

The path of spiritual  
growth is a path of  
lifelong learning.

- *M. Scott Peck*



**Spring 2020**

## **UUCF Adult Programs Catalog**

**Classes, Workshops & Ongoing Groups**



**Unitarian Universalist  
Congregation of Fairfax**

## **Overview**

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

No fees are required unless otherwise noted. All are welcome – whether you're a member or friend from the community. Older teens are welcome unless otherwise noted. For more information, contact Adult Programs Committee Chair Elise Cutler, [apcUUCF@gmail.com](mailto:apcUUCF@gmail.com).

## **Registration**

Classes and workshops require registration before the start date, unless otherwise noted, so that rooms can be reserved and facilitators have time to prepare. Sign up is available in three ways: at the Adult Programs table in the Commons after services, by emailing Education Assistant Melissa Campos-Poehnert, [ap@uucf.org](mailto:ap@uucf.org), or online at [uucf.org/get-connected/classes](http://uucf.org/get-connected/classes). Most of the ongoing groups do not require registration and drop-ins are welcome.

## **Propose a new class**

Submit a proposal to lead or teach a future class at [uucf.org/get-connected/classes/proposal-form](http://uucf.org/get-connected/classes/proposal-form).

## **UUCF Adult Programs Committee**

Stacy Casey, Lay Minister for Adult Spiritual Development

Elise Cutler, chair

Susan Creekmore

Mary Paxton

Leah Ruffner

## **Classes & Workshops (sorted by start date)**

### ***Card Making & Paper Crafts***

**Sundays, Mar. 22 & Apr. 26, 1-2:30 p.m., Prog. Bldg.**

**Led by Kim Condas**

Make cards for UUCF's Caring Committee and at least one of your own. Kim will bring supplies, or bring your own craft project of any kind and craft in community with us. \$5 materials fee if you choose to make cards with Kim's supplies. Registration preferred.

### ***Critical Thinking and the "Wokeness" Culture***

**Mondays, Mar. 23, Apr. 6, Apr. 20, May 4 & May 18, 7-9 p.m., Prog. Bldg.**

**Led by Terry Steichen**

We will examine the "cancel" and/or "call-out" culture, making use of Irshad Manji's excellent insights (from her book "Don't Label Me") and her many interviews. We will examine these trends as they affect institutions from academia to liberal organizations like Unitarian Universalism itself, and using critical thinking to better understand and deal with them and how it can help us cope with today's massive information overload. We will examine development and directions in censorship in social media, and how critical thinking can provide protection against excessive speech suppression. Finally, we will discuss how critical thinking can help individuals deal with today's intensely partisan, polarized environment.

### ***Addressing Social, Environmental and Economic Injustice Through Social Enterprises***

**Sundays, Mar. 29, Apr. 26 & May 17, 1-3 p.m., Prog. Bldg.**

**Led by Dr. Gaamaa Hishigsuren**

This course will provide an overview of growing social enterprises that offer creative solutions to social, economic and environmental issues. The course will use a participatory learning approach for active adult learning. Participants will analyze real-life case studies and examples of social enterprises, and offer solutions to challenges they face and evaluate the impacts of triple bottom line – environmental, social and economic returns.

Course Outline: **Session 1:** What is a Social Enterprise? Examples of top social enterprises and their impact on addressing environmental, social and political issues. **Session 2:** Triple Bottom Lines: How to measure the impact – social, economic and environmental returns? Case studies to evaluate triple bottom line of real-life examples. **Session 3:** Impact Investing – Types of impact investing (institutional and individual), private equity and venture capital. Gender lens investing. Case studies to analyze and offer solutions.

*Dr. Gaamaa Hishigsuren is a specialist in Community Economic Development.*

## ***“After the Good News” Workshop***

**Sat., Apr. 4, 10 a.m.-12 p.m., Sanctuary**

**Led by Rev. Nancy McDonald Ladd, Senior Minister, River Road UU Congregation**

In this interactive workshop, Rev. Nancy McDonald Ladd discusses the premise at the heart of her book “After the Good News: Progressive Faith Beyond Optimism” and facilitates a discussion of where we are now in our congregations and what our future may hold. Pre-reading is not required but suggested.

<https://www.amazon.com/After-Good-News-Progressive-Optimism-ebook/dp/B07MCVNBGP>

From the book description: “Progressive faith is at a crossroads. Liberal pulpits ring with grand sermons about the arc that bends toward justice and about progress ‘onward and upward forever.’ Meanwhile, the people in the pews struggle to attend to the suffering of their souls and the tragic aspects of life. In this engaging polemic, using stories and metaphor, Nancy McDonald Ladd issues a call for change. Speaking from a rising generation of clergy and lay leaders who formed their commitments to liberal religion at the end of the optimistic modernist age, she shows how the religious life is not characterized by endless human advancement, but by lurching movement, crisis-management and pain.”

## ***Promotional Images & Flyers for Beginners***

**Tue., Apr. 7, 7-8:30 p.m., Prog. Bldg.**

**Led by Mary Lareau, UUCF Director of Communications**

Graphic design is easier and more accessible than ever. Free online services like Canva give everyone the power to design eye-catching promotional images and flyers. Do you regularly need to promote events at UUCF? This class will show you how to use Canva to optimize delivery of your message. Attendees will need to bring their own laptops that have an up-to-date version of Chrome or Firefox. Please also bring an idea about something you need to promote.

