



# Thomas Jefferson Memorial Church Unitarian Universalist

## Adult Faith Development Offerings

### Winter/Spring Session 2011

#### Common Read: Immigration Stories

Have you heard about the UUA's Common Read? *The Death of Josseline: Immigration Stories from the Arizona-Mexico Borderlands* (Beacon Press, 2010) is this year's designated Common Read. Holly Dilatush, TJMC member and Adult Faith Development Committee Chair, is an avid reader and citizen with a strong interest and concern of immigration and refugee issues. She hopes many other TJMC members will join with her in reading, researching, sharing, exchanging reactions, ideas and information relating to the Common Read. Detailed information and study guides available at <http://www.uua.org/publications/commonread/> Holly welcomes co-facilitators as well as your ideas and preferences for our activities. Copies of the book will be available for sale from the TJMC book corner, or you may locate your own copy elsewhere. [Bring lunch or snacks if you like.] Facilitator: Holly Dilatush. Holly has been a member of TJMC for over eleven years. In her work life, she teaches adult immigrants and refugees. Immigration issues are one of her great concerns.

Location: Summit House Room 2

Dates & Time: Sundays January 16, February 13, March 13  
12:45-2 pm

Fee: cost of book

Number of participants: 2 minimum, no maximum

#### Articulating Your UU Faith

"Unitarian Universalists can be hungry for ways to speak about their faith. Those who grew up in our movement may not have the inner tools to talk about their heritage. Others coming into the faith (from a different religious background or none at all) could be willing to share their emerging beliefs but might struggle to find appropriate language. Both kinds of UU's face challenging inquiries about our nondogmatic liberal religion. We hope this offering will provide UU's the opportunity to explore ways to speak about and thus spread the good news of this empowering but demanding faith." *From the curriculum text by Barbara Wells ten Hove and Jaco ten Hove.* Homework consists of reading the hand-outs between sessions and some writing exercises based on the sessions. Participants may wish to develop a worship service at the conclusion of the course.

Facilitator: Rev. Janet Newman, Interim Minister. I've enjoyed teaching this course in several congregations around North America. I am very much interested in helping UU's of all stages learn to speak clearly and positively about their UU faith.

Location: Church Parlor

Dates & Time: Mondays January 24, 31 and February 7, 14;  
7-9 pm

Fee: minister's class is free of charge

Number of participants:

10 minimum, 15 maximum



#### Yes, you can! Poetry & Writing Workshop

Using Natalie Goldberg's *Writing Down the Bones* [<http://tinyurl.com/2w7rv6a>] as our primary – but not only – resource, we'll laugh (and maybe cry), write, share, constructively comment, and write some more! Come to as many sessions as you can.

\*Note: It is not necessary to purchase the above-referenced book. Holly will guide some of our writing sessions using ideas from the book.

Facilitator: Holly Dilatush. Holly has previously led writing workshops for TJMC and has been teaching English to students of various grade levels for many years. She currently teaches English to adult speakers of other languages. As a lover of words, a published poet, an avid reader, an active communicator in many venues, Holly welcomes all aspiring and active writers to join this class.

Location: First meeting at TJMC; future meeting locations to be determined.

Date & Time: Tuesdays starting January 18; 2:30-3:30 pm;  
or Saturdays; 10:30-Noon  
depending on availability of participants.

Fee: \$2/session

Number of participants: minimum 2, maximum 7



#### Harvest the Power: Leadership as a Spiritual Journey

Have you considered becoming a lay worship leader, a leader of children or youth, or a member of a committee, task force, or governing board? Would you be more likely to volunteer for a leadership position if you could experience leadership as challenging, yet rewarding, and an opportunity for spiritual growth as well as leadership skill development? Last fall, the Leadership Development Committee offered the first session (two modules) of a new UUA curriculum called Harvest the Power, a program designed to provide leadership skill development while also providing intentional faith development for both new and experienced leaders. This Spring, we will offer two (2) more sessions of Harvest the Power, for a total of five (5) more modules. Weaving in Unitarian-Universalist Principles and values, the workshops offer opportunities for participants to grow in spirit as they grow as leaders, and help our congregation develop and strengthen leaders in a way that honors the gifts each brings. Come join us for these Harvest the Power workshops, and make your leadership journey a fulfilling spiritual journey.

