

ADULT RELIGIOUS EDUCATION AND EXPLORATION

...opportunities for learning and growth

The Adult Religious Education and Exploration program at UUFN provides opportunities for spiritual and psychological growth and religious learning. Such opportunities include class gatherings, discussion series, movie nights and various workshops in a friendly, no-pressure setting. Everyone is welcome!

OFFERINGS & OPPORTUNITIES

"WHO CARES?"

This class addresses our First Principle recognizing the inherent dignity and worth of every person. Many will be called upon to demonstrate an observance of this principle by becoming the caregiver of a loved one. This class is a guide for caregivers (and for those who may become caregivers in the future) to help them function with more knowledge and much less guilt, frustration and stress.

Meeting Times: 10:00 a.m. – noon every other Saturday

Dates: January 7 through March 4

Instructor: Bob Lillich

"UU 200"

Many of us identify as UU's but, what does that mean? UU 200 is for anyone who is interested in learning more about Unitarian Universalism on a deeper level. Rev. Andrew Weber will guide the class in an exploration of the history, polity, and theology of Unitarian Universalism. There is one requirement: **CURIOSITY!**

Meeting Times: Wednesdays January 11, 18, and 25

Time: 7:00 – 9:00 p.m.

Instructor: The Rev. Andrew Weber

"COMING OF AGE...AGAIN"

This class gives adult participants a chance to rediscover their spiritual beliefs as mature adults and to consider how their faith (or lack thereof) has developed over their own life cycle. The class provides an overview of the basic beliefs of world religions. Participants will have the opportunity to write and share their own personal credos with the class.

Time: Monday Evenings 7-8 p.m.

Dates: TBD

Instructor: Terry Vodery

SPIRITUAL PRACTICES FOR UU'S

This class asks the question, "What is a spiritual practice?" "Why engage in it?" "How do we integrate spiritual practices into our everyday lives?" This course gives participants the opportunity to embark on a responsible search for truth and meaning through their own unique spiritual practices.

Time: TBD

Dates: February through March

Instructor: Donna Shand

“CAKES FOR THE QUEEN OF HEAVEN”

This series examines Judeo-Christian cultures that may have worshiped the divine imaged as female. The concepts of equality and reverence for the female in a religious setting are eye-opening to many participants. It also examines important elements of today's woman's lives; personal, interpersonal and societal. Participants are encouraged to share their own experiences and beliefs, creating trust and strong bonds of friendship.

Time: Monday evenings 7:00 - 9:00 p.m.

Dates: April 17 through May 15

Instructor: Karen Barker

SPECIAL MOVIE VIEWINGS AND TALKS

“ON MEDITATION”

A Dharma Talk By Stephen Batchelor. Join us in an environment conducive to meditation as we hear an audio-recorded dharma talk by contemporary Buddhist author, teacher and scholar, Stephen Batchelor. Batchelor discusses the teachings of the Buddha. The experience will also involve listening and walking meditation

Date: October 21, 2016

Time: 7:00 p.m.

“ON MEDITATION: DOCUMENTING THE INNER JOURNEY”

Back by popular demand. This is a “re-viewing” of a movie featuring discussions by a number of practitioners of various types of meditation. Highly recommended for the new as well as the experienced in meditation.

Date: November 6, 2016

Time: 11:45 A.M. (Following Worship Service)

“WHY DID THE BODDHIDHARMA GO TO THE EAST?”

A screening of the classic movie on Korean Zen. Joan Wheeler and Richard Field have prepared explanatory and discussion material. Participants will practice walking meditation. Lite refreshments will be offered.

Date: November 19

Time: 9:00 a.m. - noon

“DEFYING THE NAZI'S: THE SHARPS WAR”

This film tells the never-before told story of Martha and Waitstill Sharp, a Unitarian Universalist minister and his wife from Wellesley, MA who left their children behind in care of their congregation and boldly committed to a life-threatening mission in Europe. Over two dangerous years, they helped save scores of dissidents and refugees fleeing the Nazi occupation across Europe.

Date: Dec 4 ?

Time: 11:30 a.m. (following Worship Service):

INTERESTED?

If you are interested in signing up for a class or an offering, please fill out this form, place in the **DRE Mailbox in the Main Office** or, mail to

**Director of Religious Education
Unitarian Universalist Fellowship of Newark
420 Willa Road
Newark, DE 19711**

or, email to dre@uufn.org



...and remember to check back often!

More opportunities for adult education and exploration are coming soon!

ADULT REGISTRATION FORM

TODAY'S DATE _____

CLASS NAME _____

PERSONAL INFORMATION

Name: _____

Address: _____

Preferred Phone: _____

Preferred Email: _____

New to UUFN? _____ Would you like information about membership at UUFN? _____

*The instructor of your class will contact you within a week to welcome you
and to answer any questions you may have.*