



# Thomas Jefferson Memorial Church Unitarian Universalist Adult Faith Development Offerings Fall 2009

## *The New UU Membership Seminar*

We welcome visitors and new members to join our minister, church leaders and Membership Committee in this session to learn more about Unitarian Universalism and our church. A light breakfast and snacks will be provided. You may sign up on the yellow sheets located on the Community Life bulletin board in the corridor near our Social Hall or by contacting Jean Newland at 971-4996 or [kipand-jean@gmail.com](mailto:kipand-jean@gmail.com). Let us know if you will need childcare. Leader: Rev. Dr. Morris Hudgins and the Membership Committee

**Date:** October 17  
**Time:** 9 AM-1 PM  
**Place:** Summit House Room 1  
**Fee:** None  
**Number of Participants:** Unlimited



## *Vespers*

Vespers is time for to pause for reflection and contemplation in your week. Quiet gatherings on Wednesdays begin at 5 PM, with the service beginning at 5:30 PM and ending at 6 PM. (On the first Wednesday of the month when there is a First Wednesdays Family Feast Night at 5 PM, Vespers will begin at 5:45 PM and end at 6:45 PM.) The first thirty minutes is open.... join us in Summit Room 1 at any point during that half hour. Contact Lynn Horwitz, Vespers Associate, at [lynhorwitz@aol.com](mailto:lynhorwitz@aol.com) with any questions. Contact Leia Durland-Jones at [redirector@uucharlottesville.org](mailto:redirector@uucharlottesville.org) by the Wednesday before with any child care needs.

Topics (always open for suggests and change):

October 7	5:45 PM	Sticks and Stones
October 14	5 PM	Harvest Moon
October 21	5 PM	A Road Worth Walking Down
October 28	5 PM	First Things First

## *Yoga Philosophy and Gentle Movement*

Did you know that the yoga texts have practical lessons for daily life? The goal of this class is to share some "theology" and psychology of the ancient sacred yoga texts. We will use excerpts from *The Yoga Sutras of Patanjali* translated by Bouanchaud. Class activities are designed for anyone who is ready to focus their mind on reading, discussion, breathing, and



simple movement. You will gain the most by attending all six sessions, but are welcome to come to whichever ones suit your schedule. No supplies needed, but you might like to bring a towel, yoga mat, and buy the book. By the end of each class, you will have new insights into your mental attitude and feel refreshed in your body.

Leader: Alexandra McGee

Alex has just returned to Charlottesville after four years of study in California. She earned a Masters of Divinity at the UU seminary Starr King School for the Ministry with an emphasis in pastoral care, Sanskrit, and Hindu theology. She completed training as a hospital chaplain, where she used yogic philosophy to attend to the divine spark inside each person. At the hospital last year, she taught yoga to teens with psychiatric diagnoses, to seniors with arthritis, diabetes, and cancer, and to nurses.

**Location:** TBA

**Date & Time:** Either Saturday mornings (10:30 AM to noon) or Monday evenings (5:30-7 PM) depending on which time slot works for the most participants.

Classes to begin the week of October 10

**Fee:** \$10 per class

**Number of Participants:** min 4 & max 20

## *Pilgrimage to Avalon!*

Have you ever felt a calling to visit a particular place, sacred site or part of the world? While an actual pilgrimage is not always possible, sometimes we are fortunate enough to be able to make the journey. During the first half of her sabbatical last spring, Director of Religious Education Leia Durland-Jones responded to a personal "call" and embarked on an 18 day trip to England including seven days of intentional, guided pilgrimage in southwestern England with time in Glastonbury as well as other sacred sites. Come and hear about Leia's journey and explore some ideas behind mindful travel and the art of pilgrimage. Who knows, you might just be inspired to answer your own "call" to visit some place that has significance for you!