NOTE: This UUA Curriculum has 12 modules; the Leadership Development Committee plans to offer a total of seven (7) modules this church year: We offered one session with two (2) modules in November and December. We will offer two more sessions in Spring 2011, one with 2 modules (Jan + Feb) and the last one with 3 modules (March, April, and May). Registration for the two sessions should be done separately. (For more information on Harvest the Power, go to <http://www.uua.org/religiouseducation/curricula/tapestryfaith/harvestpower/index.shtml>)

1. Harvest the Power Session Two (2 modules)
  - a. January 12, 2011- Module 4: Turning Points and Moments of Grace  
Facilitator: Laura Horn & John Semmelhack
  - b. February 9, 2011 – Module 6: Caring for Ourselves and Each Other  
Facilitator: Alex McGee & Christine Gresser

**A registration form is located inside this brochure.**

2. Harvest the Power Session Three (3 modules)
  - a. March 9, 2011 – Module 7: Integrity  
Facilitators: Bob Kiefer & Ian Sole
  - b. April 13, 2011 – Module 9: Facing Danger  
Facilitator: Walt Megonigal
  - c. May 11, 2011 – Module 10: Understanding Systems in Your Congregation  
Facilitators: TBA. The Leadership Development Committee and selected leaders from TJMC and the community; see the schedule for the facilitators for each module. There will be 2–3 facilitators per session; all will have demonstrated leadership skills and experience and will be selected specifically to complement the content of the sessions.

Location: Social Hall

Dates & Time: Second Wednesdays January 12, February 9, March 9, April 13, May 11; 7–9 pm

Fee: Free of charge

Number of participants: minimum 6, maximum 26

## Dreaming Our Way Home: A Dream Quest for Women

The TJMC UU Labyrinth Ministry in partnership with the church's Adult Faith Development Program invites women of all ages to our overnight Dream Quest at TJMC beginning Friday January 21 at 7 pm through Saturday January 22 at 11 am. We will enter into sacred space and use the power of the labyrinth, music, silence, ritual and expressive arts to guide us individually and collectively into deep soul work with time for reflection, meditation, prayer and dreaming. Previous experience working with dreams is not needed.

Facilitator: Judith Tripp. Therapist, healer, musician, teacher and Dream Quest Facilitator Judith Tripp will travel from San Francisco to lead us in our second annual Women's Dream Quest.

Location: Church building

Dates & Time: Friday January 21; 7 pm through Saturday January 22; 11 am

Fee: \$75

Number of participants: 40 maximum



## Introduction to Reiki

Reiki is an energy healing practice that promotes balance in body, mind and spirit. You can give Reiki to yourself, your family (Reiki is a great way to calm and regenerate children) and your friends. A simple daily Reiki practice makes life easier. It is also great for pets. Reiki helps support people through illness, major life transitions, anxiety, sleep issues, pain management and the general challenges of life. It encourages stress release, emotional balance and healing. For those so inclined, Reiki also helps gently open you up to a deeper intuitive knowledge and spiritual connection with yourself. If you meditate, Reiki will deepen your practice. If you have trouble with meditation, Reiki is an easy, powerful way to experience the meditative state and develop a practice. Reiki is safe, non-invasive and easy to learn and practice. It is being studied by the NIH as well as other nationally recognized medical researchers, and is used in major hospitals and cancer centers across the country. In this class you will experience Reiki, and learn more about how it can help you, your families, friends and loved ones. The class is ideal for anyone who wants to learn about a simple and effective form of energy balancing, as well as for health care

### *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 Holly Dilatush, Adult Faith Development Committee Chair at [holly@dilatush.com](mailto:holly@dilatush.com) or 295-9716 for more information or to express your interest.

professionals and body workers who want to expand their professional repertoire.

Facilitator: Abby Arnold, M.F.A., M.S.W., is the owner and director of Ananda Center for Conscious Living in Charlottesville. She is a Master Reiki practitioner with advanced certification in a number of Reiki modalities, including traditional Usui, Sechem-Seichim, Karuna and Lightarian Reiki. She is also an experienced university professor, having taught English, writing and Women's Studies courses for over 15 years.

Location: Sanctuary

Date & Time: Wednesday January 26; 7-9 pm

Fee: \$2

Participants: minimum 2

## Communication: Show and Share

Following Second Service each week, Holly will bring her laptop to the Social Hall, and encourage you to bring yours. We'll show off and explore TJMC UU's hallway bulletin boards, website and Facebook pages, maybe explore other UU websites together, maybe share, show, discuss, and guide each other using various communication methods: talking, TJMC UU publications, Microsoft Office skills, Email, Twitter, Internet searches, blogs, and other computer and communication-related skills – all to the best of our abilities. Let's communicate!

