

Wellspring Wednesdays Fall, 2011, Registration

Register Early! Space is Limited!

Choose a class:

(All registration fees include supper for the class nights)

[] **Ethical Wills -- Rev. Aaron McEmrys**
6 weeks - Fee \$35

[] **Positive Psychology -- Susan Neufeldt**
6 weeks - Fee \$35

[] **Communicating! Part 1 -- Tom Scheff**
4 weeks - Fee \$35

[] **Meditation -- Ken Collier**
6 weeks - Fee \$35

[] **Pre-Christian Legends -- Helen Gordon**
2 weeks - Fee \$20

Name: _____

Address: _____

Telephone: _____

Email: _____

Childcare needed? Yes / No

Number of children: _____ ages: _____

Wheelchair accessible classroom needed? Yes / No

You may bring your registration form and fee payment to the Adult RE table on Sunday, beginning September 11. Registration forms and checks made out to USSB can also be mailed to LeeAnn Williams, USSB, 1535 Santa Barbara Street, Santa Barbara 93101.

Fee payment or approved scholarship application will hold your space in the class. Scholarship applications are available at the Adult RE table on Sundays, and on our website, www.ussb.org, on the Adult Religious Education page.

Class Descriptions cont'd

will use the discussion method to guide participants through their own remembered dialogues. Examples: Can one manage disagreement in a way that leads to resolution rather than impasse or hurt feelings? Minimizing risk of rejection in invitations, or responding to them. Apologies, saying goodbye, etc.

This course will run for a series of four weeks in the Fall Session with a follow up session of four weeks in the winter.

This course is facilitated by Tom Scheff.

Meditation

Six Sessions, Oct. 5-Nov. 9, Fee: \$35

So you want to meditate but can't find a compatible group? Now is your chance to deepen your meditation practice. This class is suitable for those who are experienced in meditation and those who are just beginning the practice. Rev. Ken Collier will present the basics of meditation using the following format: sit for 20 minutes, talk for 20 minutes and sit again for 20 minutes. This class runs for series of six weeks.

This course is facilitated by Ken Collier.

Pre-Christian Legends

Two Sessions, Oct. 5 & Oct. 12, Fee: \$20

What were the beliefs, deities, and myths that fed into the heritage of Christians and Jews, and how have they continued to affect the modern world? For example, Easter for the goddess Oester; also the trinity of Isis, Osiris, and their son Horus being adapted to the trinity of Father, Son, and Holy Ghost.

This course is facilitated by Helen Gordon.



Wellspring Wednesdays

Feed Your Mind

Choose from a delectable assortment of Adult Religious Education classes to stimulate your intellect or soothe your soul.

Feed Your Body

Join us each week for a community supper.

Feed Your Spirit

Worship with the caring community of your fellow Unitarians.

**Don't Miss Wellspring Wednesdays at
the Unitarian Society of Santa Barbara!**

Oct. 5 through Nov. 9, 2011, 5:30 - 8:15 PM

Registration starts Sunday, September 11, during coffee hour.
(The cost of your supper is included in the class fee.)

Childcare opens at 6:00 PM at the Starr King Preschool.
(Scholarships are available for Members.)

design and layout by Alex Abatie

Join us at Wellspring Wednesdays

for supper and worship
before class.

Join us at Wellspring Wednesdays for supper and worship before class. The Fall Session of Wellspring Wednesday will begin on October 5 and run for six weeks ending on November 9. Registration begins on Sunday, September 11 during community time in Parish Garden.

Dinner and Community Time	5:30-6:30
Worship	6:30-6:45
Class Time	6:45 - 8:15



Help us grow Wellspring Wednesdays
Contact LeeAnn about Volunteer Opportunities!

Choose a 6, 4 or 2-week class from our Fall line-up

Oct. 5	Oct. 12	Oct. 19	Oct. 26	Nov. 2	Nov. 9
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Ethical Wills

Led by Rev. Aaron McEmrys |
Fee: \$35, (Six Weeks)

Positive Psychology

Led by Susan Neufeldt
Fee: \$35 (Six Weeks)

Communicating! Part 1

Led by Tom Scheff
Fee: \$35 (Four Weeks: Oct. 5-Oct. 26.)

Meditation

Led by Ken Collier
Fee: \$35 (Six Weeks)

Women and Spirituality

Led by Helen Gordon
Fee: \$20 (Two Weeks: Oct. 5 & Oct. 12.)

Class Descriptions

Ethical Wills

Six Sessions, Oct. 5-Nov. 9, Fee: \$35

While not a legal document, ethical wills are a way to share your values, blessings, life's lessons, hopes and dreams for the future, love, and forgiveness with your family, friends, and community. This tradition of recording and transmitting one's values dates back 3000 years ago. Today, ethical wills are being written by people at turning points and transitions in their lives and when facing challenging life situations. They are usually shared with family and community while the writer is still alive. Ethical wills may be one of the most cherished and meaningful gifts you can leave to your family and community.

This course is facilitated by Rev. Aaron McEmrys, Senior Minister at USSB.

Positive Psychology

Six Sessions, Oct. 5-Nov. 9, Fee: \$35

There is more to psychology than solving your problems. This class will focus on your strengths and your level of happiness. You will learn to assess your overall level of happiness and then your particular strengths; all assessments will be private. If you wish to share them as we focus on how to work from your strengths, you may, but it is not necessary to do so in order to learn to integrate them into your life.

Facilitated by Susan Neufeldt.

Communicating! Part 1

Four sessions, Oct. 5—Oct. 26, Fee: \$35

In this workshop, retired UCSB professor Tom Scheff

Class Descriptions continued on back