Leader: Leia Durland-Jones

**Location:** Parlor

**Time & Date:** 1-3 PM Sunday November 15

**Fee:** free of charge

**Number of Participants:** 5 min and 25 max

### *There's room for you at the table...*

You are warmly invited to help shape Adult Faith Development programming at TJMC by joining the AFD Committee. We meet regularly to coordinate and plan the offerings in the AFD program. We'd love to have you join us! Contact Leia Durland-Jones, Director of Religious Education at [redirector@uucharlottesville.org](mailto:redirector@uucharlottesville.org) or 293-8179 for more information or to express your interest.

**To register for any course, visit our website: [uucharlottesville.org](http://uucharlottesville.org)**

## ***First Wednesday Film Program***

Our Minister of Pastoral Care, the Rev. Tony Perrino, will host a monthly movie program following our First Wednesday Family Feast Night dinner. Films will focus on themes of care-giving and promise to be entertaining. Film titles include: "One True Thing", "Passion Fish", and "In Her Shoes." Come enjoy a good movie and scintillating discussion with our resident ministerial film buff! Come for one session or come for all! Registration for the "Family Feast Night" dinner is separate from registration for the film class. Leader: The Rev. Tony Perrino

**Location:** Summit House Room 1 or Parlor  
**Date & Time:** 7 PM on October 7, November 4, December 2 and January 6  
**Fee:** no charge  
**Number of Participants:** unlimited



## ***Couples Conversations***

This workshop offers the chance for partners to plan ahead for how they want their lives to be. One partner of a couple may attend. This workshop is for couples (of any stripe!) and intends to help participants: design lives that address needs and aspirations, as individuals and as a couple, start the conversation of how they want their lives to be together, decrease the stress of a normal life transition, use tools that help identify and prioritize activities that will make life meaningful, create an action plan of what to do next, and develop a process for continuing the conversation. Leader: Shirley Paul, M.S. Shirley Paul, a member of our church, has led groups of various kinds for 25 years, using skills learned when getting a Master's in Counseling. She has led Life Planning workshops at TJMC, and is a founder of the church's covenant group program. Recently she was certified as facilitator for the "2Young2Retire" program, and enjoys introducing people to the possibilities of the third act of their lives.

**Location:** Parlor  
**Time & Date:** 1 PM Sunday November 1  
**Fee:** \$10  
**Number of Participants:** min 4 and max 12

## ***Sharing Your Religious Journey***

The Rev. Hudgins received his M.Div. from Duke University Divinity School, and his D.Min. from Lutheran Theological Seminary in Philadelphia. He has taught at SUUSI (Southeast UU Summer Institute) for over 25 years, UU Leadership Schools for many years, and in his local churches. Leader: The Rev. Dr. Morris Hudgins

**Location:** Ministers' Office  
**Date & Time:** 7-8:30 PM Wednesdays  
October 14, 21, 28, November 4, 11, 18  
**Fee:** free of charge  
**Number of Participants:** 4 min and 10 max

## ***Introduction to Co-Counseling***

Co-Counseling is a process by which people help one another think clearly, feel enthusiastic about their lives and care about one another. It helps us reach our full potential and recover from past hurts and difficulties. Its values and beliefs are very similar to those of many Unitarian Universalists in honoring the inherent worth and goodness of all people and working toward fairness and justice for all. Co-Counseling has been around for about sixty years and is found in more than ninety countries.

Leaders: Karen Byrd and Shirley Paul  
Karen Byrd is a long time Co-Counseling leader in the Charlottesville area and an organizer for those involved in Co-Counseling. She has been teaching Co-Counseling since 1990. As a graduate of UNC, she has lived in Nelson County since 1976 and is a mother and teacher. Shirley Paul is a member of TJMC and has taught Co-Counseling for several years. She has been involved with the Co-Counseling movement for five years.

**Location:** Parlor  
**Time & Date:** 7-9 PM Tuesday October 27  
**Fee:** \$5  
**Number of Participants:** 4 minimum

## ***Lessons from the Light***

This course is based on psychologist Kenneth Ring's book *Lessons from the Light*. The book presents the key findings from Ring's 30+ year of experience as one of America's preeminent researchers in the field of near-death experiences (NDEs). Like Ring's book, this course will first address various attempts to explain the NDE phenomena, then explore the potential for genuine spiritual growth that the NDE material provides, even for those who have not had a NDE.

