COMMON QUEST

ADULT RELIGIOUS EXPLORATION

Spring 2012

A Program of the

WESTSIDE UNITARIAN UNIVERSALIST CONGREGATION

www.wsuu.org

Sunday morning services held at 10:30 a.m.

7141 California Ave. SW
Seattle, WA 98136

Theresa McCormick
Common Quest Coordinator
206.932.3886
E-mail: theresamcco@comcast.net

Rev. Peg Boyle Morgan
206.909.2856
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A suggested DONATION (which is not required from anyone) for each session is $5.00. You can prepay at the time of registration during coffee hour after a Sunday service, at the first session / meeting. Contact Theresa McCormick, Common Quest Coordinator: theresamcco@comcast.net

PROGRAMS AT A GLANCE

NOTE: Locations are listed in class descriptions that follow and on the WSUU web calendar. (Check for updates.) Each week's schedule and event locations are posted by the Social Hall and south office doors.

Housing Options As We Age
Speaker: Kelly McBride
Date: Sunday, January 29
Time: 12:45 – 2:30 p.m.

Crafting Personal Confidence :
Build Faith in Your Own Theology
Leader: Dejon Shegrud
Dates: January 25, February 1& 8
February 15, 22 & 29
Time: 7:00 – 9:00 p.m.

Language of Music
Instructor: Martin Sherry
Dates: Tuesdays, February 21, 28
March 6, 13
Time: 7:00 – 9:00 p.m.

Dealing With Our Own Shortcomings With Compassion
Leader: Moreah Vestan
Date: Monday, January 23 & Wednesday, February 1
Time: 7:00 – 9:00 p.m.

Communicating with Compassion
Leader: Moreah Vestan
Dates: Tuesday, January 24 & Thursday, February 9
Time: 7:00 – 9:00 p.m.

Friday Night Flicks
Leader: Richard Clark
Date: Fridays, once each month
February 17 & March 9
Time: Doors open 6:30 p.m.; show begins at 7:00 p.m.

Westside Working for Social Justice—
Where We've Been and Where We're Going
Leaders: Eileen Duffy and Mike Wold
Date: Tuesday, March 13
Time: 7:00 – 9:00 p.m.

Positive Discipline Class for Parents
Leaders: Megan Kelton-Rehkopf and Wendy Nathan
Date: Thursdays February 9 through March 29
(No class on February 23)
Time: 6:30 – 8:30 p.m.

Our Partner Village
Leader: Ginger Brewer & WSUU Partner Church Team
Date: Monday February 27
Time: 7:00 – 8:30 p.m.

The Artist's Way
Leader: Leilani Berry
Dates: Sundays March 11 & 29
Time: 7:00 – 9:00 p.m.

T'ai Chi Class
Instructor: Karin Cumming & Paul Boyarin
Dates: Every Thursday (Check WSUU website calendar)
Time: 7:00 – 8:00 p.m.

Gentle Yoga
Instructor: Janet Cermak
Date: Every Saturday
Time: 10:00 – 11:00 a.m.

Spiritual Study Group
Leader: Rev. Morgan
Dates: Monthly on Third Monday
Time: 7:00 - 9:00 p.m.

Candlelight and Conversation
Leader: Rev. Morgan
Dates: Saturday, March 10
Time: 7:00 - 9:00 p.m.

Book Club
Contact: Theresa McCormick
Dates: Third Thursdays: January 19, February 16, March 15, April 19, May 17
Time: 7:00 - 9:00 p.m.

Covenant Groups
Meet Twice Monthly
Dates/Times: 2nd and 4th Tuesday morning and evening, & 2nd and 4th Thursday evening
Coordinator: Rev. Peg Morgan
Leaders: Viv Monahan, Shannon Day and Joe Rettenmaier

Newcomer Congregational Orientations
Contact: Rev. Morgan
Dates/Times:
Thursday, February 2, 5:30 – 6.30 p.m.
Sunday, February 5, 12:30 – 1:30 p.m.
Wednesday, February 8, 5:30 – 6:30 p.m.
Sunday, February 19, 12:30 – 1:30 p.m.
Monday February 20, 5:30 – 6:30 p.m.

REGISTRATION PROCEDURE

Registration is not available on-line. To register for any class or offering, please contact Theresa McCormick at theresamcco@comcast.net or sign up during social hour after Sunday service.

