



All Souls Church, Unitarian
Adult Spiritual Development
Fall 2011

Welcome

All Souls Adult Spiritual Development program brings people together in different places and formats to give spiritual, intellectual, and communal context to our daily lives. Here you can uncover the unique theological concepts that underpin Unitarian Universalism, ponder the variety of religious experience, raise your awareness of racism, and raise your voice in song.

To build the Beloved Community, All Souls Church cultivates and celebrates . . .

- page 5* • ***spiritual growth and transformation*** as we question, learn from others, and seek lives of meaning and reverence;
- page 8* • ***a welcoming, diverse and vibrant community*** where we love, respect and care for one another;
- page 10* • ***service and prophetic action*** to move the world toward justice, healing, and sustainability;
- page 11* • ***sacred space***; and
- page 11* • ***F-UU-N!***

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Religious Educator,

Lifespan Learning and Family Ministries

Registration

- To register, go to www.all-souls.org, click on the ASD button, and find the link associated with the class you are interested in. If you have difficulty registering, contact Gabrielle Farrell, Religious Educator, Lifespan Education and Family Ministries (gfarrell@allsouls.ws), noting which class you wish to attend.
- Payment online at the time of registration is appreciated, as facilitators are not equipped to handle money and registration details. It also guarantees you a place in the class.
- If you're unable to pay when you register, please contact Gabrielle to request a scholarship.
- Please note that most classes have register-by dates; check the website for minimum and maximum enrollment numbers and remaining spaces.
- **If a class is cancelled because it has not met its minimum by the registration date**, you will be notified and receive a full refund. If you've paid online, the refund will be automatically generated; if you've paid in person, please contact Gabrielle to request a refund.
- If a class reaches its maximum before you register, you can be placed on a waiting list by contacting Gabrielle.

Fees

All ASD offerings, other than those related to membership or fellowship, have fees. The fee for members is listed along with the fee for non-members. Fees cover some portion of the cost of the whole program, but most of the cost is covered by congregant annual pledges. We encourage everyone (member or not) to pledge annually.

Class locations

Locations are assigned within the church based on availability, size, and purpose. Room assignment may occasionally change, so always check the sign board outside the office when you arrive.

Please note: All Souls is not fully accessible and some of the classes may meet in inaccessible locations. If you have accessibility requirements, please email Gabrielle or Alicia Dixon (adixon@allsouls.ws) so that rooms can be assigned to allow full participation.

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Spiritual Growth and Transformation

What: UU Theology

Who: Rev. Robert M. Hardies

When: Thursdays, Oct. 13–Nov. 17,
7:00–9:00 pm

Where: Eaton Room

Fee: \$40/\$50 non-members

Min.-Max.: 15–40

Register: online by Oct. 6

Using a mixture of lecture and discussion, Rev. Hardies will provide an introduction to Unitarian Universalist theology, with particular attention to its historical development, its distinguishing characteristics, and its Good News. Our text will be Rebecca Parker and John Buehren's *House of Hope: the Promise of Progressive Religion for the Twenty-First Century*. This text will be available in paperback from the All Souls Book Nook outside Pierce Hall.

Revisit religious spaces, people, and traditions from your personal history in a search for greater self-understanding and personal peace. Examining our individual and collective religious upbringings allows us to integrate them into our current religious life with affirmation and wholeness.

**What: The Haunting Church:
Exploring Your Religious Past**

Who: Gabrielle Farrell & Bill Rice

When: Wednesdays, Nov. 2–Dec. 14
(excl. Nov. 23), 6:45–8:45 pm

Where: Hamele 1

Fee: \$40/\$50 non-members

Min.-Max.: 10–18

Register: online by Oct. 23

What: Mid-Winter Silent Retreat

Who: Alida DeCoster & TBA

When: Fri., Jan. 27 – Sun., Jan. 29

Where: Dayspring Retreat Center
(dayspringretreat.org)

Fee: \$225/\$250 non-members

Min.-Max.: 10-20

Register: online by Jan. 14

Rev. Alida DeCoster and participants will gather for a time of deepening, slowing down, and mindfulness of the winter season. Alida, most recently chaplain for the UUA's DC office, completed Shalem Institute's spiritual guidance program in 2005. Some experience in or reading about mindfulness meditation will be good preparation.