Leader: Tom Olshefski  
Tom Olshefski has a bachelor of science degree in physics and has studied physics and philosophy at the graduate level at UCSB. He has been greatly interested in near-death experiences and related phenomena for more than 25 years. Tom and his wife Jackie joined TJMC in 2008

**Location:** Parlor and Summit House  
**Time & Date:** 7-8:30 PM Tuesdays October 27, November 3, 10, 17  
**Fee:** \$5  
**Number of Participants:** min 4 and max 25

## ***Women's Dream Quest***

Dreams are the symbolic language used by the unconscious to communicate with conscious mind. We will gather in a community of women to explore what messages our dreams may be trying to share with us. Therapist, healer, teacher and Dream Quest Facilitator Judith Tripp will travel from San Francisco to lead us through this experience as we delve deeply into gifts that emerge during our time together. The Dream Quest includes rit-

**A registration form is located on the last page of this brochure.**

ual, song, movement, mediation, and creative expression while combining the contemplative experience of walking the labyrinth with dream work (hence the overnight stay.) Harp music will be provided by our own Nadine Roddy. Breakfast and snacks provided. Leader: Judith Tripp, MA, MFT

Judith Tripp is a Transpersonal Psychotherapist and gifted workshop leader and musician. She is also a Certified Labyrinth facilitator with Veriditas. Judith has led the Women's Dream Quest at Grace Cathedral in San Francisco and other locations for 16 years.

**Location:** Main Church Building

**Time & Date:** 7 PM Friday October 30  
until 11 AM October 31

**Fee:** \$75 (financial waivers are available)

**Number of Participants:** 50 (women only)

### *Sharing Your Religious Journey*

The Rev. Hudgins received his M.Div. from Duke University Divinity School, and his D.Min. from Lutheran Theological Seminary in Philadelphia. He has taught at SUUSI (Southeast UU Summer Institute) for over 25 years, UU Leadership Schools for many years, and in his local churches. Leader: The Rev. Dr. Morris Hudgins



**Location:** Ministers' Office

**Date & Time:** 7-8:30 PM Wednesdays  
October 14, 21, 28, November 4, 11, 18

**Fee:** free of charge

**Number of Participants:** 4 min & 10 max

### *Radical Hospitality: Creating Beloved Community for All*

The purpose of this Involve workshop is to train individuals to minister to children with special challenges and insure their successful inclusion into the life of our UU congregations. Topics include: assessment methods, teaching strategies, sensitivity training, hands-on training activities, and discussions concerning pastoral and congregational care. Serving children with special needs is an immensely complicated process. While our churches are not social service agencies, it is critically important to understand the complexity and enormous challenges and stress families experience with a special needs child. In order to provide an effective and compassionate ministry, congregations need to understand the complex spiritual, ethical and moral concerns that affect how we as a society treat children and youth with special needs. Involve training will help us build a welcoming ministry for all families that want to attend our churches. Opening our hearts and minds to serving children with special needs strengthens our commitment to the Unitarian Universalist principle of affirming the worth and dignity of every person. Ministering to children with differences helps us not only to be more creative about ministry to all our children, but also helps us as adults to reassess or reaffirm our own beliefs. Lessons of compassion, caring and an acceptance of differences benefit all of us, young and old.

Leader: Sally Patton, Ed. M. Dev. Psychology

Sally Patton has advocated and worked for children with disabilities for over 35 years. For the past several years, she has written and conducted workshops on ministering to children with special needs in faith communities and on spiritual parenting of children who have been labeled. She also offers private consultations for parents who are interested in exploring the spiritual questions that arise from parenting a child with a special needs label. Sally is the author of *Welcoming Children with Special Needs*, a Guidebook for Faith Communities. Sally is the mother of two children, one of whom has a special needs label.