Facilitator: Holly Dilatush. Holly currently volunteers as copy editor for the TJMC Bulletin, assists with AFD, contributes in varied ways. A strong advocate for intentional dialogue and 'transparent' communication, an active user of online technologies and online learning, currently teaching English to adults around the world with online classes and mediums, Holly hopes to learn from you and with you, whether you are a complete novice with no computer experience, or a program developer! Communication comes in many forms. Let's practice them together and share our experience and ideas. Open to all ages; families welcome!

Location: Social Hall

Dates & Time: Sundays, following second services, all dates from January 16 through March 13 following second service, for one hour or more.

Fee: Free of charge

Number of participants: unlimited

## Introduction to Chen Style Tai Chi



We will practice the fundamentals of Chen Style Tai Chi, the foundation postures, movements and meditative components. We will perform Silk Reeling exercises and as much of the 18 form movement as time allows. Wear loose clothing and comfortable flat-bottom shoes. A cross training type of sneaker or Chucks would be ideal. No prior experience with

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

Tai Chi is necessary.

Facilitator: Joe Fogler. Joe has been practicing Chen Style Tai Chi for 3 years and has attended several workshops lead by Master Wang Hai Jun, former Chinese Tai Chi champion and student of Grand Master Chen Zhen Lei. Prior to this, he practiced Yang style and other internal martial arts.

Location: Church Parlor

Dates & Time: Saturdays, February 5 through March 19;  
9:30--10:30 am

Fee: \$14

Number of participants: minimum 2, maximum 8

## Couples Spirituality

Are you ready to expand your good relationship into a great one? Join us for six sessions to refine skills that support healthy relationships. Topics will include: What Is Couple Spirituality?; Pygmalion, Control, and Emotional Bank Accounts; Listening and Marriage Metta; Stopping the Rust; Apologizing; and Creating Intentions. This workshop is not "marriage therapy". Same sex couples are very welcome.

Facilitators: Bob Kiefer & Anne Clark. Bob and Anne have been living an intentional relationship for the past 11 years. They facilitated a couples discussion group for three years in Sarasota, FL around the concept of "Relationship as a Spiritual Practice." They have conducted 2 couples workshops at TJMC and initiated a couples covenant group 6 years ago. They have been active both as facilitators and participants in a couples covenant group since that time.

Location: Sanctuary for the first class and then Summit House Room 1

Dates & Time: Tuesdays, February 8 through March 15;  
7-8:30 pm

Registration and materials fee: \$30 couple

Number of Participants: 4 couples minimum, 12 couples maximum

## Building/Designing Altar Displays & Sacred Spaces

Would you like to see more and different altar decorations on Sundays? Would you like to share ideas for designing your own sacred spaces? Would you like to learn a bit about and practice floral design? Would you enjoy walking the grounds around TJMC to gather possible altar adornments? Would you like to share pleasurable time with other TJMC members while creating altar decorations for the following days' services?

Families welcome!

Facilitator: Holly Dilatush. 11+ year member of TJMC, teacher of adult immigrants and refugees, concerned citizen.

Location: Church building

Dates & Time: First Saturday of the month (February 5, March 5, April 2, May 7); 10:30 am [with possible lunch outings together afterwards]

Fee: \$2 per person per session/ \$5 maximum per family per session

Number of Participants: 2 minimum, no maximum



## Evensong for Families

This series of eight gatherings is a good way to share as a family, get to know other families, and create community. All kinds of families are warmly invited. Each week we'll sing, listen and share and you'll feel good about the time we spend together. Babies and young children who can play quietly on a blanket as part of the circle are welcome. Parents know best whether Evensong for Families is right for their children. We'll meet on Wednesdays from 5-7 pm with a simple supper of kid friendly soup and bread from 5-5:30 PM. Then, we'll exploring together topics including: Who is your family? Celebrating

Birthdays and Holidays and Good Times and Bad Times. Before each gathering, there will be a preparation activity for family members. If you have questions about the program, please feel free to contact Leia Durland-Jones.

Location: Summit House Room 1

Dates & Time: Wednesdays February 23, March 2, 9, 16, 23, 30, April 13, 20; 5-7 pm

Fee: \$25 family (includes dinners)

Number of participants: maximum 5 families or 20 participants



## Being Washed in the Water of Liberal Religion: An Introduction to the General Assembly

This year's General Assembly of the Unitarian Universalist Association is going to be held in Charlotte, North Carolina in June. The proximity of the event gives us a unique opportunity to send a large contingent from TJMCUU. If you are interested in going to GA but have questions, this workshop will provide you with the information to help you decide if GA is for you.

You'll learn about opportunities:

-for learning in workshops

-for worship with thousands of other religious liberals

-to have a say in the direction of our larger movement as a delegate

-to witness and work for social justice

We'll also discuss more practical issues (the role of a delegate and how to become one, costs, the logistics of plenary sessions, how to decide among the myriad of choices, etc.).

