

Wellspring Wednesdays Winter Session

Join us this winter for one of the exciting, uplifting and enlightening classes below!

Registration for the Winter Session of Wellspring Wednesdays begins this Sunday, January 1 in Parish Garden. Stop by the Adult RE table during community time for more information and a program brochure. Classes begin on Wednesday, January 25th.

A dinner of pasta, salad, and dessert is included in your course fee. Childcare is also provided upon request. Please register for childcare in advance at the Adult RE table or call the RE office. As always, scholarships are available.

Courses this session include:

Pop Love Songs: Laughing, Crying and All That Jazz **Tom Scheff**

Can we learn about love and other feelings from pop songs? This course will offer a review of the most popular songs from the past 80 years, with musical excerpts to illustrate. Tom's new book *What's Love Got to Do with It?* will provide the text. This course will meet for a series of four Wednesdays: Jan. 25, Feb. 1, 8, 15. Fee \$35.

God and the Philosophers **Charles McCracken**

Come explore what some great philosophers (Descartes, Spinoza, Locke, Hume, Kant, Kierkegaard, William James, Bertrand Russell, Sartre and others) have held about the existence of God. Some argued for God's existence, some argued against it, some argued that it couldn't be proved one way or the other. In addition to the instructor's exposition, it is hoped and anticipated that there will be lively group discussion. This course runs for a series of six Wednesdays, Jan. 25—Feb. 29. Fee \$35.

Resistance and Transformation: Unitarian Universalist Social Justice History **Rev. Julia Hamilton**

Join Rev. Julia for her first Wellspring Wednesday workshop where she will be sharing this original curriculum she wrote for the UUA curricula project Tapestry of Faith. Grounded in the belief that even "failures" in our history can be instructive, this program presents the ongoing struggle of our tradition to live up to its ever-evolving ideals of social transformation. Themes include abolition, peace-making, civil rights, free speech, utopianism, counter-culture, the women's movements of both 19th and 20th centuries, sexuality education, and LGBT equality. This course runs for a series of six Wednesdays, Jan. 25-Feb. 29. Fee \$35.

Food, Ethics, and Spirituality **Cathy Albanese**

This class will look briefly at the history of food practices that involve ethical and spiritual concerns. Then it will explore contemporary issues with ethical and spiritual implications—concerns about health, distribution of resources, environmental issues, and animal welfare. **Note: This class begins at 7 PM.** Course runs for a series of six Wednesdays, Jan. 25-Feb. 29. Fee \$35.

Meditation
Rev. Ken Collier

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 a series of five Wednesdays, Feb. 1-Feb. 29 (We will not meet on Feb. 22). Fee \$35.

Exploring Deep Change: Befriending the Unknown
Susan Plummer

Many of us are being called into Deep Change, a call that is felt in the midst of our everyday lives. We long for a greater connection to life, to feel more alive and meaningfully engaged. In this five-week series participants will learn about the seven experiential shifts of Deep Change* (Susan's new book—Deep Change: Befriending the Unknown), their challenges, promises, and how to cooperate with their invisible yet life-giving currents. Susan's book will be available at the RE table beginning on January 1. This course will meet for five weeks: Jan, 25, Feb. 1, 8, 15 and 29. (This course will not meet on Feb. 22) .Fee \$35.

Crazy Art (Documentary Film Screening)
Susan Dempsay

Crazy Art is a 60-min documentary highlighting three local artists coping with mental illness. The film won an Audience Choice Award at the Santa Barbara Film Festival. Through watching the documentary followed by a panel discussion with one of the artists in the film, the film's producer, and a parent of a son with schizophrenia, you begin to understand the therapeutic value of the three protagonists being able to express themselves through their art. The artist on the panel, Leslie Grogan, and the parent of the son coping with schizophrenia, Susan Dempsay, are both Unitarian. This screening will be held on Wednesday, Jan. 25. Fee \$20.

Wellspring Wednesdays Schedule

| | |
|--|--|
| Dinner and Community Time in Parish Hall | 5:30-6:30 |
| Worship in the Sanctuary | 6:30-6:45 |
| Classes Begin | 6:45 (Note: Food, Ethics and Spirituality begins at 7 PM) |

Classroom assignments will be emailed to participants after registration closes