

# COMMON QUEST

ADULT RELIGIOUS EXPLORATION

FALL 2016



*A Program of the*  
**WESTSIDE UNITARIAN UNIVERSALIST CONGREGATION**

[www.wsuu.org](http://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](mailto:theresamcco@comcast.net)

Rev. Alex Holt  
E-mail: [minister@wsuu.org](mailto:minister@wsuu.org)

*Register during coffee hour after a Sunday service at the Common Quest Table or Contact Theresa McCormick, Common Quest Coordinator: [theresamcco@comcast.net](mailto: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.

**\*\*CLASS FEES: Suggested donation \$0 - \$10 per Class**

### **How to Negotiate for What You Want in a Relationship**

**Leader:** Moreah Vestan

**Date:** Wednesday September 21

**Time:** 7:00 – 9:00 p.m.

### **Buddhist Meditation**

**Leader:** Rev. Alex Holt

**Dates:** Beginning Wednesday September 28; weekly

**Time:** 7:00 – 8:00 p.m.

### **Civil Rights—illustrated Talk and Discussion**

**Presenter:** Steve Graves

**Dates:** Sunday October 16

**Time:** 1:00 – 3:00 p.m.

### **Sing Like Pete Seeger Liked**

**Leader:** Rick Harlan

**Date:** Sunday November 6

**Time:** 1:00 – 3:00 p.m.

### **Writing Your Spiritual Legacy**

**Leader:** Viveca Monahan

**Dates:** Saturday November 12

**Time:** 1:00– 4:00 p.m.

### **The Bible is History According to Ginger**

**Presenter:** Ginger Brewer

**Date:** Sunday November 13

**Time:** 1:00 – 3:00 p.m.

### **BeSMART: A Conversation about Kids, Guns and Safety**

**Leaders:** Heather Hisatomi & Tammi Johnson

**Date:** Wednesday November 16

**Time:** 7:00 – 8:00 p.m.

## **Amazing Grace—A Vocabulary of Faith**

**Leader:** Rev. Alex Holt

**Dates:** Beginning Sunday January 1, 2017 and continuing weekly

**Time:** TBA

## **CREATING COMMUNITY**

### **PEACE EDUCATION PROGRAM**

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

**Description:** This is a 10-week innovative educational program, facilitated by volunteers, with a curriculum that consists of weekly videos, each focusing on a particular theme. The purpose of the Peace Education Program (PEP) is to help participants discover their own inner resources – innate tools for living such as inner strength, choice, and hope—and the possibility of personal peace.

**Participants:** 16 and older

**Register online:**

<http://class.seattle.gov/parks/Activities/ActivitiesAdvSearch.asp>

**Dates:** Tuesdays, October 4 – December 6

**Time:** 7:00 8:30 p.m.

**Suggested Donation:** \$5.00

**Location:** Hiawatha Community Center





## **WESTSIDE WOMEN'S GROUP**

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

**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 2<sup>nd</sup> Thursday each month at the WSUU in the evening (child care provided) and the 4<sup>th</sup> Saturday morning at a member's home.

**Contact:** Peggy Abby(peggyabby@gme.com)

**Dates, Time, Location:**

2<sup>nd</sup> Thursday, 7:00 p.m., WSUU

4<sup>th</sup> Saturday, 10:00 a.m. Member's home

## **WEST SEATTLE MEANINGFUL MOVIES**

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

**Description:** The West Seattle Meaningful Movies are free monthly documentary films for the West Seattle community. Typical topics are on the environment social justice, and the economy. Free, but donations are welcome.

**Contact:** Lisa Kauffman ([lisaprws@gmail.com](mailto:lisaprws@gmail.com))

**Dates:** 1<sup>st</sup> Saturday monthly

**Time:** 7:00 p.m. Doors open at 6:30 p.m. for refreshments and social time

**Location:** High Point Neighborhood House--6400 Sylvan Way SW, Seattle 98126, Bus numbers 21 &128

## **WESTSIDE MEN'S GROUP**

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

**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](mailto:richard@secondroot.org)

**Dates:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesday nights

**Time:** 7:00 – 9:00 p.m.

**Location:** Social Hall

## NEW CLASSES

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

### HOW TO NEGOTIATE FOR WHAT YOU WANT IN A RELATIONSHIP

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

**Description:** This workshop will include: 1. Getting clear on what is important in your relationships, 2. Making agreements about dealing with frustration, 3. Practicing how to handle difficult conversations, 4. Deciding on whether to give in or not, and 5. Connecting with feelings and needs.

**Leader:** Moreah Vestan, WSUU member

**Date:** Wednesday September 21

**Time:** 7:00 – 9:00 p.m.

**Location:** Library

### 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, beginning Wednesday September 28

**Time:** 7:00 – 8:00 p.m.

**Location:** Social Hall

## CIVIL RIGHTS HISTORY– ILLUSTRATED TALK AND DISCUSSION

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

**Description:** The leader of this session will discuss three areas and types of Civil Rights effort in the 1960s: 1. CORE's voter registration in Louisiana, 2. Selma to Montgomery 54-mile march for Voting Rights bill, and 3. Chicago marches for open housing. He will share his experiences, show pictures from that time, and lead a discussion.

