

Adult Religious Education and Faith Development  
*Unitarian Society of Santa Barbara*

## Winter Wellspring Wednesdays

Choose from a diverse assortment of adult religious education classes to stimulate your intellect or soothe your soul. Also, join us each week in Parish Hall for a community supper. The cost of the dinner is included in your registration fee.

- 5:30-6:30            Dinner and Community Time in Parish Hall
- 6:30-6:45           Brief Worship in Sanctuary
- 6:45-8:15           Break out into your choice of class offerings

**Registration is required. You may register** for Wellspring Wednesdays classes at the Religious Education table located in Parish Garden on Sundays or call or email the RE office.

	<i>Track 1</i>	<i>Track 2</i>	<i>Track 3</i>
<i>January 26</i>	<b>A Hidden Wholeness – class 1 Ken Saxon Nancy Edmundson</b>	<b>Mindfulness Meditation – class 1 Alice Alldredge</b>	<b>Principled Commitment – class 1 Thomas &amp; Wyeths</b>
<i>February 2</i>	A Hidden Wholeness –class 2	Mindfulness Meditation – class 2	Principled Commitment – class 2
<i>February 9</i>	A Hidden Wholeness –class 3	Mindfulness Meditation – class 3	Principled Commitment – class 3
<i>February 16</i>	A Hidden Wholeness – class 4	Mindfulness Meditation – class 4	Principled Commitment – class 4
<i>February 23</i>	A Hidden Wholeness –class 5	Mindfulness Meditation –class 5	<b>Love and Laughter – class 1 Don Bushnell Tom Scheff</b>
<i>March 2</i>	A Hidden Wholeness – class 6	Mindfulness Meditation –class 6	Love and Laughter – class 2

**Scholarship applications are available at the RE table or in the RE Office.**

Childcare is available in Starr King Preschool and opens at 6 pm.

*See course descriptions on the back of this sheet.*

### **A Hidden Wholeness**

Facilitators: Ken Saxon &  
Nancy Edmundson  
Day: Wednesdays  
Dates: Jan. 26-March 2  
Location: La Paz Lounge  
Fee: \$35

This class is an introduction to the work of Parker Palmer. Using Palmer's book, *A Hidden Wholeness*, as a guide, the class will involve the creation of an intellectual, emotional and spiritual space in which participants can listen and respond to each other with encouragement and compassion, and focus on their own personal and/or professional renewal. Twenty participants will be the maximum. Each participant must commit to a minimum of 4 of the 6 sessions. Participants will also need their own copy of *A Hidden Wholeness*.

### **Mindfulness Meditation**

Facilitator: Alice Alldredge  
Day: Wednesdays  
Dates: Jan. 26-March 2  
Location: Sanctuary  
Fee: \$35

This class will introduce the principles of mindfulness meditation and through brief talks, guided meditation, exercises, and discussion help participants learn to quiet the incessant chatter of their minds, become less reactive toward difficult experiences, cultivate peaceful hearts, and touch the deep spiritual realm within us all. Instructor Alice Alldredge, a Professor at UCSB, has meditated for over 18 years and has been teaching and leading meditation groups on the campus and in the local community.

### **Principled Commitment**

Facilitators: Doug & Jody Thomas  
Lauren & Allison Wyeth  
Day: Wednesdays  
Dates: Jan. 26-Feb. 16  
Location: La Paz  
Fee: \$70 per couple

This workshop is designed to enhance and support long-term, committed relationships that reflect the values of Unitarian Universalism. Unitarian Universalist congregations can provide a nurturing environment for interpersonal relationships, and our Principles provide an excellent framework to support and enrich marriages and other blessed unions between loving partners. This workshop is appropriate for adult couples seeking to enhance their committed, healthy, long-term relationships and not an alternative to therapy for couple experiencing difficulties. The workshops are designed primarily for couples of all sexual orientations who have made vows or pledged to spend their lives together. This course will meet for four weeks during the Winter Session and four weeks during the Spring Session. **Participants are required to participate in both sessions.**

### **Love and Laughter**

Facilitator: Don Bushnell & Tom Scheff  
Day: Wednesdays  
Dates: Feb. 23, March 2  
Location: Parish Hall  
Fee: \$35

A presentation of the film *Laughology* will kick off the first of the two evening sessions of this workshop. *Laughology* tells the story of the rise of the world wide laughter movement and the new science about the health benefits of laughter at a time when the world needs a good laugh. During this workshop, Tom Scheff will also introduce his new book on pop songs and how they define the emotion of love.

Unitarian Society of Santa Barbara  
1535 Santa Barbara St.  
Santa Barbara, CA 93101  
805-965-4583 x229  
[Lifespan@ussb.org](mailto:Lifespan@ussb.org)