Explore methods of mindfulness drawn from Buddhist and Taoist traditions to find your center/true nature, in the midst of chaos, internal and external. Strengthen your body, quiet your mind, tame your emotion, and nurture your spirit. Practice exercises and meditations that bring you to the quiet place within to help you cope with the exigencies of life. Peter Mosher has taught movement and meditation in the DC area since 1972, including Kundalini Yoga, various forms of meditation, Tai Qi and Qi Gong. He is a member of All Souls.

What: Finding Your Still-Point

Who: Peter Mosher

When: Sundays, Sep. 18, Oct. 23, Nov. 20, Dec. 18, Jan. 22, Feb. 26, Mar. 25, Apr. 22, May 20, 11:15 am–12:30 pm

Where: Tupper Room

Fee: \$10/\$16 non-members per session

Min.-Max.: 5-25

Register: online and drop-in

What: Huston Smith's World Religions

Who: Mary Rojas & Aaron Knight

When: Sundays, Jan. 15 – Feb. 19, 9:00–11:00 am

Where: Library

Fee: \$40/\$50 non-members

Min.-Max.: 8-16

Register: online by Jan. 8

We need the courage as well as the inclination to consult, and profit from, the wisdom traditions of mankind.

E.F. Schumacher in Huston Smith

This seminar will not delve into the details of the world's religions, but focus rather on Huston Smith's classic text, discussing the questions he poses there: What wisdom do the great religions offer us? What are the ethics, the virtues, the visions that they bring to ease and enrich our lives? Using Smith's insights and guidance, we will explore two of the eight religions in his book: Hinduism and one chosen by the class.

Affirming religious diversity while seeking unity in our communal quest for meaning and wholeness, we'll develop practices to connect with the sacred ground of being, however you understand it. Whether you identify as Humanist, Jewish, Christian, Pagan, Theist, Atheist, Agnostic, Mystic, or any of the paths followed in our congregations, this will be a forum for learning, sharing, and growth to enrich all aspects of our faith journeys: personal, communal, body, mind, soul, life, and justice practices. Rev. DeCoster completed the Shalem Institute's spiritual guidance program in 2005. Both she and Ms. Massey, River Road member, are spiritual directors.

What: Spirit in Practice

Who: Alida DeCoster & Suzie Massey

When: Sundays, Mar. 4–Apr. 1, 9:30–11:15 am

Where: Eaton Room

Fee: \$30/\$40 non-members

Min.-Max.: 8–16

Registration: online by Feb. 12

What: Tending the Flame: Parenting Unitarian Universalist Children

Who: Jennifer Abercrombie & Linda Gillespie

When: 2nd & 3rd Sundays, Jan.–May, 10:30–11:30 am

Where: Tupper Room

Fee: \$5/\$10 non-members per session

Min.-Max.: 8-20

Register: online or drop-in

Using this first-of-its-kind UU guide, the twice monthly group will explore spiritual parenting. Using music, art, discussion, and speakers, the group will explore the vexing challenges and spiritual underpinnings of parenting, including information about developmental stages, suggestions for incorporating spiritual practices into family life, answering difficult questions on religious matters, and dealing with religious disagreements. The class is designed to allow both early- and late-service families to participate. Participants are encouraged to buy the book at the Book Nook.

Explore the dynamic course of Unitarian, Universalist, and Unitarian Universalist history—the people, ideas, and movements that have shaped our faith heritage. We will place ourselves into our history and consider its legacies. What lessons do the stories of our history teach that can help us live more faithfully in the present? What lessons do they offer to be lived into the future?

What: Faith Like a River: UU History, Part 1

Who: Gabrielle Farrell, Lex Cade-White, & guests

When: Tuesdays, Jan. 24–Feb. 21, 6:45–8:45 pm

Where: Hamele 1

Fee: \$30/\$40 non-members

Min.-Max.: 10-18; *Register:* online by Jan. 17

What: Faiths in Our Neighborhood: How to Be the Perfect Stranger

Who/When: see p. 9

Where: Tupper Room

Fee: \$20/\$30 non-members

Min.-Max.: 6–15

Register: online 1 week prior to class

By engaging with other faith traditions, we deepen our understanding of the dynamic, fascinating, varied world in which we live. In a series of 3-session blocs, this course examines some of the world's religions guided by those who grew up in or now follow that tradition. Every second meeting includes a visit to a neighborhood church, temple, or other worship space alongside All Souls' Middle School class (which is studying different religions throughout the year). This is a unique opportunity to explore diversity of faiths in a safe, affirming atmosphere grounded in UU tradition. You may sign up for any bloc or for the entire year (for a discounted price.) The groups will meet weekday evenings (or, as a second choice, Sunday mornings). Visits to neighboring faiths will be Sunday mornings (Friday night for October's visit to a Jewish temple).

