

COMMON QUEST

ADULT RELIGIOUS EXPLORATION

SPRING 2017



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. Alex Holt

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Register during coffee hour after a Sunday service at the Common Quest Table or Contact Theresa McCormick, Common Quest Coordinator: theresamcco@comcast.net, No on-line registration.

PROGRAMS AT A GLANCE

NOTE: Locations are listed in class descriptions that follow and on the WSUU web calendar.

Mindful Eating

Leader: Rev. Alex Holt

Date: February 6---March 6

Time: 7:00 – 8:30 p.m.

Jesus Reconsidered

Leader: Rev. Alex Holt

Dates: March 13-April 17

Time: 7:00 – 8:30 p.m.

Vision Board Workshop

Leader: Michele Fawcett-Long

Date: Saturday, March 25

Time: 10:00 a.m. – 4:00 p.m.

Healthy Body – Healthy Spirit

Leader: Gloria Adkins

Dates: Tuesdays, February 7, March 7, April 4, & May 2

Time: 6:30—7:45 p.m.

White Privilege

Leader: Theresa McCormick

Dates: Sunday, April 2 & 9

Time: 1:00 – 3:00 p.m.

...And Yet They Learned—Education of Jewish Children in Nazi Occupied Areas Between 1933-1945

Leader: Jacqueline Silver

Date: Sunday, April 30

Time: 2:00 – 4:00 p.m.

CREATING COMMUNITY

WESTSIDE WOMEN'S GROUP

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

Description: The Westside Women's Group invites all women to join and learn more about each other, to share our journeys and to have fun. We meet the 4th Saturday morning at different members' homes.

Contacts: Candy Sullivan (candacesullivan@comcast.net) and Norene Ott (seniorott@comcast.net)

Date: 4th Saturday, monthly

Time: 10:00 a.m.

Location: See WSUU E-News for member's home

WESTSIDE MEN'S GROUP

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

Description: The Way of the Peaceful Warrior. Join the Men's Group for an evening of grounding, which starts with a short meditation. "We check in by describing our time since we last met. Then we share stories: we tell about experiences with facing success and difficulty; stories of new starts, work, travel, health-care, and creative expression. These are the beginnings of personal histories. They are the age-old tradition around the campfire."

Contact: Richard Clark at: richard@secondroot.org

Dates: 2nd & 4th Tuesday nights

Time: 7:00 – 9:00 p.m.

Location: Social Hall

NEW CLASSES

CLASS FEE: Suggested donation \$0 - \$10 per class.

MINDFUL EATING

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

Description: Zen Buddhist teacher Jan Chozen Bays wrote a book called Mindful Eating to show people how we can reclaim healthy and pleasurable eating habits. This class will explore the ways to use mindfulness practice to improve our relationship with food.

Leader: Rev. Alex Holt

Date: Mondays, February 6 – March 6

Time: 7:00 – 8:30 p.m.

Location: Fireside Room

HEALTHY BODY, HEALTHY SPIRIT

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

Description: In this series, we'll look at improving nutrition, decreasing our toxic loads, getting enthused about exercise, and decreasing inflammation.

Leader: Dr. Gloria Adkins, Wellness Consultant and Chiropractic Physician and WSUU member

Dates/Topics:

February 7: Weight loss with therapeutic lifestyle changes

March 7: Increasing energy and productivity

April 4: Raising healthy kids

May 2: Natural ways to handle stress, depression and sleep problems

Time: 6:30 p.m. -- 7:45 p.m.

Location: Fireside Room

JESUS RECONSIDERED

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

Description: This class will explore the historical Jesus who was one of our religious ancestors. It will be based on a book by the late theologian Marcus Borg Meeting Jesus Again for the First Time. How do we separate the historical Jesus from the archetypal Christ? Do Jesus' teachings still have value to us as 21st Century Unitarian Universalists?

Leaders: Rev. Alex Holt

Dates: Mondays, March 13 – April 17

Time: 7:00 – 8:30 p.m.