## ***UU 101***

**Thu., Apr. 9, 7-9 p.m., Prog. Bldg.**

**Led by Rev. David A. Miller, UUCF Senior Minister**

2,000 years of UU history in 2 hours.

## ***Listening to a Poem***

**Sat., May 9, 9:30 a.m.-12:30 p.m., Library**

**Led by Jennifer Yi**

We will explore two different poems to hear what they have to say to each of us. We will apply a number of different methods of listening - some modeled after the practice of Lectio Divina, as well as small-group discussion and personal reflection. The workshop is designed for those interested in using the time for poetry meditation and reflection and those who want to learn different methods of exploring poetry and other writings. Weather permitting, we will meet outdoors. Please dress accordingly and bring something warm and dry to sit on.

## ***Nuts & Bolts: How Things Work at UUCF***

**Sat., May 9, 10 a.m.-12 p.m., Music & Arts Room**

**Led by Craig & Susan Bennett and Rev. David A. Miller, UUCF Senior Minister**

Have you ever found yourself wondering "How do I ...?" and "Where might I put my interests and gifts to good use in the congregation?" This course is intended to provide leaders, potential leaders and curious non-leaders an overview of UUCF mechanics. How is the congregation organized and governed? Who does what and why? What are the responsibilities of the staff? How do I ... coordinate a special event? Advertise an activity? Get reimbursed? What kind of volunteer opportunities are available to me? Learn the resources and processes available to help you get things done at UUCF. Bring your questions.

## ***Lay Leadership as Spiritual Practice***

**Wed., May 20, 7-9 p.m., Prog. Bldg.**

**Led by Susan Bennett**

Based on the book "Serving With Grace: Lay Leadership as a Spiritual Practice" by Rev. Erik Walker Wikstrom, explore how to experience congregational work as an integrated element in a fully rounded spiritual life. Whether you serve in a typically recognized "leadership role" such as board members and committee chairs or leads while serving on a committee, teaching in Religious Exploration or helping pull together the annual Auction, find ways to enhance your own spiritual growth and learning not only in the Sanctuary, but in the meeting room as well. This workshop combines the idea that service is spirituality with practical ways of living it out and how to be mindful in ways that bring out the spiritual in ordinary forms of service. Please read at least the Introduction (pp. ix-xii), The Spirituality of Service (pp. 1-9) and Bringing It All Together (pp. 77-83) before coming to the workshop.

## ***Soul Matters: Covenant Group Facilitator Training***

**Sat., May 30, 9 a.m.-3 p.m., Chapel**

**Led by Rev. Alice King, UUCF Acting Pastoral Minister**

Are you interested in facilitating a UUCF Covenant Group in 2020-21? Or are you a current facilitator and interested in learning more about the Soul Matters approach of focused spiritual practice, deep listening and reflective conversation? Please join this special day of training, which will include an in-depth journey into goals of UUCF's Covenant Group program and Soul Matters facilitation. Lunch provided.

## Ongoing Groups (sorted alphabetically)

### ***Gentle Yoga***

**Tuesdays, Mar. 3-May 26, 6:30-7:30 a.m., Chapel**

**Led by Ravi Kaur (Chris Mason), [cmason@edimprovement.org](mailto:cmason@edimprovement.org)**

This course is designed for UUCF and includes stretching, Kundalini yoga sets, relaxation and meditation. Dress comfortably and bring a yoga mat and water bottle. Drop-ins welcome.

### ***Living Consciously***

**Mon., Mar. 16, Apr. 20, May 18 & Jun. 1, 7:30-9 p.m., Prog. Bldg.**

**Led by Zim Putney, [zimrip@gmail.com](mailto:zimrip@gmail.com)**

Eckhart Tolle says we are only alive in this one moment. In group gatherings, participants strive to be more present and self-aware, following the voice of their deepest inner resources: their intelligence, emotions, feelings and values. They plumb the teachings of Jack Kornfield's book "The Wise Heart," as well as writings by Thich Nhat Hahn, Pema Chödrön, Tolle, Tara Brach and others. They practice mindfulness in each meeting through reading (mind), movement (body), meditation (spirit) and the shared wisdom of others in the class.

### ***Memoirs Writing Group***

**1<sup>st</sup> and 3<sup>rd</sup> Fridays, Mar. 6-Aug. 28, 1:30-3 p.m., Library**

**Contact Kristin Moyer, [kcmoyer65@gmail.com](mailto:kcmoyer65@gmail.com)**

The Memoirs Writing Group meets to encourage one another while sharing writing tips and the stories of their lives.

### ***Men's Fellowship Group***

**1<sup>st</sup> and 3<sup>rd</sup> Thursdays, Mar. 5-Jun. 18, 7:30-9 p.m., Prog. Bldg.**

**Contact David Heagy, [dheagy@gmail.com](mailto:dheagy@gmail.com), 703-281-9226**

Accepting new members. This group offers a safe space for group members to be themselves and to discuss, in confidence, issues they face as men. Each member may determine the issues he wishes to discuss and whether he wants feedback from the group. We also discuss other topics of interest. Members are expected to attend regularly. No drop-ins please. Contact David before attending first meeting for guidelines.

