

# Learning Opportunities at UUCR

There are many ways to get involved at UUCR. Learning Opportunities include a range of classes, spiritual practices, and small groups for spiritual deepening.

The Life-Learning-Engagement Committee presents the following offerings for Fall 2018.

## CLASSES

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### Old Testament for the Hell of It, led by Julia Norrgard

Wednesdays, Sept. 12 - Nov. 7 from 7:00 - 8:30pm

Whether you grew up with the Old Testament as a part of Sunday school and sermons, or have only a passing acquaintance with it, we invite you to join us in a slightly different approach to this old and venerable, and oft-maligned document.

We will explore the many facets of the Hebrew Bible from a UU perspective, visiting not only the better-known stories, but also those less known, to delve into the human condition expressed by the stories and the characters encountered, to explore the mythological aspects as well as the historical, and to understand the probable course (evolution) of the work. The Hebrew Bible is a foundational document for our culture even for those of us who do not accept it as the "word of God."

Contact Julia Norrgard with questions and to register ([jnorrgard4@gmail.com](mailto:jnorrgard4@gmail.com)). Registration closes September 1; contact Julia if you would like to join the group after that date.

### Racial Justice World Café

September 23, 2018; 11:30am - 2:00pm; Sanctuary; Lunch Provided

In the Spring of 2018, the UUCR Board appointed the Racial Justice Task Force. The Racial Justice Task Force is hosting this event to facilitate conversation regarding racial justice at UUCR.

We invite all members and friends to take part in this important post-service conversation on Sunday, September 23.

Please register online by noon on September 21. For more details or questions, contact Helen Rose ([henierose@gmail.com](mailto:henierose@gmail.com)) or Paul Baumgartner ([johngartner4@verizon.net](mailto:johngartner4@verizon.net)).

### End of Life Issues

October 7, November 4 & 18, 2018; 11:30am - 1:00pm; Sanctuary

Offered by the Caring Circle, and led by field experts, this three-part program provides information and resources about end of life issues and concerns.

**Session One:** Five Wishes, led by Patricia D. Williams, M.A.T., CSA, Senior Expert, Consultant & Speaker  
Five Wishes is an easy-to-use legal advance directive document. It helps adults consider and document how they want to be cared for at the end of life. Five Wishes is unique because it speaks to a person's medical, personal, emotional and spiritual needs.

**Session Two:** Elder Law, led by Margaret A. O'Reilly, PC. Ms. O'Reilly is a community-based attorney who specializes in providing estate planning services and elder law services to seniors and their families. Learn about common legal issues and concerns faced by elderly people and their families. This session will touch on a wide range of legal matters affecting older people.

**Session Three:** End of Life Celebration, led by Rev. Dr. Debra W. Haffner

Begin thinking about your own memorial service. Rev. Debra will share information about what role she and UUCR can play in end of life celebrations.

Register online one week before each session. Attendance at all three sessions is encouraged, but not required. Contact the Caring Circle with questions ([caringcircle@uureston.org](mailto:caringcircle@uureston.org)).

## CLASSES (CONTINUED)

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### **How to Talk Productively to People Who Are Different**, led by Meredith Kimbell

*October 7, 14 & 28, November 4, 2018; 11:30am - 1:00pm; Library*

How can you open and hold healthy, creative conversations with people who are “different” from you? Differences might be across political, generational, racial, gender preference, cultural or other categories. Differences occur over the dinner table, socially or at the office. This program introduces specific, learnable attitudes and skills to help you explore differences and learn from others, so you build, rather than break, relationships. There will be handouts with practical skills to develop and suggestions for practice between sessions, so you can speak constructively, even when things get difficult.

*Register online or by calling the office by October 1. Registration will close at that time. Registrants should plan to attend all four sessions. Email Meredith Kimbell ([mkimbell@corporateadventure.com](mailto:mkimbell@corporateadventure.com)) with questions.*

### **Spiritual Autobiography Reading Group**, led by Rev. Dr. Debra W. Haffner

*October 27 & December 8, 2018; 10:00 - 11:30am; Library*

This monthly group will meet with Rev. Debra to discuss a spiritual autobiography. We will begin with the first spiritual autobiography ever written – The Confessions of St. Augustine, followed by The Unlikely Disciple, by Kevin Roose, written two thousand years later! After the first two months, the group will jointly decide on the books for the year.

