

Fall 2017 Course Catalog



Adult Learning Program
Morristown Unitarian Fellowship

We believe in the power of lifelong learning.

One of our core theological beliefs as Unitarian Universalists is a commitment to personal spiritual growth. Our religious beliefs are always evolving based on our experiences and introduction to new ideas, and we at the Morristown Unitarian Fellowship are committed to helping you identify, explore, and deepen your spiritual beliefs. We have an active and thriving religious education program for adults, centered on five core themes:

1. **Explore** Unitarian Universalist identity, world religions, and theology (including your own).
2. **Engage** in activism to promote economic, social, and environmental justice and peace.
3. **Create** with art, mind, and body.
4. **Connect** through social groups, community building, and fun.
5. **Grow** in dealing with life issues, personal development, and spiritual practices.

The Adult Learning Program is coordinated by our Adult Learning Committee:

Susan Oxman, Chair, adultlearning@muuf.org,
Danelle Simonelli, Gloria Dyer, Nancy Bailin

The vision of the Adult Learning Committee is to provide a diverse range of adult programs that offer meaningful opportunities for religious exploration, interaction with one another, personal growth, ways to feed the mind and body, and lifelong learning about issues that affect our world, our UU community, and our lives.

We need you!

If you're interested in offering a program or have an idea for a future activity, please contact the Adult Learning Committee by emailing adultlearning@muuf.org.

Classes and Courses

Mindful Communication “Lab”

Most Mondays at 7:00 p.m.
September 11 – November 20
Facilitated by Tricia Armstrong

Come put your communication under a microscope and experiment with different ways of showing up and participating in everyday or difficult conversations. Each session will have a short period of meditation, brief instructional piece, and the opportunity to work with your real life situations. Experience with compassionate communication training/practice groups is recommended though not required. For those without previous experience, reading Marshall Rosenberg’s *Nonviolent Communication: A Language of Life* is strongly recommended. Contact Tricia at adultlearning@muuf.org for more information and to confirm meeting dates. No registration required.

The Hero’s Journey

Seven Sundays, 1:30 – 4:30 p.m.
October 1, 15, 22, 29; November 12, 19, 26
Facilitated by Elizabeth Bain

The Hero’s Journey is a process painting course that invites you into the world of nonverbal introspection. You are the hero of this story and we especially invite *those who have never painted before* to be open to this new dimension of expression. Over seven three-hour sessions in Elizabeth’s home studio, you will discover a pathway to a new understanding of your life’s journey. All materials are provided for a \$45.00 fee. Maximum class size is 8 participants. Please pre-register by September 24 by contacting Elizabeth at adultlearning@muuf.org.

Finding Your Spiritual Genius

Preview on Sunday, October 1 at 10:30 a.m.
Five Sundays at 10:45 a.m.
October 8, 15, 29; November 5, 12
Led by Rev. Edward Obermueller

Where do we look for leadership and spiritual modeling in the age of Trump? Does politics gone haywire make you feel like you live in an alternative, parallel universe to your conservative family and friends? Through small group dialogue centered around the book *Becoming Wise: An Inquiry into the Mystery and Art of Living*, by Krista Tippett, we will explore and practice skills around appreciative inquiry and cross-the-aisle dialogue. How do we bridge spiritual gaps with family, friends, and others, given our primal fear of being cross-examined? Discover how a more contemplative approach can become a healing bridge and help us to get out of “our cultural mode of debating issues by way of competing certainties.” Explore how we might cultivate new spiritual leadership in ourselves and others. Make your own Conversational Strategic Plan to help avoid the hot spots and emotional upheaval of family arguments. Homework assignments in the form of questions for preparation will be sent out ahead of time; participants are required to get a copy of Tippett’s *Becoming Wise* and to set aside time to write and reflect on the material. Class is limited to 15 participants. This class is being offered for 9:00 a.m. service attendees; a second class will be offered later in the year for those who attend the 11:00 a.m. service. Childcare is available if requested by September 24. Please pre-register by October 1 by contacting Edward at adultlearning@muuf.org.

