

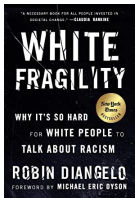
Unitarian Universalist Church in Eugene
Faith Formation for Adults
Winter 2020



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

Book Group: White Fragility, by Robin DiAngelo

Sundays, 11:30-1:00 – 3 sessions: January 12, 19, and 26, UUCE Room 2



The *New York Times* best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality.

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!

Touchstone Tuesday Potlucks

Monthly – 1st Tuesday of each month, 5:30-7:30pm – UUCE Social Hall

Join in compassionate and nourishing community together with other UUs – bring a dish and stay a while!

Harry Potter and the Sacred Text

Every other Wednesday, 5:30-7:00pm

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

BOOK 3: HARRY POTTER AND THE PRISONER OF AZKABAN



It's Harry's third year at Hogwarts, and we are thrilled to join him and explore his world through the theme of innocence, shame, recognition, belonging 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.



Tai Chi Fusion with Barbara Flitcroft

Wednesdays, 10:00-11:00am – UUCE Chapel

A series of unanticipated events impacted overwhelm. In response, she decided to explore a

to help her cope with life's stresses. After practicing as a student, she eventually started leading a Tai Chi class at Hillsboro Park and Rec center. She worked to weave aspects of Tai Chi, Yoga, Qi Gong together into a new form called Tai Chi Fusion. Join her and learn what gentle moving meditation can bring to your sense of well-being. Childcare is available upon request.

Barbara's life, causing a sense of variety of mental and physical exercises

Challenging Racism: Putting Love Into Action

2nd Sunday of each month, 11:30am-1:00pm – UUCE Room 6

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

Thursdays, 9:00-10:00am – UUCE South Foyer

UUCE is offering morning Rudra Meditation classes in the South Foyer on Thursdays at 9a.m. 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.

Hate and Bias Prevention Workshops – City of Eugene

Thursdays – 5 sessions, with special training for facilitators – UUCE Social Hall

January 23, 6-7 pm: Equity Facilitation 101

(talk to Katy about this leadership opportunity)

February 6, 6-7:30 pm: Introduction to hate and bias

February 20, 6-7:30 pm: History of Oppression

March 5, 6-7:30 pm: Identity & Social Groups

March 19, 6-7:30 pm: How to support people who experience hate

April 16, 6-9 pm: Upstander Bystander Intervention

(Must sign up for all five sessions to attend the Upstander Bystander training)

Bringing Our Values to End-of-Life

Sundays - 8 sessions beginning February 16, 1:30-3:00pm – UUCE Room 5

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

Adult Faith Formation program related questions?

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