Welcoming, Diverse, Vibrant Community

What: **Welcome**

Who: Amy Mulry Wesolek

When: Sun., Sep. 25 & Sun., Oct. 16,
right after each service

Where: Tupper Room; no fee; drop-in

Learn and ask questions about Unitarian Universalism and All Souls Church. This informal session lasts about an hour.

Prospective members learn more about Unitarian Universalism, All Souls, and what being a member means. Those who choose to join can sign the Membership Book (no obligation), make their financial pledge, and have their picture taken for the member directory.

What: **New Member Orientation**

Who: ministers, lay leaders, and Amy Mulry Wesolek

When: Tue., Sep. 27, 6:30–9:00 pm

Where: Eaton Room

Fee: none; *Register:* online

What: **Roots and Wings**

Who/When: see below

Where: Tupper Room

Fee: \$30/\$50 non-members

Min.-Max.: 8–15

Register: online 1 week prior to class

Primarily geared to new members, R&W teaches about who we are and what we believe, both as UUs and members of All Souls. You'll examine your personal stories in the light of UU tradition and heritage and connect with other new members and long-timers. Each class carries out a service project or forms a covenant group. Participation in the Welcome session is encouraged before enrollment in R&W.

Roots and Wings 5 with Rev. Louise Green & Tod Preston

Thursdays, Oct. 13–Nov. 17, 6:45–8:45 pm

Roots and Wings 6 with Meredith Higgins-Hargrave & Janet Randolph

Wednesdays, Feb. 22–Mar. 28, 6:45–8:45 pm

Roots and Wings 7 with TBD

Sundays, Feb 26–Apr. 2, 11:00 am–12:45 pm

Roots and Wings 8 with Rev. Susan Newman & Holly Rockford

Tuesdays, Mar. 27–May 1, 6:45–8:45 pm

Roots and Wings 9 with Amy Mulry Wesolek & TBD

Tuesdays, Jun. 5–Jul. 11, 6:45–8:45 pm

These small groups offer opportunities for spiritual practice, lasting friendships, and caring community. Groups of about ten meet once or twice a month to share, learn, and discover within the framework of themes or identities. Groups have formed around sacred texts, journaling, Sabbath-keeping, women's issues, men's issues, and parenting. Congregants are always welcome to help organize and facilitate new groups.

What: Covenant Groups

Who/When/Where: varies—groups start in October

Fee: none

Min.-Max.: 5-10

Register: snewman@allsouls.org

**What: Harvest the Power:
Developing Lay Leadership**

Who: Rev. Louise Green

When: Tuesdays, 6:45–8:45 pm; Part 1:
Oct. 4–Nov. 8; Part 2: Apr. 10–May 15

Where: Library

Fee: \$40/\$60 non-member

Min.-Max.: 10–18

Register: online by Sep. 27

This class offers new and experienced leaders the chance to grow in both spirit and leadership by addressing rapid cultural change in and outside our congregations. We will examine and enrich opportunities for developing a broad range of skills, both technical and visionary. This is a two-part course; Part 1 is offered this fall, Part 2 in the spring.

Faiths in Our Neighborhood: How to Be the Perfect Stranger

Most meeting times and places (and some facilitators) have yet to be determined. Information known at time of publication is given here.

Judaism. Amanda Helin & Sarah Puro
Oct. 9, 15, 23, 9:30 am, Tupper;
visit Fri., Oct. 21 (evening)

Buddhism. Trudy Mitchell-Gilkey,
Sarah Price, & Matt Haygood
Visit Nov. 6

Christianity. Rev. Susan Newman & TBD
Visit Dec. 11

Taoism. Peter Mosher & Dianne Tesche
Engagement Jan. 22

Islam. Jamel Saafi & Matt Haygood
Visit Feb. 19

**Agnosticism, Atheism,
Humanism, & Ethical Culture.** TBD
Visit Mar. 18

Hinduism. Ken Langer & TBD
Visit Apr. 22

Evangelism. Dianne Tesch
Visit 5/20

Service and Prophetic Action

Explore identities and perspectives in our diverse congregation, by sharing cultural practices and values.