CREATING COMMUNITY

West Seattle Neighbors for Peace & Justice (WSNPJ)

Description: WSNPJ values our community as a foundation for realizing peace, justice, democracy, and sustainability throughout the world. We work to create opportunities for people in our neighborhood to learn from each other, to speak their values, and to take action based on those values. We are a part of Sound Nonviolent Opponents of War (SNOW). Among our efforts, we hold a *weekly peace vigil and conduct/ support counter-recruiting activities.* Join us and help promote peace & justice.
Date, Time, Location: Peace vigil every Sunday, 12:00 - 1:00 p.m. at the Alaska Junction (corner of California & Alaska) and monthly meeting on the first Sunday of each month at Alki Congregational Church, 6115 SW Hinds. Meeting time is 5:00 p.m. followed by a free potluck at 6:00.

Circle Suppers

UU Principle: *Respect for the interdependent web of all existence of which we are a part*

Description: WSUU members meet in homes for dinner and conversation on the second Saturday each month. To join a group, contact Viveca Monahan. Reserve a seat one month at a time by contacting Viv Monahan by the 20th of each month.
Date/Time: Second Saturday each month at 7:00 p.m.
Contact: Viveca Monahan

"When we seek for connection, we restore the world to wholeness. Our seemingly separate lives become meaningful as we discover how truly necessary we are to each other."
~Margaret Wheatley~

NEW CLASSES

HOUSING OPTIONS AS WE AGE

UU Principle: *The goal of world community with peace, liberty, and justice for all*

Description: The presentation will explore options our senior population has as they age and are looking for more care or higher quality of life. Presenters from The Kenney will include the pros and cons of "aging in place" at home with and without in-home care, independent apartment-style living, retirement living, assisted living, skilled nursing, and continuing care retirement communities. The purpose of the presentation is to educate not only seniors, but also their adult children to the different possibilities for housing in a sometimes confusing and competitive marketplace. Refreshments will be provided. There will also be time for questions and discussion.

Leader: Kelly McBride
Dates/Time: Sunday, January 29 12:45 – 2:30 p.m.
Location: WSUU Fireside Room
Suggested Donation: $5.00

CRAFTING PERSONAL CONFIDENCE – BUILD FAITH IN YOUR OWN THEOLOGY

UU Principle: *Respect for the interdependent web of all existence of which we are a part*

Description: In this class you will have the opportunity to explore and express your own hopes, dreams and philosophies through writing. What are your values? What are the basic guiding principles you live by? Through writing and re-writing, you can explore and refine all of your own underlying principles. Your writing is entirely personal and not a group effort. Dejon will guide three, two-hour classes, taking you through

a series of writing exercises that will help you focus your thoughts on these important topics. There will be two identical three-class series.

Leader: Dejon Shegrud
Dates: First Series: Wednesdays, January 25, February 1 & 8
Second Series: Wednesdays, February 15, 22, & 29
Time: 7:00 – 9:00 p.m.
Location: WSUU Fireside Room
Suggested Donation: $5.00 each session
Registration Due: Sunday February 12, for the second series

THE LANGUAGE OF MUSIC— BEGINNING MUSIC THEORY

UU Principle: *The goal of world community with peace, liberty, and justice for all*

Description: In this class Martin Sherry will elucidate the mysteries of music theory and form in four sessions. No experience is required, but those who have some basic musical knowledge get the most benefit. Martin has years of experience teaching music to novices and advanced students, so we are fortunate to have such a knowledgeable instructor share his expertise.

Instructor: Martin Sherry
Dates: Tuesdays, February 21, 28 and March 6, 13
Time: 7:30 -8:30 p.m.
Location: WSUU Sanctuary
Suggested Donation: $5.00 each session
Registration Due: Sunday February 12

OUR PARTNER VILLAGE

UU Principle: *A free and responsible search for truth and meaning*

Description: Have you ever given a thought about a trip to Transylvania and our Partner Village? Come learn about the 2012 fall trip to Transylvania and hear stories from former pilgrims, see a few slides of the possible sites (and sights) and hear as many details as we have to date. "Village life is fantastic. Michelle and I have fallen in love with Janos and Ilona and wish we never had to leave," said a 2011 chaperon for the Youth Pilgrimage.

Facilitators: Ginger Brewer and the WSUU Partner Church Team
Date: Monday, February 27
Time: 7:00 – 8:30 p.m.
Location: WSUU Social Hall
Suggested Donation: $5.00
Registration Due: By Sunday February 26

DEALING WITH OUR OWN SHORTCOMINGS WITH COMPASSION

UU Principle: *Justice, equity, and compassion in human relations*

Description: Feeling frustrated with yourself? Then it's time for self-empathy. In this workshop, we will check in with our feelings and needs and move to understanding instead of judgment. We'll practice on interactions in which we want to feel more ease and confidence.