A UU Approach to Christianity

Three Wednesdays at 7:30 p.m.
November 29; December 6 & 13
Facilitated by Danelle Simonelli

As Christmas nears, many Unitarian Universalists have mixed feelings. Some of us have rejected the Christian church of our childhood; others grew up without much exposure to Christianity. How should we relate to it today as UUs? What can we learn and appreciate from its values and traditions? How can we come to terms with the aspects of Christianity we disagree with and live in peace with our Christian neighbors? *Please pre-register by November 19 by contacting Danelle at adultlearning@muuf.org.*

Getting to Know UU

November/December dates to be announced
Facilitated by Rev. Alison B. Miller

Newcomers and new members are invited to join our minister and other congregational leaders for an introduction to Unitarian Universalism and the Morristown Unitarian Fellowship. This series offers a chance for participants to meet others in a small group setting and get answers to their questions. You will learn more about Unitarian Universalist history and beliefs; our congregation's history and current initiatives; and ways to get involved in lifespan learning, social justice, caring networks, and more. Childcare will be available. *No registration required.*

A Winter Coming Attraction:

The Five Invitations:

Discovering What Death Can Teach Us About Living Fully

Six Thursdays at 7:00 p.m.

January 11, February 8, March 8, April 12, May 17, June 14

Facilitated by Beth Hayward

A special monthly covenant circle will convene to discuss the wisdom in the book *The Five Invitations* by Frank Ostaseski. It is highly readable but does cover some tough material. Dr. Dean Ornish said, "In this extraordinary, eloquent and powerful book, Frank O reveals how we can transform darkness into a bright light, a return to the source, the ultimate in intimacy, healing and meaning — the essence of love." Participants will need to purchase the book and will be asked to commit to all six sessions if possible. There will be a short meditation at the beginning and end of each session. There will be a little homework but you will have a month to do each assignment. Class size is limited to 12. *Please pre-register by January 7 by contacting Beth at adultlearning@muuf.org.*

Special Events

Trip to Ralston Cider Mill

Sunday, October 22 at 12:30 p.m.
Coordinated by Tom McGuinness

Have you ever been to a real cider mill? How about one that is 170 years old? Our own Alan Hicks is a docent at the Ralston Cider Mill and Museum in Mendham. It is the last authentic vestige of the once thriving cider and applejack industry in New Jersey and is open every Saturday and Sunday afternoon through October. We are planning our own fun trip there on October 22 following the 11:00 a.m. service and coffee. Please see Tom McGuinness during coffee hour to coordinate car pooling. Admission is \$7.00; children age 7 and under are free. *Contact Tom with questions at adultlearning@muuf.org.*

Film & Discussion: “I Am Not Your Negro”

Sunday, October 22 at 2:00 p.m.
Facilitated by Jeanette Clawson

The New York Times calls this movie “a thrilling introduction to his [James Baldwin’s] work, a remedial course in American history, and an advanced seminar in racial politics — a concise, roughly 90-minute movie with the scope and impact of a 10-hour mini-series or a literary door-stop. It is not an easy or a consoling movie, but it is the opposite of bitter or despairing.” “I can’t be a pessimist because I’m alive,” Baldwin said. “I’m forced to be an optimist.” Donations to help defray the licensing cost would be appreciated. *Contact Jeanette with questions at adultlearning@muuf.org. No registration required.*

Young Adult Group

*Coordinated by Brooke Donaldson
& Melissa Lambour*

Are you in your twenties or thirties? Join other young adult Fellowship members and friends at our monthly lunch and social events. We are a vibrant group that loves to gather as friends for board game nights and potlucks, attend social events and festivals, try different cuisines, and more! We have many monthly options, from local meet-ups to all-day trips. If you are not in your twenties or thirties, but know of something the Young Adult Group might like to take part in, please let us know; we love suggestions! If you know a young adult who would like to join us, please make an introduction! Check out our Young Adults Events page on muuf.org and in the MUF newsletter for some of our planned outings. *Contact youngadults@muuf.org for details about the next get-together or to be added to our mailing list.*

Film & Discussion: “Gen Silent”