**Leader:** Steve Graves, WSUU member

**Date:** Sunday October 16

**Time:** 1:00 – 3:00

**Location:** Social Hall

## SING LIKE PETE SEEGER LIKED

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

**Description:** In 2014 Pete Seeger left us with the legacy to “Keep on singing!” Rick Harlan keeps Pete’s sing along spirit going with a selection of social justice and fun songs that he leads with a natural ease, getting everybody singing, at least a bit. He says, “To me it sounds wonderfully full-bodied when **not** everyone is quite on pitch. Pete called that Harmony!” Lyrics are provided. This event is open to the community, so, Invite your friends for a great and meaningful time singing together. Don’t miss it!

**Leader:** Rick Harlan

**Date:** Sunday November 6

**Time:** 1:00 – 3:00 p.m.

**Location:** Sanctuary

## WRITING YOUR SPIRITUAL LEGACY

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

**Description:** Spiritual legacy, also known as ethical will, is a document you write for your loved ones in order to share meaningful stories from your life; to write a statement about what you value and believe; to give meaningful life instructions; and to share your hopes for the future. This 3-hour introductory workshop will take you through a gentle step-by-step process for writing your spiritual legacy. You will complete a simple draft and leave with instructions for continuing on your own or with others.

**Leaders:** Viveca Monahan, WSUU member

**Dates:** Saturday November 12

**Time:** 1:00 – 4:00 p.m.

**Location:** Fireside Room



*“There is no greater agony than  
bearing an untold story inside you.”*

~ Maya Angelou, *I Know Why the Caged Bird Sings*



**THE BIBLE IS HISTORY**  
**ACCORDING TO GINGER**

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

**Description:** Ginger says, “I wanted my trip to Jordan and Israel last October to make sense to me. Every day we would be walking over history from different centuries and it was confusing. We would see beautiful tile work and hear amazing stories but how did it all fit together? I will share with you a story I made up so that I could understand what I saw, using material from The Bible Is History by Ian Wilson. The story is about the Jewish people and their religion from the beginning to the formal creation of the State of Israel. We use sayings every day that came from the Bible—their history is amazing and interesting. I will also have some photos to share.”

**Presenter:** Ginger Brewer, WSUU member

**Dates:** Sunday November 13

**Time:** 1:00 – 3:00 p.m.

**Location:** Fireside Room

**BeSMART: A CONVERSATION ABOUT KIDS,**  
**GUNS AND SAFETY**

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

**Description:** BeSMART is a community educational program to promote firearm safety and gun violence prevention to prevent child gun deaths. In this session we will start the conversation and learn how 5 simple steps can save lives.

**Leader:** Heather Hisatomi & Tammi Johnson

**Dates:** Wednesday November 16

**Time:** 7:00 – 8:00 p.m.

**Location:** Fireside Room

# RETURNING FAVORITES

## SPIRITUAL STUDY GROUP

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

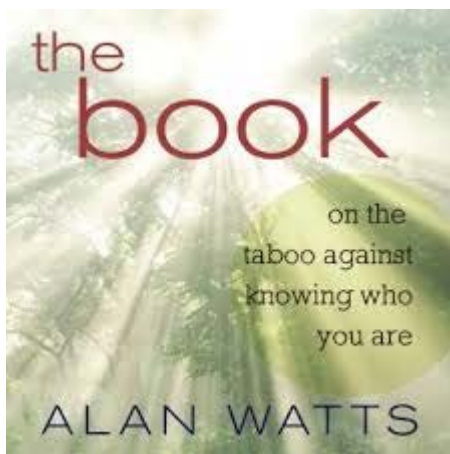
**Description:** For the first part of the year the group will be reading an old classic: The Book—On the Taboo Against Knowing Who You Are by Alan Watts. Cynthia says, “We read a couple of chapters each month and focus on in-depth discussion, with a particular focus on the relevance to our lives. We are genuine and relaxed and often have a bit of fun. We hope you will join us and share our spiritual adventures. You don’t need to sign up, just come. Everyone is welcome! “

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

**Dates:** 4th Thursday Monthly, starting September 22

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

**Location:** Social Hall



# ONGOING GROUPS



## COVENANT GROUPS

“Intimacy & Ultimacy”

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

**Description:** Covenant groups are a vital component of our Congregation – offering a path of deep connection (Intimacy) through the diversity each of us brings to Westside, as well as, offering a path of Ultimacy (a search for meaning in our lives). Covenant Groups consist of 8-10 people, sitting together twice a month to explore a topic of discussion such as “Living Simply,” “Imagination,” or “Poetry.” We will be meeting the second and fourth weeks of the month. If you can make the commitment of deep, respectful listening and sharing twice a month, sign up for a group by visiting the table in the social hall after Sunday service or email Patti McCall at [pattimccal@seanet.com](mailto:pattimccal@seanet.com).

**Leader:** Patti McCall, WSUU Member

**Dates & Times:** Tentative meeting days and 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.



## **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

*Feeding your spirit,  
expanding your mind,  
working for justice.*