Leader: Moreah Vestan
Dates: Monday, January 23 and Wednesday, February 1
Time: 7:00 – 9:00 p.m.
Location: Moreah's Home
Suggested Donation: $5.00 each evening
Registration Due: One week before each class

COMMUNICATING WITH COMPASSION

UU Principle: *The Inherent worth and dignity of every person*

Description: Angry? Sad? Scared? Confused? Come learn Nonviolent (Compassionate) Communication (NVC). We'll listen with our heart, and practice compassion with our own and others' feelings and needs.

Facilitator: Moreah Vestan
Dates: Tuesday, January 24 and Thursday, February 9
Time: 7: 00 – 9:00 p.m.
Location: Moreah's Home
Suggested Donation: $5.00 per session
Registration Due: One week before each class

FRIDAY NIGHT FLICKS

UU Principle: *Acceptance of one another and encouragement to spiritual growth in our congregation*

Description: (February 17) "*I Know Where I'm Going*"
Joan Webster has it all planned out. In spite of her youth, she becomes engaged to a titan of industry as old as her father. On her trip to the Scottish Island that he lives on, she struggles against nature's rebellion to her plan, and she meets with an assortment of locals who live a life attuned to the landscape and their hearts. Among them is Kiloran, the impoverished chieftain of that isolated island she seeks to land on. Together, they test the storm's rage in the ocean's terrifying whirlpool of Corryvreckan, "cauldron of the speckled seas".

Description: (March 9) "*A Canterbury Tale*"
Bob, Peter, and Alison meet in a remote village where Bob mistakenly stops off just short of reaching his destination of Canterbury. Immediately, they are thrown into a mystery of a village assailant who poured glue into Alison's hair as she was trying to find her way along the roads in the dark of night. The three set out to discover the secret and how it relates to Colpeper, the Justice of the Peace. The story of discovery reveals that all four have their own hidden secrets waiting to be drawn out, explored, and experienced.

Following the screening of the movie, discussion will follow and center on themes illustrated by the narratives.

Facilitator: Richard Clark, President of Seattle Film Society
Date: Fridays, once each month
February 17 and March 9
Time: 7:00 – 9:00 p. m.
Location: WSUU Social Hall
Audience: All are welcome, including teens and-twenties who will find these movies engaging and entertaining.
Suggested Donation: $5.00 per movie
Registration: None

POSITIVE DISCIPLINE CLASS FOR PARENTS

UU Principle: *The goal of world community with peace, liberty, and justice for all*

Description: Positive Discipline: Common sense solutions for parents who are looking for long-term parenting skills that will encourage their children to think for themselves, become more responsible, and have greater respect for themselves and others. Class is based on the book, *Positive Discipline* by Jane Nelsen.

Facilitators: Megan Kelton-Rehkopf & Wendy Nathan
Dates: Thursdays, February 9 – March 29
Time: 6:30 – 8:30 p. m.
Location: WSUU Social Hall
Cost: $85 or $160 per couple—scholarships available
Registration: E-mail Wendy at wendynathan11@gmailcom

WESTSIDE WORKING FOR SOCIAL JUSTICE— WHERE WE'VE BEEN AND WHERE WE'RE GOING

UU Principle: *The right of conscience and the use of the democratic process within our congregations and in society at large*

Description: Join our presenters to find out the latest about the activities of the Social Justice Committee in the past year and what lies ahead. So far, the Social Justice committee has focused on two areas: Family Promise, a shelter for homeless families and Immigrant Rights, in the form of helping detainees at the Northwest Detention Center. After hearing our experiences, we'll have an open discussion about how to expand our activities in these and other areas, such as Marriage Equality, Building Bridges with the Muslim Community, and other social justice issues you may care about. This is your chance to get involved!

Presenters: Eileen Duffy and Mike Wold
Date: Tuesday, March 13
Time: 7:00 – 9:00 p. m.
Location: WSUU Social Hall
Suggested Donation: none
Registration Due: Sunday, March 11

ARTIST'S WAY GROUP

UU Principle: *The inherent worth and dignity of every person*

Description: Interested in an Artist's Way group? During the first two meetings (March 1 & 25) let's decide the structure for the group and begin our conversations inspired by *The Artist's Way—A Spiritual Path to Higher Creativity* by Julia Cameron. We'll share inspiration, nurture our inner artists, and unlock our creativity. For more information: leilanie@leilanimassage.com

Facilitator: Leilani Berry
Dates: 2nd & 4th Sundays, March 11 & 25
Time: 7:00 - 9:00 p.m.
Location: WSUU Fireside Room

