilities to recognize and challenge systemic racism, confront racism and bias in our everyday lives, and take leadership in ending racism in our community, our culture and our lives. Participants will develop a community of support and an understanding of how to use support in deepening our work in building a just and equitable multicultural world. For those who've had other anti-racism/multiculturalism training, this class will take your understanding and competency to a deeper level. If you've never taken a class about racism, this one will challenge you to invest in and deepen your intercultural competence.

The Afterlife in Judaism, Christianity and Islam

Dec. 11, 12 & 13, 7:30-9 p.m.

Led by John Rybicki

Concepts and characteristics of God, as well as an understanding of the

development of divine justice, mercy, compassion and punishment, have been important in the development of thoughts on the afterlife in Judaism, Christianity and Islam. We will study how these religions understand the ways that God balances and prioritizes each of these elements, which are instrumental to understanding their views about the afterlife. The course will review three differing concepts of God to better understand how they conceptualize the afterlife. We will also consider whether the God of Judaism, Christianity and Islam is the same God.

Ongoing Groups

Meditation Practice Group

1st and 3rd Tue., 7-8:30 p.m.,

Chapel. Contact Karen Monroe, kmonroe@gmail.com, or Rob Creekmore, robcreekmore@verizon.net

Our meeting together comprises a chalice reading/lighting, 20 minutes of guided meditation, 20 minutes of silent meditation, check-in/personal sharing (optional), open discussion and a short closing meditation. Our guided meditations are usually Vipassana (insight) meditations. This is an open group and you do not need to commit to coming to every meeting. Most of us meditate on chairs arranged in a circle. You may also bring your own sitting gear and we will make space for you in the circle. If you arrive late, please enter mindfully and as quietly as possible.

Global Affairs Discussion Group

1st Wed., Sep.-Jun., 7:15-9 p.m.

Contact Randy Adams, r.a.adams@mac.com

Latest info at <https://www.meetup.com/Global-Affairs-Discussion-Group>

The GADG was formed several years ago to explore the many world issues that affect our lives and to learn from and share with each other a variety of viewpoints. Its mission and purpose call us to tap into the diversity of expertise and experience available at UUCF and beyond. We will engage in a discussion of national and international news and events. Suggestions for future speakers and topics are welcome.

Memoirs Writing Group

1st & 3rd Fri.

Contact Kristin Moyer, kcmoyer65@gmail.com

The Memoirs Writing Group meets to encourage one another while we share writing tips and the stories of our lives.

Spiritual Hiking

**2nd Sun. after the 2nd service, starting in Oct.; meet in front of the Program Building
Led by Edna Trimm**

Inspirational readings like this will begin each hike: "We have analyzed the [Jackson] Pollock patterns with computers and compared them with forests, and they are exactly the same. This dimension does more than lull us; it can engage us, awe us and make us reflect." - *Richard Taylor, physicist*

UUCF Poetry Club

2nd Sun., 4-6 p.m.

**Contact Barbara Dutchak,
bdutchak@mac.com**

This open, drop-in group meets monthly for fellowship and conversation as we explore the meaning and artistry of poetry we share from our personal, wide-ranging reading. We value the depth and dimension that fine poetry brings to our lives. Though participants may occasionally share a personal work, this is not a writing workshop.

Monday Night Book Club

2nd Mon., 7:30-9 p.m.

**Contact Don Address,
don.address7@gmail.com**

**Monthly selections at
uucf.org/book-groups**

Every December the group selects 11 books for the coming year. Each month is a discussion of one of the selected books.

Wednesday Morning Book Club

3rd Wed., 10 a.m.-12 p.m., Library

**Contact Betsy Bicknell,
bicknell.betsy@gmail.com**

**Monthly selections at
uucf.org/book-groups**

This group discusses a diverse selection of intellectually stimulating fiction and nonfiction books. Every spring, members select books for the following 12 months. Participants stick to the subject and socialize after the meeting.

Needlework Group

4th Thu., 2:30 p.m., and 1st Tue.,

**7:30 p.m. Contact Mary Paxton,
mburrapaxton@gmail.com, or
Laureen Branting,
brantinl@hotmail.com**

This new (and hopefully ongoing) group welcomes all those interested in schmoozing over their needlework or other portable projects on an “as possible” basis. There will be no formal instructor, but the members will assist each other (including beginners) in mastering new techniques and planning future projects, while they get to know each other better. To accommodate all who may be interested, those available will meet twice a month, once during the day and once in the evening.

Gentle Yoga

**Tue., Sep. 11-Nov. 6 (No class
Oct. 30), 6:30-7:30 a.m. Led by
Ravi Kaur (Christine Mason),
cmason@edimprovement.org.**

This course is designed for UUCF and includes stretching, Kundalini yoga sets, relaxation and meditation. Ravi has taught yoga at UUCF since 2001. Dress comfortably and bring a yoga mat and water bottle.

UUCF Federal Employees Group

**Sep. 24, Oct. 22, Nov. 26 & Dec. 17,
7:30-9 p.m.**

**Contact Rama Kotra,
kotra7too@gmail.com**

This group provides a place and time to share experiences about our respective U.S. federal agencies and bureaus during a time of change, and to support each other. One does not need to be

currently employed by the federal government to attend. This group began in January 2017.

Science, Reason & Religion Sunday Forums

**Sundays, Oct.-May, 12:30-2 p.m.,
Don Yacoe, dyacoe@msn.com**

Features roughly 12 sessions on varied topics within the SR&R spectrum by skilled and engaging internal and external speakers. Sessions are usually equally divided between presentations and Q&A. To have your name added to the SR&R Google list, email Bob Hatfield, rjhatfield2@verizon.net.

Retreats

All-Congregation Retreat

**Aug. 31-Sep. 3, Big Meadows
Campgrounds and Lodge,
Shenandoah National Park**

Each year over Labor Day weekend, UUCFers of all ages – families and individuals – gather at a designated campsite for camping, hiking, games, campfires and fellowship. Follow the Facebook group for updates: facebook.com/groups/UUCFfallretreat.

Fall Adult Retreat

**Oct. 12-Oct. 14,
Claggett Center, Adamstown, MD
Contact Jennifer Yi,
jharttyi@yahoo.com, or Rachel
Kazan, rachelkazan@mac.com**

Every fall, UUCF holds a weekend retreat for adult congregants. All adults are welcome. The retreat offers a chance to: participate in workshops that help in your personal growth;

connect with others and nature, walk, talk, read, meditate and relax; enjoy the campfire, singing, games and entertainment; and eat healthy and well – six delicious meals plus snacks and beverages.