Recommended for all church leaders and for anyone building awareness in multiracial, multicultural settings.

Incorporates themes from Juana Bordas's *Soul, Salsa, and Spirit*. Includes ritual and small-group discussion.

Perceiving and Affirming Difference 2

Wednesdays, Nov. 2 & 9, 6:45–8:45 pm

Perceiving and Affirming Difference 3

Sat., Feb. 11, 10:00 am–1:30 pm

Perceiving and Affirming Difference 4

Sat., Apr. 5, 10:00 am–1:30 pm

What: Congregational Leadership:

Perceiving and Affirming Difference

Who: Rev. Green and lay leaders

When: see below

Where: Eaton Room

Fee: 2-\$25/\$35 non-members

3,4-\$35/\$45 non-members

Min.-Max.: 15-25

Register: online 1 week prior to class

What: Africa Is People

Who: Topher Kandik

When: see below

Where: Library

Fee: \$30/\$40 non-members

Min.-Max.: 8-18

Register: online by Sep. 29 (for part 1)

The first of a three-course series which will use literature to examine the culture, politics, history, and people of Nigeria since the mid-19th century. Through facilitated discussion of Achebe's landmark novel and the Greek tragedy after which it was loosely modeled, we will endeavor to come to a more sophisticated understanding of Achebe's unique perspective on Nigeria and the repercussions of colonialism in Africa. This course is offered as an introduction to the themes of Achebe's writing and will depend on a lively discourse among participants to construct meaning. You may take the entire series or one or more parts.

Part 1: Nigeria and Colonialism in Achebe's *Things Fall Apart*

Wednesdays, Oct. 5–26, 7:00–8:30 pm

Part 2: Nigeria and the Biafran War in

Chimamanda Ngozi Adichie's *Half a Yellow Sun*

Wednesdays, Jan. 18–Feb. 8, 7:00–8:30 pm

Part 3: Nigeria and Its Contrasts in Chris Abani's *Graceland*

Wednesdays, Mar. 14–Apr. 2, 7:00–8:30 pm

Sacred Space and Beauty

What: **Singing Your Own Voice**

Who: Thomas Colohan

When: Sundays, 1:00–2:00 pm,
Oct. 16, Nov. 20, Jan. 22, Feb. 5,
Mar. 25, Apr. 29

Where: Sanctuary

Fee: \$10/\$15 non-members
per session

Min.-Max.: 4-20

Register: online or drop-in

Gather in our beautiful Sanctuary and, using favorites from our hymnal, learn how to connect fundamentally with your breath to increase the volume, richness, and endurance of your voice. Take as many classes as you want, and enjoy singing in a relaxed, fun environment of peers.

F-UU-N

What irrational confidence calls us to bake cookies and other delectables during the busiest seasons? Join other All Souls folks of all ages in a cookie (and other treats) baking extravaganza. After a portion of the baked goods is given to our neighbors at Christ House, we'll divvy up the rest amongst participants to gift or savor. The program honors a woman who knew how to bake and invested each cookie with an all-embracing love.

What: **The 2nd Annual Penny Farrell Baking Silly for the Holidays**

Who: Gabrielle Farrell, Allison Denny, Andrea Michels, John Gillespie

When: Sat., Dec. 3,
10:00 am–3:00 pm

Where: Kitchen and Dining Room

Fee: \$25 + an ingredient for one member and one child
\$40 + an ingredient for one non-member and one child
\$10 for each additional child

Min.-Max.: 15-40

Register: online by Nov. 23

All Souls Church, Unitarian is a progressive religious community located in the heart of Washington DC, at the intersection of the Mt. Pleasant, Adams Morgan and Columbia Heights neighborhoods. We walk diverse spiritual paths to find meaning and purpose in our lives, but we are united in our belief in the worth and dignity of all people and in the obligation to express our faith through acts of justice and compassion. Join us as we create a community that is true to our name, All Souls.



All Souls Church, Unitarian
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diverse • spirit-growing • justice-seeking