Facilitators: Pam Philips and Josie Pipkin. Josie and Pam are both long-time members of TJMCUU and past presidents of the Board of Trustees. They have also attended several General Assemblies between them and are prepared to inspire you to attend this year's event.

Location: Church Parlor

Date & Time: Sunday February 27; 1-2:30 pm

Fee: Free of charge

Number of participants: 2 minimum

## Who's Hanging Out in Your Family Tree?

Interested in learning about your ancestors – who they were, where they came from, but don't know where to start? This class is designed to help you answer those questions and more. You'll learn about where to look for clues, how to organize your research, how to verify the accuracy of your information, and

### *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 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 easily accessible for all. If you have special mobility needs, please call the church office.
- Some classes have a minimum or a maximum number of participants. Classes will be canceled without the minimum number of participants.

how to use sources available online to help you connect with others researching your family lines. We will be using the internet extensively, but you will also learn how to find primary sources from public records in courthouses and cemeteries. Come to class with whatever information you have about your family for as many generations back as you can go (names; dates of births, marriages, and deaths; where they lived). If you have a laptop computer equipped to connect wirelessly, please bring it with you, but this is not required to benefit from this class. If you don't have a local library card, please get one and bring it with you, as well. There are wonderful resources you can access right from home, but you'll need to join the library (free) to use them. Be prepared for surprises. Those wild stories Grampa told about the pirate in the family could be true... or not. Questions? 434-296-4287.

Facilitators: Dick & Natalie Somer. Dick and Natalie are members of TJMC who have been researching their own family trees for a number of years. On their journey they have experienced the kindness of strangers many times and see this class as one way to pay it back.

Location: Social Hall

Dates & Time: March 5, 12, 19; 10-Noon

Fee: \$10

Number of participants: minimum 4, maximum 8

## Spiritual Practices

If you are looking for ways to integrate a daily spiritual practice into your life, please join us. We will share in silent prayer, spoken prayer, chanting, lectio divina, simple yoga movements. We will discuss how to fit your personality style with a spiritual practice that is likely to thrive for you. You will go home with some tools for keeping a discipline which can nourish your life with equilibrium and hope, so that whatever challenges you are facing go more smoothly.

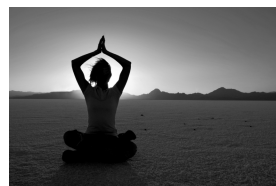
Facilitator: Alexandra McGee, Transitional Ministry Associate

Location: Church Parlor

Date & Time: Saturday April 9, 10-Noon

Fee: Free of charge

Number of Participants: minimum 4



## Adult Faith Development Class Registration Form

COURSE TITLE	DATES	FEE	# ENROLLING
Common Read	1/16, 2/13, 3/13; 12:45-2:00 pm	Book	_____
Articulating Your Faith	1/12, 1/19, 1/26, 2/2; 7-9 pm	\$0	_____
Yes You Can! Poetry & Writing	Starts 1/18 (ongoing)	\$2/class	_____
Harvest the Power: Leadership	Please indicate which session: Session II: Jan. 12 & Feb. 9 Session III: March 9, April 13, May 11	\$0	_____ _____ _____
Women's Dream Quest	1/21 & 1/22 (starts 7 pm)	\$75	_____
Introduction to Reiki	1/26; 7-9 pm	\$2	_____
Communication Show & Share	Starts 1/16; after 2nd service	\$0	_____
Introduction to Chen Style Tai Chi	2/5, 2/12, 2/19, 2/16, 3/5, 3/12, 3/19; 9:30-10:30 AM	\$14	_____
Couples Spirituality	2/8, 2/15, 2/22, 3/1, 3/8, 3/15; 7-8:30 pm	\$30	_____
Building/Designing Altar Displays & Sacred Spaces	2/5, 3/5, 4/2, 5/7; 10:30 AM	\$2/class \$5 family/class	_____ _____
Evensong for Families	2/23, 3/2, 3/9, 3/16, 3/23, 3/30, 4/13, 4/20; 5-7 pm	\$25/family	_____
Being Washed in the Water of Liberal Religion: An Introduction to the UUA General Assembly	2/27; 1-2:30 pm	\$0	_____
Who's Hanging Out in Your Family Tree	3/5, 3/12, 3/19; 10-Noon	\$10	_____
Spiritual Practices	4/9; 10-Noon	\$0	_____

**Make check out to TJMC - AFD with the class name noted on the memo line.**

TOTAL \$ \_\_\_\_\_

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

Address \_\_\_\_\_

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