Fall Date to Be Announced
Coordinated by Robbie Schneider

What would you do if you were elderly, disabled or ill, and the person feeding you put down the spoon and said you are going to hell unless you change your sexual preference? Sound absurd? Social workers around the world say it’s happening every day. In this critically acclaimed documentary, filmmaker Stu Maddox asks six LGBT seniors if they will hide their friends, their spouses, and their entire lives in order to survive in the care system. Their surprising decisions are captured through intimate access to their day-to-day lives over the course of a year. “Gen Silent” puts a face on what experts call an epidemic: gay, lesbian, bisexual, and transgender older people so afraid of discrimination by caregivers or bullying by other seniors that many simply go back into the closet. Discussion will follow the showing of the film. *For more information, contact Robbie at adultlearning@muuf.org. No registration required.*

Special Events

Ingathering Potluck Picnic

Sunday, September 10 at 11:15 a.m.

For information: Mandi Huizenga,
Congregational Administrator

Volunteer Fair

Sunday, September 17 at 10:00 a.m.

For information: Mandi Huizenga,
Congregational Administrator

Rosh Hashanah Service

Wednesday, September 20 at 7:00 p.m.

Led by Rev. Alison B. Miller

Newcomer Welcome Sessions & Tours

Two Sundays at 10:15 a.m. & 12:15 p.m.

September 24 & October 8

For information: welcoming@muuf.org

Vegetarian Dinner Group Kick-Off

Sunday, September 24 at 4:00 p.m.

Coordinated by Roxanne Hiltz

Yom Kippur Service

Friday, September 29 at 7:00 p.m.

Led by Jamie Boyce, Ministerial Intern

Blood Drive

Sunday, October 1, 8:30 a.m.–1:30 p.m.

For information: Zella Geltman

Blessing of the Animals

Wednesday, October 4 at 6:30 p.m.

Led by Rev. Alison B. Miller

Hunger Walk

Sunday, October 15 at 1:00 p.m.

Benefitting the Community Soup Kitchen

For information: Susan Oxman

Service Auction

Saturday, November 4 at 7:15 p.m.

For information: Barbara Stasiak

Clean-Up Day

Sunday, November 5

For information: facilities@muuf.org

Newcomer Luncheon

Sunday, November 12 at 12:30 p.m.

For information: welcoming@muuf.org

Thanksgiving Dinner

Thursday, November 23 at 2:00 p.m.

Coordinated by Jamie Boyce, Ministerial Intern

Holiday Party

Sunday, December 10 at 3:00 p.m.

For information: Mandi Huizenga,
Congregational Administrator

Winter Solstice Celebration

Sunday, December 17 at 5:00 p.m.

Led by Danelle Simonelli

Christmas Eve Candlelight Services

Sunday, December 24 at 5:00 & 9:00 p.m.

Led by Rev. Alison B. Miller & Dr. Jim Blanton,
Music Director

Circles of Hope and Healing

*First & Third Wednesdays of Each Month
at 6:30 p.m. starting October 18*

Watch for details on the Fellowship's new
midweek caring service, starting this fall!

Continuing Connections

Six Acre Seva Group

First Wednesday & Third Tuesday of Each Month
at 9:30 a.m. through October
Facilitated by Steve Parker

Do you have a green thumb? Love nature? Looking for a wonderful way to be outside and bond with other members? Then come join the Fellowship garden crew as we devote loving service (*seva*) to our wonderful (and slightly neglected) grounds and gardens ... all six acres of them! Stylish attire might include: your favorite work clothes, gloves, bug spray, and a sun hat. *Contact Steve at adultlearning@muuf.org for further information. No registration required.*

Movie Gang

Thursdays at about 5:00 p.m.
(when good films are available)

Join a group of Fellowship members and friends for a movie, followed by dinner and discussion. Our group attends independent films at Roberts Chatham Theater in Hickory Shopping Plaza in Chatham. We then move to a restaurant nearby for food, wine, and conversation. *If you would like to be notified about upcoming get-togethers, please send your email address to adultlearning@muuf.org and include "Movie Gang" in the subject line.*

Men's Consciousness Raising Group

Every Thursday at 7:30 p.m.
Coordinated by Don Price

This ongoing group invites prospective new members. We share personal joys and issues in a non-judgmental setting where feelings are important to express. *If you are interested, please speak with Don Price or Doug Ford.*