*Register online by October 15.*

### **Beloved Conversations**, led by Intern Minister Scot Hull

*Opening Retreat: November 16, 5:00 - 9:00pm & November 17, 9:00am - 5:00pm;*

*Sanctuary. Follow Up Sessions: December 2 & 16, 2018, January 13 & 27, February 10, March 3, 17 & 31, 2019; 11:30am - 1:30pm; Library*

Beloved Conversations explores the role of race and ethnicity using a small-group format. Each session poses evocative questions that help learners reconcile their experiences with race/ethnicity in their lives alongside the larger cultural systems that shape their perspective.

The program begins with a 1.5-day Opening Retreat (November 16 & 17 at UUCR) and concludes after eight additional Sunday sessions. Please note: participants are expected to attend the retreat as well as the following eight sessions.

*Register online by November 1. Contact Intern Minister Scot Hull ([scot@uureston.org](mailto:scot@uureston.org)) with questions.*

### **God Talk**, led by Intern Minister Scot Hull

*December 9, 2018, January 20, 2019, February 17, 2019, March 10, 2019 & April*

*28, 2019; 11:45am - 1:00pm; Library*

Join Intern Minister Scot Hull for a monthly roundtable to talk about life’s Big Questions: What is the meaning of Life? Why is there Evil? Is there a God? Bring your questions, your experiences, and your coffee – and let’s talk!

Registration not required; drop-ins welcome.

# CLASSES (CONTINUED)

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## Minister's Salon

*October 17 & November 14; 7:30 - 9:00pm; Sanctuary*

Join us for the Minister's Salon, where Rev. Debra hosts a guest speaker on a different topic.

On October 17, we welcome Barry W. Lynn to the Minister's Salon. The Rev. Lynn served as the executive director of Americans United for Separation of Church and State from 1992 to November 2017. He is an ordained minister in the United Church of Christ and a prominent leader of the religious left in the United States.

On November 14, we welcome Adrian K. Lund to the Minister's Salon. Dr. Lund is the immediate past president of the Insurance Institute for Highway Safety and the Highway Loss Data Institute. A highway safety expert consulted frequently by reporters, Dr. Lund appears regularly on TV news magazines and on network news programs. Dr. Lund is the author of numerous scientific papers on such topics as young drivers, alcohol and drug use among drivers, occupant restraints and the effect of vehicle design on driver behavior and crashworthiness.

*Register online one week prior to the event.*

## Common Read: Justice on Earth, led by Arlene Krieger

*October 18, November 8 & 29; 7:00 - 8:30pm; Board Room*

UUCR is participating in the UUA 2018-19 Common Read: Justice on Earth: People of Faith Working at the Intersections of Race, Class, and Environment, edited by Manish Mishra-Marzetti and Jennifer Nordstrom (Skinner House Books, 2018).

At a time when racial justice, environmental justice, and economic justice are seen as issues competing for time, attention, and resources, Justice on Earth explores the ways in which the three are intertwined. It invites us to look at our current challenges through a variety of different perspectives, offers tools to equip us for sustained engagement and proposes multiple pathways for follow-up action.

*Register online by September 20. Contact Arlene Krieger ([arkrieg@verizon.net](mailto:arkrieg@verizon.net)) or Annie Simpson ([as6699@hotmail.com](mailto:as6699@hotmail.com)) with questions.*

# SPIRITUAL PRACTICES

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## Small Group Ministries

*Dates & Times TBA*

Small Group Ministries are groups of eight to ten UUCR members and friends who meet monthly to reflect on and discuss significant life topics. Small groups 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.

*If you would like to join a new group, email Intern Minister Scot Hull ([scot@uureston.org](mailto:scot@uureston.org)) by October 1.*

## Mindfulness Meditation

*Sundays; 9:15 - 9:55am; Library*

Steve Zappalla and Mary Ellen Mogee lead this weekly group practice that includes 20-30 minutes of Guided Meditation. Newcomers welcome.

*Contact Steve Zappalla ([zappi77@gmail.com](mailto:zappi77@gmail.com)) to learn more.*

## SPIRITUAL PRACTICES (CONTINUED)

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### **Fox and Fungi**, a UUCR Earth-Centered & Pagan Spiritual Study Group

*Sundays, Dates TBA; 11:30am - 1:00pm; Library*

Fox and Fungi meets once a month to explore different themes in earth centered and pagan spirituality. Meetings are member-led. All members and friends of the UUCR community are invited to participate. Email Kate Schroeder ([katemarie.schroeder@gmail.com](mailto:katemarie.schroeder@gmail.com)) to learn more.