Location: Fireside Room

VISION BOARD WORKSHOP – TAPPING INTO OTHER WAYS OF KNOWING

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

Description: Sometimes letting go of our logical, linear thinking leads to new and deeper places of knowing. Join us for a fun and relaxing day to create a vision board. We'll take some time to sink into our unique selves – who we are when no one is looking – and then use images to answer a heart or soul question, find a way forward, or perhaps analyze changes that may lead us to where we'd like to go. Appropriate for ages 16 and up. You are invited to bring a sack lunch.

Leader: Michele Fawcett-Long, Certified Life Coach, WSUU Member

Date: Saturday, March 25

Time: 10:00 a.m. – 4:00 p.m.

Location: Social Hall

WHITE PRIVILEGE

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

Description: These sessions will examine white privilege and how we, as whites can learn to recognize it; how it manifests in our lives and in our institutions; and how it perpetuates racism. Brief readings will be provided. Participants will engage in in-depth discussions and in self-reflection exercises. Appropriate for teens and adults.

Leader: Dr. Theresa McCormick, Professor Emeritus of Multicultural Gender Studies and WSUU member

Dates: Sundays, April 2 and April 9

Time: 1:00 – 3:00 p.m.

Location: Fireside Room

...AND YET THEY LEARNED—

EDUCATION OF JEWISH CHILDREN IN NAZI OCCUPIED AREAS BETWEEN 1939-1945

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

Description: This session will include a brief explanation about the background of the presenter's personal interest in the book's subject and why she undertook this lengthy research project. She will explain why the information is important historically and educationally and why it was difficult to find relevant information. Other topics to be addressed are ways in which educators resisted Nazi oppression nonviolently and clandestinely through education, the circumstances under which education took place, and some educational methods used. Appropriate for teens and adults. Q & A will follow.

Leader: Dr. Jacqueline Silver, Author and American-Israeli Educator

Date: Sunday April 30

Time: 2:00-4:00 p.m.

Location: Fireside Room

RETURNING FAVORITES

BUDDHIST MEDITATION

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

Description: Rev. Alex is a long-time Buddhist practitioner in the Zen and Vipassana traditions. He will offer an open to all weekly Buddhist meditation group. He will give an introduction to meditation for anyone who is new to it, but all practices are welcome. Twenty-five minutes of meditation will be followed by informal tea and conversation about dharma topics.

Leader: Rev. Alex Holt, Interim Minister

Dates: Weekly, Wednesday evenings

Time: 7:00 – 8:00 p.m.

Location: Social Hall

SPIRITUAL STUDY GROUP

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

Description: The group will be reading Wherever You Go There You Are—Mindfulness Meditation in Everyday Life by Jon Zabet-Zinn. The author has helped people for decades with their pain that doctors could not alleviate. With his help, their lives were made livable through meditation. But it's not just for people with pain. We read about 50 pages each month and focus on in-depth discussion, with a particular focus on the relevance to our lives. We hope you will join us and share our spiritual adventures. You don't need to sign up, just come!

Facilitator: Cynthia Townsend, WSUU Member (cynthiatownsend@gmail.com), 206-261-5141

Dates: Last Thursday Monthly

Time: 7:00 - 9:00 p. m.

Location: Social Hall

COVENANT GROUPS

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

Description: Covenant groups are designed to reflect on and discuss significant life topics. They are great places to get to know other people and to get to know yourself. Over time, participants build deep connections with one another, with the congregation and with the sacred.

Westside has four Covenant Groups meeting twice a month (See Below). There is also a Humanist Affinity/Covenant Group meeting one evening a month. Part of our covenant (promise) with our Congregation is to always have an open chair for a new member. If you are interested, please contact:

Leader: Patti McCall pattimccall@seanet.com.

Dates & Times: Monday morning, 10:00–11:30; Tuesday evening, 7:00 – 8:30; Wednesday morning, 10:00 -11:30; and Wednesday evening, 7:00 8:30.

CHRISTIAN FELLOWSHIP GROUP

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

Description: The purpose of this new group is to deepen our understanding of the Christian story as seen through the lens of Unitarian Universalism. We do this through worship, Bible Study, discussion and support. The group is open to Christians and non-Christians alike. It is clear, however, that the focus of this group is on the Christian story.

Facilitator: Patti McCall, WSUU Member
(pattimccall@seanet.com)

Dates: 3rd Thursday Evening of each month

Time: 7:00 – 9:00 pm

Location: Fireside Room