## ***Monday Night Book Club***

**2<sup>nd</sup> Mondays, Mar. 9-Sep. 14, 7:30-9 p.m., Prog. Bldg.**

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

The books being discussed through 2020 are as follows: **Mar. 9** – “Kitchen Confidential: Adventures in the Culinary Underbelly” by Anthony Bourdain; **Apr. 13** – “A Passage to India” by E.M. Forster; **May 11** – “Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life” by Louise Aronson; **Jun. 8** – “In the Country of Women: A Memoir” by Susan Straight; **Jul. 13** – “The Round House: A Novel” by Louise Erdrich; **Aug. 10** – “The Pope and Mussolini: The Secret History of Pius XI and the Rise of Fascism in Europe” by David I. Kertzer; **Sep. 14** – “The Education of an Idealist: A Memoir” by Samantha Power.

## ***Needlework Group***

**1st Tuesdays, Mar. 3-Sep. 1, 7:30-9 p.m., Prog. Bldg.**

**3rd Thursdays, Mar. 19-Sep. 17, 2:30-4 p.m., Prog. Bldg.**

**Contact Mary Paxton, mburrpaxton@gmail.com**

**No registration required; just show up**

This informal group welcomes all to drop by with a needlework project of any sort for collegiality and the exchange of tips and encouragement. Attendance at either or both sessions whenever desired is fully acceptable.

## ***Poetry Club***

**2<sup>nd</sup> Sundays, Mar. 8-Jun. 14, 4-6 p.m., Prog. Bldg.**

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

This open, drop-in group meets monthly for fellowship, conversation and exploration of the meaning and artistry of poetry shared from each participant’s wide-ranging reading. The group values 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.

## ***Small Things in Life Group***

**1<sup>st</sup> Tuesdays, Mar. 3-Jun. 2, 1-2:30 p.m., Prog. Bldg.**

**Contact Ann King, alwking@verizon.net**

This group meets to discuss a shared interest in simple, healthful, environmentally friendly living. Topics may include food, gardening, household products or inspiring destinations. It's an open forum for questions, ideas and information on varied interests defined by the participants.

## ***UUCF Ideas Forum***

**Thursdays, Mar. 12, Apr. 9, May 14, Jun. 11, Jul. 9, Aug. 13, Sep. 10, 7-9 p.m., Social Hall  
Led by Rama Kotra**

The Ideas Forum is for the presentation and discussion of ideas. The ideas can encompass the entirety of the experiences of UUCF members and friends. The primary purpose of the forum is to nurture the exchange and consideration of ideas by participants. An ancillary purpose is to foster the strengthening of community. The Ideas Forum has the potential to exemplify a free and responsible search for truth and meaning, the 4th Principle of Unitarian Universalism, and may also kindle greater acceptance of one another and encourage spiritual growth, core components of the 3rd Principle.

## ***Wednesday Morning Book Club***

**3<sup>rd</sup> Wednesdays, Mar. 18-Aug. 19, 10 a.m.-12 p.m., Library**

**Contact Betsy Bicknell, [bicknell.betsy@gmail.com](mailto:bicknell.betsy@gmail.com)**

The books selected through August 2020 are as follows: **Mar. 18** – “American Lion: Andrew Jackson in the White House” by Jon Meacham; **Apr. 15** – “Eva Luna” by Isabel Allende; **May 20** – “The Invention of Nature: Alexander von Humboldt’s New World” by Andrea Wulf; **Jun. 17** – “The Bar Harbor Retirement Home for Famous Writers (and Their Muses): A Novel” by Terri-Lynne DeFino; **Jul. 15** – “Seven Brief Lessons on Physics” by Carlo Rovelli; **Aug. 19** – “The Tattooist of Auschwitz: A Novel” by Heather Morris.

## ***Women’s Personal Growth Group***

**3<sup>rd</sup> Tuesdays, Mar. 17-Sep. 15, 10 a.m.-12 p.m., Prog. Bldg.**

**Contact Connie Drapeau, [cfmail1@comcast.net](mailto:cfmail1@comcast.net)**

Individuals meet to discuss issues that concern them in their lives. Those who come respect the confidentiality of the information that is shared. The group provides support and encouragement to participants as they deal with their concerns. All are welcome.

## ***Women’s Ritual Council***

**Contact Susan Bennett, [eurekagrl@gmail.com](mailto:eurekagrl@gmail.com)**

The Women’s Ritual Council is an eclectic circle of women who hold seasonal, earth-based and Goddess-honoring rituals for solstices, equinoxes and cross-quarter days. We are pagan-friendly women who follow a variety of spiritual paths. All are welcome. Some events are women-only (cis, trans and other female identifying folk), some are for the whole community, some are family-friendly. We hold women-only (cis, trans and other female identifying folk) full moon circles most months. Check [uucf.org/happening](http://uucf.org/happening) for specific event details.