### **UUCR Yoga**, led by Eileen Roehr

*Sundays; 4:30 - 5:45pm; Sanctuary*

Yoga is an avenue to relax and enhance your spiritual journey. Instructor Eileen Roehr has taught yoga since 2006, to children, teens and adults. Eileen is a psychiatric clinical nurse specialist and registered yoga teacher.

UUCR Yoga is open to all ages and experience levels. Those aged 12 and under are invited to attend with a parent. Suggested donation \$10 per class (a gift to UUCR). Scholarships available. Drop-ins welcome.

*Not sure if Yoga is right for you? Join us for an Introductory class on Sunday, September 30 from 11:45am - 12:15pm in the Sanctuary. No experience or equipment needed.*

### **Insight Meditation and Mindfulness Practices**, led by Steve Zappalla

*Tuesdays; 7:30 - 8:45pm; Sanctuary*

This weekly group practice includes 1/2 hour of guided meditation instruction, and then a dharma (teaching) talk and discussion. No registration is necessary. Newcomers to meditation and long-time practitioners are welcome to attend. Led by Steve Zappalla. Donations accepted, and drop-ins are welcome.

*Contact Steve Zappalla ([zappi77@gmail.com](mailto:zappi77@gmail.com)) to learn more.*

### **Meditation Retreat (Half-Day): Enjoying This Moment**, led by Steve Zappalla

*Dates & Times TBA*

This half-day retreat will focus on the benefits of meditation and how to find less reactivity and stress, and more calm, in our daily lives. Participants will learn and practice how to uncover and connect to the present moment and how to be more in touch with our own authentic self. We will cultivate the value of stillness to help us rest in the "here and now" moment. Time will alternate between sits, talks, and sharing.

Led by Steve Zappalla, an experienced meditator and facilitator of mindfulness retreats. This event costs \$25.

*Register online. Contact Steve ([zappi77@gmail.com](mailto:zappi77@gmail.com)) with questions.*

## SMALL GROUP SUPPORT

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### **Caring for Aging Parents Support Group**, facilitated by Helen Hipps

*1st Saturday of each Month; 10:00 - 11:30am; Library*

This support group is for people supporting and/or caring for aging parents. Come share your stories, struggles, and coping mechanisms. New members are welcome.

*Please email Helen Hipps ([helenhipps@gmail.com](mailto:helenhipps@gmail.com)) to learn more and register.*

## SMALL GROUP SUPPORT (CONTINUED)

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### **Elders Lunch with the Minister**

*September 28, October 26, November 30; 12:00 - 1:30pm; Sanctuary*

Rev. Debra invites church members and friends aged 80 and up to have lunch with her on the last Friday of the month this year. Bring your own lunch and share conversation about church history, what's going on at church, life planning and the challenges of these years.

*RSVP online so we set enough seats!*

### **Widow/Widower Grief Support Group, facilitated by Joyce Kirk Nobles**

*Sundays; 4:30 - 5:45pm; Sanctuary*

The best support for widowed people has been proven to be other widowed people. The way out of grief is through it. Grief is hard work. Effective grief work is not done alone. We will share, be heard and supported in a confidential setting as we learn about the grief process.

UUCR members and friends who have been widowed are welcome.

*Registrations is encouraged but not required. Please contact Joyce ([jekreston@comcast.net](mailto:jekreston@comcast.net) / 571-291-2754) for more information and to register.*

# Ongoing Community-Building Activities

*Community activities connect us to one another in spirit and practice of the UU Principles.*

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## Sunday Hikes

*Dates TBA; 11:30am - 1:30pm*

Join fellow UUCR members and friends for after-church hikes! Hikes are scheduled regularly and are open to all levels of experience. The hikes are out and back hikes that can be easily altered to meet individual needs.

*Contact Cheryl Harlan ([cheryl.harlan@verizon.net](mailto:cheryl.harlan@verizon.net)) to learn more.*

## Medieval & Renaissance Dance

*Most Sundays; 6:00 - 8:00pm; Sanctuary*

Come dance to Medieval and Renaissance music! No experience is necessary, drop-ins are welcome.

