

Adult Religious Education
Unitarian Society of Santa Barbara

Introducing Wellspring Wednesdays!

What are you doing on Wednesday evenings this fall? Come join many of your fellow congregants and friends in fostering your own lifelong learning and spiritual growth – and having fun in community. Each Wednesday evening for 6 weeks beginning October 7th, we will meet according to the following schedule:

- 6:15PM Refreshments and Community Time in Parish Hall
- 6:45PM Brief Worship
- 7:00 – 8:30PM Break out into your choice from three class offerings

What About Kids? - We welcome your children at Wellspring Wednesdays. Children under the age of six are welcome to attend Starr King for fun and fellowship. Those older than six may visit our supervised homework hangout.

	<i>Track 1</i>	<i>Track 2</i>	<i>Track 3</i>
<i>October 7</i>	Our Unitarian Universalist History – class 1 (Aaron McEmrys)	Natural Nourishment for Radiant Health – class 1 (Amy Bacheller)	Parenting with Positivity, Ease and Joy – class 1 (Melissa Block)
<i>October 14</i>	Our Unitarian Universalist History - class 2	Natural Nourishment for Radiant Health – class 2	Parenting with Positivity, Ease and Joy – class 2
<i>October 21</i>	Our Unitarian Universalist History - class 3	Natural Nourishment for Radiant Health – class 3	Parenting with Positivity, Ease and Joy – class 3
<i>October 28</i>	Our Unitarian Universalist History – class 4	Natural Nourishment for Radiant Health – class 4	Parenting with Positivity, Ease and Joy – class 4
<i>November 4</i>	Our Unitarian Universalist History – class 5	Qi Gong – class 1 (Eliza McEmrys)	Unplugging the Christmas Machine – class 1 (Charla Bregante)
<i>November 11</i>	Our Unitarian Universalist History – class 6	Qi Gong – class 2	Unplugging the Christmas Machine – class 2

Registration - Register for the Wellspring Wednesday classes at the Religious Education table on Sundays or call the RE office. *See course descriptions on the back of this sheet.*

Wellspring Wednesday Course Descriptions, Fall 2009

Our Unitarian Universalist History

Facilitator: Rev. Aaron McEmrys
Day: Wednesdays
Dates: Oct. 7-Nov. 11
Location: Blake Lounge
Fee: \$15 For Text

Take advantage of this once-in-a-blue moon opportunity with Rev. Aaron! The course will explore our Unitarian and Universalist history and theology from 400 AD to the present. You may purchase text at the ARE table on Sundays or call the RE office.

Natural Nourishment For Radiant Health

Facilitator: Amy Bacheller, M.Ed, NC
Day: Wednesdays
Dates: Oct. 7-Oct. 28
Location: Parish Hall
Fee: None

In this class we look at the basics of whole foods nutrition, how to make better choices, and learn that how, when, where and why you eat are equally as important as what you eat. Learn to listen to your body and be empowered to eat what is right for you. Stop by the Adult RE table on Sundays for a detailed syllabus.

Parenting with Positivity, Ease, and Joy

Facilitator: Melissa Block
Day: Wednesdays
Dates: Oct. 7-Oct. 28
Location: La Paz
Fee: \$15 For Text

In this four-session class, learn a unique and intuitive approach to creating positive, mutually nurturing relationships with children. The Nurtured Heart Approach will give you tools for instilling self-esteem, inspiring children to make good choices on their own, and setting clear limits without punitiveness. Stop by the ARE table for detailed information and to purchase the text that will be used in the class.

Qi Gong

Facilitator: Eliza McEmrys
Day: Wednesdays
Dates: Nov. 4-Nov. 11
Location: Parish Hall
Fee: None

Qi gong means energy work or breath work in Chinese, and it involves meditative movements which enliven the body and calm the mind. The exercises include shaking, standing postures, walking meditations and other t'ai chi-like movements, which can be adapted for different levels of fitness and mobility. Regular practice of these traditional Daoist moving meditations can bring a variety of general health improvements such as better sleep and improved concentration, as we live and move in harmony with nature.

Unplugging the Christmas Machine

Facilitator: Charla Bregante
Day: Wednesdays
Dates: Nov. 4-Nov. 11
Location: La Paz
Fee: \$5 For Text

This workshop is designed to help manage Christmas stress and combat commercialism. Participants will receive advice on how to make their celebrations more spiritual and less materialistic. Practical discussions, such as shopping lists, holiday recipes, and family activities, meld with deeper issues, such as how to teach children that Christmas is more than a present and how to find meaning in the holiday in a non-Christian context.

Non-Wednesday Classes and Events Fall 2009

USSB Film Series

Films introduce us to unfamiliar worlds and heighten our perception of familiar ones. They bring past events to life, project visions of the future, and clarify events of the day. They have the power to illuminate both our public and private lives.

Join us this fall as we view and discuss three films, selected in conjunction with the new monthly themes on the USSB calendar. Screenings will take place in our superb new facilities in Parish Hall, Friday evenings, at 7 p.m. Discussions will be facilitated by Chuck Wolfe.

Reason and Reverence

Book Discussion Group

Facilitator: LeeAnn Williams
Day/Time: Mondays, 6:30-7:30
Dates: Oct. 12-Oct. 26
Location: La Paz
Fee: \$15 For Text

Answering the critics who find humanism lacking the power to inspire, William Murry brings a new vision of religious humanism—one that evokes compassion, spirituality and a language of reverence while grounded in reason, community, social responsibility, science and ethics. Along with an accessible account of humanism's historical development, theological challenges and future directions, on these pages readers will discover a more open and inclusive humanism, one that speaks to the heart as well as the mind. Text may be purchased at the ARE table on Sundays.