

Unitarian Universalist Church in Eugene
Faith Formation for Adults
Spring 2020



Minister: Rev. Lois Van Leer
Director of Lifespan Faith Formation: Katy Siepert

Understanding Humans (I Hope to Be One Someday!)

Fridays - 10 sessions beginning March 6, 6:30-8:30 - with William Wise

Why are so many people running around fighting with each other, engaging in self-destructive behavior, and destroying the planet? And what can I do about it? Why is it sometimes so hard for me to consistently act in harmony with my values?

During these ten weeks, we'll attempt to get to the core of the matter and gain a deeper understanding, on a personal level, of how to implement in our own lives our motto of "Empowered by Love, we transform ourselves and serve our world.

We'll explore recent findings in neurobiology, insights from Family Systems Theory, children's developmental tasks, couple's systems, and research into the human change processes,

For those who are interested, we'll have time to explore ways in which the topics apply in our own lives and personal history and actions we might take to further our own life's journey toward wholeness.

Preregistration is Appreciated

Please sign up at the Information Table or Email the name(s) of attendees to: william.wiseone@gmail.com Thank you!

Harry Potter and the Sacred Text

Wednesdays, 5:30-7:00pm - Via Zoom

Contact Debra Eichner for info: (541) 731-5899

BOOK 4: HARRY POTTER AND THE GOBLET OF FIRE



It's Harry's fourth year at Hogwarts, and we are thrilled to join him and explore his world through the themes of desire, shame, dependence, hope, and more! Based on the podcast "Harry Potter and the Sacred Text," together we read the books we love, looking deeper into the texts for their sacred meaning and how we might apply that meaning to our own lives. Contact Debra Eichner for more information at (541) 731-5899 and to get included on the info text list.

Challenging Racism: Putting Love Into Action

2nd Sunday of each month, 11:30am-1:00pm - Via Zoom

Participate in the formation of our social justice education plan and action as a church. All are welcome and encouraged to attend.

Our charter states: As a people of faith, grounded in our principles, we are seeking to put love into action by first transforming ourselves through deeper recognition that we live in a racist world: All group participants are committed to engaging in anti-racism work in themselves, the church, and the world.

Rudra Meditation

7:00pm – Via Zoom

UUCE is offering regular Rudra Meditation. This meditation is not religious-based but is a simple, deeply spiritual technique using breath and mind to develop our chakra systems. The benefits are many: increased calm, centeredness, a more open heart, and building our individual connection with higher creative energy. Kristina Jones, teaching.

Bringing Our Values to End-of-Life

Sundays - 8 sessions beginning February 16, 1:30-3:00pm

What does it mean to bring our values to end-of-life? Clarifying what is really important to us in life and doing our best to act on those values during an inevitable time of transition. This group is not just for the older set who see these issues coming up in the not-so-distant future but also for younger adults who may be dealing with family members who are aging or who know that it is vital to be prepared.

This class has eight sessions meeting every other week and is in three parts. First: getting the paperwork done, which is a huge hurdle for some and not at all for others. Second: being a bit more “death positive”, what it may mean to have a conscious death and how these efforts on our part can help others be less fearful. Third: making plans for what happens after death. This is such a gift for those still living.

Facilitated by Suzanne Reynolds and Janice Rutherford

Childcare available upon request.

Dates: Feb 16, March 1, 15, 29, April 5, 19, May 3 & 17

SoulCollage® - Internal Allies in a Time of Crisis

Friday, May 15, 2:00 – 4:30 p.m. – Via Zoom

Enjoy an afternoon of imagery and inspiration as you start building or adding to your own personal deck of powerful 5” x 8” SoulCollage® cards... Zero art background or any belief that you are creative is required! Use SoulCollage® to access your intuition, remind you of your spiritual strengths, and remember your inner wisdom in this time of global pandemic and personal restriction.

BASIC MATERIALS:

- A large stack of images of all kinds including basic backgrounds pulled from magazines, calendars, discarded photo books. (Words are not used this type of collage process)
- Scissors
- Several sheets of plain paper or old file folders with a 5” x 8” rectangle drawn in the middle of each. You can also use 5” x 8” index cards.
- A ruler
- A plastic ‘credit card’ to smooth image edges.
- Glue stick or rubber cement (liquid glue does not work for this process)
- Old catalog or phone book to glue on.

IDEAL additional materials:

- At least six 5" x 8" mat boards
- An exacto knife
- Self-healing cutting mat
- Archival glue stick
- Small sharp craft scissors
- A brayer (hard rubber roller used to do lino-print)
- Cellophane sleeves for finished cards.

Facilitator Jean DeVenney looks forward to working with you to learn the basics or go deeper in your exploration and understanding. Voluntary donation of \$5-\$20 via PayPay or CASH app gladly accepted, but not required.

Contact Jean [via email](#) or 503-504-6040 (text, please) if you have any questions.

Coffee, Tea and Thee

Tuesdays at 12:00 via Zoom

This online drop-in group is hosted by Rev. Lo and other staff. It's a chance for folks to "see" one another and talk with one another. No agenda, just connection. So grab your coffee, tea, or other beverage and food of choice and join the conversation.

Katy Coffee Hour

Thursdays at 10:00 via Zoom

Bring your favorite hot beverage and check in with Katy and other members of your church community to stay connected!

Weekly Common Read

Saturdays at 11:00 via Zoom

Look for a short reading, posted on Mondays to the website. Something uplifting, and thought provoking that we can ponder throughout the week and then discuss together on Saturdays via Zoom. We hope that you will join us in taking this time to dive deeper into our spiritual lives. In the Jewish sacred reading tradition of Havruta, it is said that between you, me, and the text, that is where the truth can be found.

Adult Faith Formation program related questions?

Contact DLFF Katy Siepert at faithformation@uueugene.org or call 541-686-2775, ex. 2