*Contact Randy Newton ([crandallnew@gmail.com](mailto:crandallnew@gmail.com)) to learn more and sign up.*

## JULIETs

*Mondays; 5:00 - 7:00pm; Held at a Variety of Local Restaurants*

JULIETs (Just Us Ladies Imbibing Eating & Talking) is an informal group of women who meet each Monday at various local establishments in to enjoy happy hour food, drink specials, and conversation. Newcomers are always welcome. Visit the website calendar for venue information.

*Contact Annie Simpson ([as6699@hotmail.com](mailto:as6699@hotmail.com) / 703-391-7950) with questions.*

## ROMEOs

*Tuesdays; 8:00am; Virginia Kitchen, 450 Elden St, Herndon*

The ROMEOs (Retired Old Men Eating Out) meet every Tuesday for breakfast, friendship and 'solving the world's problems'. You do not have to be retired to join us, but you do have to be available for breakfast and fellowship. Drop-ins welcome.

## Caring Crafters

*Tuesdays; 10:00am - 12:00pm; Library*

The Caring Crafters knit blankets for members and friends who are ill or hospitalized. They also make baby blankets to welcome our newborn church members! The Caring Crafters meet every Tuesday to knit and enjoy great conversation and camaraderie. Beginners to expert knitters are welcome.

*Contact Linda Holloway ([HollowayLinda@aol.com](mailto:HollowayLinda@aol.com)) to learn more.*

## Films on Friday, presented by Bill Green & Judith Loomis

*First Friday of the month; 8:00 or 8:30pm (based on season); Sanctuary*

Films on Friday features films (often foreign films), refreshments and fellowship – as well as Bill's famous homemade pie. The film title is shared in the eBlast and added to the UUCR event calendar the week before the event. Snacks and donations appreciated.

*No registration required. Dates occasionally vary, check website calendar to confirm.*

## ONGOING COMMUNITY BUILDING ACTIVITIES (CONTINUED)

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### Women's Book Club

*3rd Friday of every month; 7:00 - 9:00pm; Meets in Members' Homes or UUCR Library*

The Women's Book Club meets once a month to discuss a variety of books and enjoy lively conversation and fellowship. Drop-ins welcome.

Contact Ruth Grubb ([ruth.grubb@gmail.com](mailto:ruth.grubb@gmail.com)) to learn more.

### Young Adults

*Dates & Times TBA*

The Young Adults enjoy activities with other younger members, friends and visitors. Watch the website calendar for dates and venue information.

Contact Maggie Mack ([magmack@gmail.com](mailto:magmack@gmail.com)) to learn more and sign up.

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## Important Notes:

### To Register Online:

Click on the event listing link in the weekly eBlast or visit the UUCR website event calendar ([www.UUReston.org/calendar](http://www.UUReston.org/calendar)). Click on the event you are interested in. If there is a green "RSVP" button, click on that to RSVP. Alternatively, if there is a "click here" to register link, click on that and follow the registration instructions. If you do not have access to the Internet, you may also register by calling our Office Director, Beth DiPasquale (703-956-9155).

### Inclement Weather:

In case of inclement weather, please check the church website, outgoing voicemail message or Facebook page for updates on closures and cancellations.

## The Life-Learning-Engagement Committee:

The Life-Learning-Engagement Committee coordinates our adult educational, spiritual, and support programs. Please visit the UUCR website event calendar ([www.UUReston.org/calendar](http://www.UUReston.org/calendar)) for updates. As we grow and learn together, other inspiring events will emerge. Let us know what topics or areas you would like to explore. Contact us at [LLE@uureston.org](mailto:LLE@uureston.org).



**Unitarian Universalist Church in Reston**

*Service. Spirit. Justice. Love.*

# About UUCR

For nearly 50 years, the Unitarian Universalist Church in Reston (UUCR) has been home to liberal religion in our area. We strive to be a spiritual community where hearts and minds are encouraged to grow, question, discover, and learn.

We are a Welcoming Congregation; our church embraces people of any age, sex, race, gender identity or expression, sexual orientation, class, ability, language, or cultural background.

UUCR supports each person in his or her religious journey. We invite you to share your religious journey with us.

## We Invite You to Worship

Our weekly worship service is Sunday at 10am. All are welcome.

## Contact Us

1625 Wiehle Avenue  
Reston, VA 20190  
703-956-9155  
[www.UUReston.org](http://www.UUReston.org)

Interested in leading a group or teaching a class? Contact the Life-Learning-Engagement Committee:  
[LLE@UUReston.org](mailto:LLE@UUReston.org).



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