Suggested Donation: $5.00 per session
Registration: One week before the class

"I love people who harness themselves,
an ox to a heavy cart,
who pull like water buffalo, with massive patience,
who strain in the mud and the muck
to move things forward,
who do what has to be done, again and again."
~~Marge Piercy, "To Be of Use" ~~

UNITARIAN UNIVERSALIST SOURCES OF WISDOM

- Direct experience of transcending mystery and wonder
- Words and deeds of Prophetic women and men, which challenges us to confront powers and structures of evil with justice, compassion and love
- Wisdom from the world's religions
- Jewish and Christian teachings
- Humanist Teachings
- Teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature

RETURNING FAVORITES

T'AI CHI CLASS

UU Principle: *The inherent worth and dignity of every person*

Description: WSUU Member Karin Cumming has been studying T'ai Chi for fifteen years. She and her teacher, Paul Boyarin, will offer a class of initial instruction in the basic moves of T'ai Chi Chuan. It can improve your energy and balance and potential for healing and self-defense. T'ai Chi is a great stress reducer and aids in flexibility and relaxation. Gently increases strength and internal power. Good for all ages. We will start with the first movement of the form and add to it in successive classes. All are welcome!

Instructors: Karin Cumming and Paul Boyarin
Dates: Each Thursday (Check WSUU Calendar on the website: www.wsuu.org)
Time: 7:00 – 8:00 p. m.
Location: WSUU Social Hall
Suggested Donation: $5.00 each night
Registration: None

If you would like to help by hosting a class in your home, please contact Theresa McCormick, Common Quest Coordinator: theresamcco@comcast.net

"I don't think I am old yet, or done with growing.
But my perspective has altered---
I am less hungry for the busyness of the body.
More interested in the tricks of the mind."
~~Mary Oliver, *Winter Hours*, p. 11~~

GENTLE YOGA

UU Principle: *Respect for the interdependent web of all existence of which we are a part*

Description: Gentle flowing Hatha yoga for adults seeking to increase flexibility, strength and mental focus. This class is appropriate for both beginners and those looking to enhance their current yoga practice. Focus is on the safe practice of basic yoga poses and meditation. Participants are required to bring a yoga mat to each class.

Teacher: Janet Cermak
Date: Saturdays
Time: 10:00 – 11:a.m.
Location: WSUU Sanctuary
Suggested Donation: $5.00 each session
Registration: None

SPIRITUAL STUDY GROUP

UU Principle: A free and responsible search for truth and meaning

Description: The group will meet once a month on the third Monday to discuss a specific spiritual book and have a short teaching on a topic chosen by Rev. Peg. Contact her for the current month's study material. All are welcome to join.

Facilitator: Rev. Peg Morgan
Dates: Third Mondays
Time: 7:00 - 9:00 p. m.
Location: WSUU Fireside Room
Suggested Donation: $5.00 each Session
Registration: Contact Rev. Morgan (pegmorgan@comcast.net)

ONGOING PROGRAMS

CANDLELIGHT AND CONVERSATION

UU Principle: Respect for the interdependent web of all existence of which we are a part

Description: The Membership Committee invites newcomers to share wine, sparkling cider, hors d'oeuvres and conversation with other new visitors to our Congregation. This is always a special evening where we share our experiences with religion from childhood to present day, and how we came to find Unitarian Universalism.

Leader: Rev. Peg Boyle Morgan and Rev. Mark Newton
Date: Saturday, March 10
Time: 7:00 – 9:00 p.m.
Location: Mark Newton & Mike Cox's home
Suggested Donation: None
Registration: RSVP to Rev. Morgan, 206.909.2856

WSUU STATEMENT OF VISION & PURPOSE

We are committed to being a caring community. We welcome and celebrate diversity of age, ability, class, culture, ethnicity, gender, race, religious and non-religious backgrounds, and sexual orientation. We strive to nourish our spiritual, intellectual, and ethical growth, take personal and collective action to promote social justice, and inspire and encourage each other to live the values we share as Unitarian Universalists.

We are especially pleased to have completed a formal Welcoming Congregation program in May 2005 offered through the UUA. The program is designed to help congregations make tangible strides toward the open inclusion of all sexual minorities (BGLQT – bi-sexual, gay, lesbian, questioning, and transgendered). The congregation voted 100% to openly proclaim our church as a Welcoming Congregation for all sexual minorities.