**Location:** UU Church of Silver Spring, MD  
(We will carpool from TJMC)

**Date & Time:** Saturday November 21;  
11AM - 5 PM (lunch provided)

**Fee:** \$50 a person (TJMC will pay registration fee for those attending)

### *Third Annual TJMC UU Men's Retreat*

The Men's Retreat is a unique opportunity to get to know and share fellowship with other TJMC men, beyond Sunday coffee conversations and UUGuys monthly meetings. We will nurture our spirits, get to know one another better, and learn more about ourselves. Meals are served in the dining hall, from Friday dinner through Sunday breakfast at Roslyn Retreat Center, a modern, well-equipped facility with hotel-quality accommodations. Please go to <http://www.roslyncenter.org> for photos, maps, and other details. For more information: Adam Slate (regarding registration) at [adam@igotbunch.com](mailto:adam@igotbunch.com) or 760-1346 or Bob Kiefer (the retreat program) at [rmkiefer@embarqmail.com](mailto:rmkiefer@embarqmail.com) or 974-9022. For those interested in traveling together, we will be carpooling. Registration deadline is October 19.

**Location:** Roslyn Conference Center

**Date & Time:** Friday evening November 20 to  
Sunday morning November 22.

**Fee:** \$195, all-inclusive. Limited scholarship assistance is available; please contact Rev. Morris Hudgins

**Number of Participants:** 40 (men only)

#### *Details regarding our program...*

- Course fees cover the direct costs of each activity. See our Director of Religious Education to obtain a waiver for financial reasons.
- Transportation to and from classes can be arranged, please call the office for more information.
- Payment for AFD courses must be received at the time of registration to hold your place in a class.
- We prefer personal checks made payable to TJMC-AFD. Please note the course name on your check.
- Not all of our church meeting space is handicap accessible. If you have special mobility needs, please call the RE Director.
- Some classes have a minimum or a maximum number of participants. Classes will be canceled without the minimum number of participants.



**Thomas Jefferson Memorial Church  
Unitarian Universalist**

717 Rugby Road  
Charlottesville, VA 22903

**Non-Profit Org.  
U.S. Postage Paid  
Charlottesville, VA  
Permit No. 167**

***TJMC Wednesday Evenings***

Join us for a weekly Wednesday night program with Vespers (a brief worship service) at 5 PM and on the First Wednesday of the Month at 5:45 PM ; and the First Wednesday of the Month Family Feast Night at 5 PM. Child care is available at 5 PM (if requested by the Wednesday before it is needed.) Cost for the meal is \$7 for adults and \$4 for children. To request childcare, email Leia Durland-Jones at [redirector@uucharlottesville.org](mailto:redirector@uucharlottesville.org). To RSVP for dinner, call the Church Office at 293-8179 by the Wednesday before.

**Adult Faith Development Class Registration Form**

		<u>Fee</u>	<u># Enrolling</u>
New UU Membership	10/17	None	_____
Vespers	10/7,10/14,10/21,10/28	None	_____
Yoga Philosophy & Gentle Movement	TBA	\$10	_____
Pilgrimage to Avalon	11/15	None	_____
First Wednesday Film Program	10/7,11/4,12/2,1/6	None	_____
Couples Conversations	11/1	\$10	_____
Sharing Your Religious Journey	10/14,10/21,10/28,11/4,11/11,11/18	None	_____
Introduction to Co-Counseling	10/27	\$5	_____
Lessons from the Light	10/27,11/3,11/10,11/17	\$5	_____
Women's Dream Quest	10/30— 10/31	\$75	_____
Sharing Your Religious Journey	10/14, 10/21, 10/28, 11/4; 11/11, 11/18	None	_____
Radical Hospitality...	11/21	\$50	_____
UU Guys Retreat	11/20-11/22	\$195	_____

**Make check out to TJMC - AFD with the class name noted on the memo line** \$\_\_\_\_\_ Total Enclosed

Your Name \_\_\_\_\_ Phone/Email \_\_\_\_\_

Address \_\_\_\_\_

**Send form to TJMC (attn: Adult Faith Development) at 717 Rugby Road, Charlottesville, VA 22903-1626**