Mind Practice

Every Other Thursday at 7:00 p.m.
Including September 7, 21; October 5, 19;
November 2, 16, 30; December 14, 28
Facilitated by Stefano Crema

Meditation will be explored in these sessions not only as a relaxation tool but as a technique to check and get rid of negative emotions before they have a chance to overwhelm our awareness and dictate our behavior. *For more information, please contact Dan Byrd at adultlearning@muuf.org. No registration required.*

Gentle Yoga

Every Friday at 10:00 a.m.
(with occasional holiday/vacation breaks)
Led by Hazel Bell, Certified Yoga Instructor

Classes will focus on general stretching, flexibility, and strength. Each session targets a different body part. Cost: \$5.00 per session. *For the latest meeting information, please check with Anne Gaynor at adultlearning@muuf.org. No registration required.*

Gathering of Men

Second & Fourth Saturdays of Each Month
Snack at 8:45 a.m., meeting 9:00–11:00 a.m.

The Gathering of Men (GOM) is a group of Fellowship men who gather together regularly to develop and maintain close and continuing group and individual relationships, and to discuss feelings and issues of importance to us as men. We support one another in a safe, secure, and confidential environment, without attempting to act as a therapy group. Meetings are self-facilitated, and leadership is shared on a member rotation basis. *If you are interested in joining GOM, please get in touch with Harry Harris or Joe Uhrhane at adultlearning@muuf.org.*

Monday Book Group

Third Monday of Each Month at 1:30 p.m.
Coordinated by Nancy Lee McLure

The group enjoys reading and discussing a different book each month. We include a great variety of books to interest a wide spectrum of readers. Come join us for a great discussion and bring suggestions for future books. New members are always welcome. In September, we will discuss *Dreams from My Father* by Barack Obama; in October, *The Bluest Eye* by Toni Morrison; in November, *Between the World and Me* by Ta-Nehisi Coates; and in December, *What Looks Like Crazy on an Ordinary Day* by Pearl Cleage. *No registration required, but first-timers should check with Nancy Lee at adultlearning@muuf.org for the latest meeting information.*

Compassionate Communication Practice Group

Third Wednesday of Each Month at 7:00 p.m.
Coordinated by Tricia Armstrong

Want to experience more connection and effectiveness in your communication? Come explore specific ways to increase the use of mindfulness in your conversations with others, as well as the conversation within (self-talk). We'll work on becoming aware of our communication patterns and practice shifting into new ones, increasing the likelihood that we'll truly hear and connect with the speaker, as well as experience more choice in how we express ourselves in any moment. The core context is Marshall Rosenberg's Nonviolent Communication (NVC). Group facilitation is shared. Having read Marshall's *Nonviolent Communication: A Language of Life* is strongly suggested, though not required. Confirming that the meeting is on is encouraged. *Contact Tricia for more information at adultlearning@muuf.org.*

Cordial Conversations and Chow

Fourth Wednesday of Each Month at 10:30 a.m.
Coordinated by Gloria Dyer

Our Cordial Conversations will continue each month in the MUF library. A brown bag lunch will follow for those who can stay. The topics discussed range from the deeply spiritual to the "just for fun," with each meeting's topic decided in the preceding month. *No registration required.*

Nonfiction Book Club for Human Reflection

Meets Every Other Month on a Tuesday
at 1:30 p.m.
Including October 17 & December 19
Facilitated by Gloria Dyer

This ongoing book discussion group will meet every two months. The October session will consider Atul Gawande's *Being Mortal: Medicine and What Matters in the End*. Our December book will be *At Home in the World: Stories and Essential Teachings from a Monk's Life*, by Thich Nhat Hanh. *Contact Gloria with any questions at adultlearning@muuf.org. No registration required.*

Seniors Caring for Seniors

Coordinated by Doug Ford

This Fellowship support group is comprised of seniors who are caring for other seniors. If you are in this situation and would like to share your needs, concerns, and thoughts with others in a similar position, *please contact Doug at adultlearning@muuf.org for information on the group's next meeting.*

Child care is available during adult learning programs if requested at least two weeks in advance by emailing adultlearning@muuf.org.