BOOK CLUB

UU Principle: A free and responsible search for truth and meaning

Contact: Theresa McCormick 206.932.3886 theresamcco@comcast.net
Dates: Monthly meetings on the third Thursday night
Time: 7:00 – 9:00 p.m.
Location: In members' homes
Suggested Donation: None
Registration: None

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Date: January 19—Snow Cancellation

Date: February 19—*The Immortal Life of Henrietta Lacks* by Rebecca Skloot
Description: A nonfiction page-turner about the history of race and medicine in America, detailing the intersection of racism, scientific ethics, and poverty. It's the account of Henrietta, a poor, black woman who had cancer in the 1950s. Doctors took her cells—which did not die and thus were called "immortal"-- but did not ask her or pay her or her family. Her cells (identified as HeLa in the lab) led to a medical revolution, which became a multi-million dollar industry and also saved thousands of lives.
Location: Theresa McCormick's home, 206.932.3886

Date: March 15—*Sarah's Key* by Tatiana de Rosnay
Description: The two–fold story of 10- year- old Sarah who is taken with her parents in the middle of the night in the days of the Vel' d'Hiv' in Paris. Desperate to protect her little brother, she locks him in a cupboard and promises to come back for him. At the same time we read the story of Julia Jarmond who is a journalist investigating the roundup. She stumbles on a trail of secrets that link her to Sarah. A fascinating book that holds your interest from beginning to end.
Location: Carolyn Matthew's Home

Date: April 19 – *The Photograph* by Penelope Lively
Description: The central character dies at the beginning of the novel and the story tells you about her life. The photograph of her is found by her husband when he's going through a junky closet. He had never seen it before nor the people she is shown with. He sets out to discover who they are and in doing so learns much more about her than he ever knew. He also learns a lot about himself and how very miserable he had made her. He would like to blame someone else for her death, but it's on his shoulders. A sad, but beautifully written and memorable book and good for discussion
Location: Sandra and Al Smith's Home

Date: May 17 – *No Great Mischief* by Alistair MacLeod
Description: This novel tells the story of a fiercely loyal family and the tradition that drives it. Generations after their forebears went into exile, the MacDonalds still face seemingly unmitigated hardships and cruelties of life. Alexander, orphaned as a child by a horrific tragedy, has nevertheless gained some success in the world. Even his older brother, Calum, a nearly destitute alcoholic living on Toronto's skid row, has been scarred by another tragedy. But, like all his clansmen, Alexander is sustained by a family history that seems to run through

his veins. And through these lovingly recounted stories—wildly comic or heartbreakingly tragic—we discover the hope against hope upon which every family must sometimes rely.
Location: To be announced

COVENANT GROUPS

UU Principle: *Respect for the interdependent web of all existence of which we are a part*

Description: Provides an experience of listening and being listened to. Covenant Groups are groups of ten to twelve people who meet twice monthly to nurture relationships of friendship, trust and spiritual growth. They meet the need all humans have for intimacy, to be known and to know, and to grapple with questions that we bring to our lives. Covenant Groups follow an organized structure and explore a different topic each meeting. Session topics are planned by our minister in consultation with our Covenant Group leaders. Groups covenant to continue to meet through the spring. Then, they will divide or re-form with new members. Another group may form in addition to the ones listed below. If you are interested in being in a Covenant Group contact Viv Monahan for further details and locations:

Coordinator: Rev. Peg Morgan, 206.909.2856
Dates/Time: 2nd and 4th Tuesday morning and evening, & 2nd and 4th Thursday evening
Leaders: Viv Monahan, Shannon Day & Joe Rettenmaier

NEWCOMER CONGREGATIONAL ORIENTATION

UU Principle: Acceptance of one another and encouragement to spiritual growth in our congregations

Description: Join our Minister, Rev. Peg, to learn about how the Congregation is organized, where it gets its authority, committees, opportunities for fun, service and personal growth, our budget, our relationship with the wider UU movement, and how UU ministers are trained. We also will cover what is the meaning of membership, and the responsibilities of members. No obligation to join.

Dates/Times:
Thursday, February 2, 5:30 – 6.30 p.m.
Sunday, February 5, 12:30 – 1:30 p.m.
Wednesday, February 8, 5:30 – 6:30 p.m.
Sunday, February 19, 12:30 – 1:30 p.m.
Monday February 20, 5:30 – 6:30 p.m.
Location: WSUU Fireside Room
Suggested Donation: None
Registration: Contact Rev. Peg Morgan to attend: 206.909.2856 or pegmorgan@comcast.net

THE SEVEN PRINCIPLES OF UNITARIAN UNIVERSALISM

- The inherent worth and dignity of every person
- Justice, equity, and compassion in human relations
- Acceptance of one another and encouragement to spiritual growth in our congregations
- A free and responsible search for truth and meaning
- The right of conscience and the use of the democratic process within our congregations and in society at large
- The goal of world community with peace, liberty, and justice for all
- Respect for the interdependent web of all existence of which we are a part