

ABOUT THE OUUC ADULT EDUCATION PROGRAM

OUUC's adult education program offers a wide range of classes to help members and others in their spiritual development and in a broad variety of life skills, as well as to increase knowledge in specific areas, or just to have fun. The Adult Education Committee reviews ideas for classes, finds and assists instructors, and publishes seasonal catalogs of the class offerings.

Registration is open to all members and friends of OUUC and members of the larger community.

REGISTER ONLINE at <http://ouuc.org/education/adult-education/>

If online registration is a problem for you, contact Sara Lewis at 360-786-6383 x. 102

To reduce the chance of class cancelations because too few people have signed up, please register at least a week before your class begins.

The fee for a single class of up to two hours is \$10. For classes longer than two hours or with multiple sessions, the fee is \$15. A fee of \$25 covers as many classes as you wish to take. Exceptions to the fees are noted in the class descriptions. The fee will be waived, upon request, if it creates a hardship for you. On-site childcare can also be requested when registering.

For attendees from the broader community: Per calendar month there is no charge for a single two hour class or a film session and any included discussion, but attendees can make an optional donation in any amount they wish. Classes and workshops of over two hours, or additional sessions in the same calendar month, require the same fees as for OUUC members-friends. **Please feel free to invite your friends from the broader community to use the OUUC website to register for classes, but kindly remind them about any fees.**

Unless otherwise noted, all class leaders are members of the OUUC community who generously contribute their expertise, time and hard work to develop their course material, completely gratis. **Please make every effort to attend all sessions of each class for which you have signed up, or let the class leader know ahead of time if you can't attend.** Newcomers to OUUC can find classes relevant to this faith tradition marked with a chalice logo: ☩

The Adult Education Committee welcomes offers to lead future classes from members of the broader community as well as from the OUUC congregation. Please direct proposals or inquiries to the Adult Education Committee, c/o the OUUC Office (dre@ouuc.org / 360-786-6383), or contact a committee member. A member of the committee will contact you and guide you through the process of setting up your class. Current members are: Margo Curl, Joanne Dufour, Mary Moore, Kathy O'Connor, Larry O'Connor, Anne Radford, Julie Rosmond, John Snyder, Pat Sonnenstuhl, Bob Sundstrom, Gary Worthington (Chair), and Sara Lewis (Staff).

Because this process takes time, please meet the deadlines below for submitting completed proposals for new classes:

For inclusion in the fall 2020 program (September–December): June 30, 2020

For inclusion in the winter-spring 2021 program (January–June): Oct. 31, 2020.

ADULT EDUCATION CLASSES
for
WINTER – SPRING 2020

ARE YOU AFRAID OF YOUR INSTANT POT? DON'T BE!

Date: Tuesday (1 session): January 21
Time: 5:00 – 8:00 p.m.
Place: OUUC Kitchen and Commons
Leaders: Sally Alhadeff and Anne Radford
Class limit: 8

If you have been reluctant to use an Instant Pot (IP) because of the somewhat unsavory reputation of old-time pressure cookers, this class is for you. You will learn how to use the sauté, steam, pressure cook and slow cook functions of this “smart” cooker, and you will come away from the class with a number of delicious recipes to try on your own.

An IP will add to your repertoire of cooking skills and lend flexibility to the time you spend in the kitchen preparing meals. At the end of class we will sit down and share a delicious vegetarian meal we have prepared together.

Anne and Sally will team teach basic techniques with a combination of hands-on and demonstration time.

Sally Alhadeff is an avid gardener, a flexitarian cook and an enthusiastic user of her Instant Pot. Anne Radford was a vegetarian for many years and continues to prepare and eat many plant-based meals. She is finding her Instant Pot to be a very useful tool for quick, healthful eating.

BOOK GROUP

Dates: Thursdays (6 sessions): January 23, February 27, March 26, April 23, May 28, and June 27
Time: 7:00 – 9:00 p.m.
Place: OUUC
Leader: Nancy Brickell

The OUUC Book Group meets the fourth Thursday of the month. You are invited to join in the discussions, whether for one book or all. The current selections include fiction and non-fiction titles.

January: *Unsheltered* by Barbara Kingsolver.

In her insightful and politically charged new novel, Barbara Kingsolver finds deep resonances between the Victorian era's attitudes towards science, and our own. According to an Amazon review, “Kingsolver carries off this cleverly structured dual narrative with aplomb and with a certain degree of rage at charismatic politicians, both past and present, whose disregard for science puts humanity in peril.” *Unsheltered* begins on the eve of the 2016 presidential election, when Willa, a freelance journalist whose family has fallen on hard times, discovers that the house they've moved into has a “nonexistent foundation.” In tracing the origins of the house, Willa comes across a real-life woman biologist named Mary Treat, whose research in the 1870s supported Charles Darwin's theory of the origin of the species. Just as Darwin's theory challenged the Victorian belief in the Judeo-Christian creation myth, so too, in

Willa's era, does global warming challenge prevailing myths about the future of civilization. The *New York Journal of Books* says, "*Unsheltered* is a skillful blend of fact and fiction told in alternating chapters....It's a winner all the way... an absolute giant of a book."

February: *Virgil Wander* by Leif Enger.

Grove Press states, "No one writes finer prose than Leif Enger. The storytelling in this poetic, quirky and compelling evocation of life in a small town is so fresh and buoyant it will make your heart sing." Another reviewer stated "I wish that every book I picked up was as wonderful as *Virgil Wander*. The author is a master in conjuring life in a small Minnesota town. The weather, the movies, longing, love, revenge, redemption are all here, but not in a heavy handed way. Enger writes about morality, but not in a preachy way. Grace and restoration are here but you can barely notice them until they seep in unconsciously. This is the rare book that I could read two or three times."

March: *The Song of Achilles* by Madeline Miller.

"Miller retells the Iliad like you've never read it before...in a realistic account of history and fantasy. Madeline Miller's knowledge of ancient Greek history and her affinity toward the classic myths intensifies the novel and heightens the experience for the reader (Vogue, 2012). When word comes that Helen of Sparta has been kidnapped, the men of Greece, bound by blood and oath, must lay siege to Troy in her name. Seduced by the promise of a glorious destiny, Achilles joins their cause, and torn between love and fear for his friend, Patroclus follows. Built on the groundwork of the Iliad, Madeline Miller's page-turning, profoundly moving, and blisteringly paced retelling of the epic Trojan War marks the launch of a dazzling career."

April: *There There* by Tommy Orange.

"What does it mean to be an Indian/Native American/American Indian/Native? Orange's vivid debut novel allows a unique cast – ranging from teenagers to elders – to pull this question apart even as they add a modern layer of complexity: they live in the urban landscape of Oakland, California. Isolation and longing permeate the page, lifted briefly only as the characters intersect at the Big Oakland Powwow, with chaotic results," Amazon Book Review. "Sweeping and subtle...pure soaring beauty," *The New York Times*. "Welcome to a brilliant and generous artist who has already enlarged the landscape of American Fiction. *There There* is a comic vision haunted by profound sadness. Tommy Orange is a new writer with an old heart," Louise Erdrich. "Kaleidoscopic...in this vivid and moving book, Orange articulates the challenges and complexities not only of Native Americans, but also of America itself."

May: *Nomadland* by Jessica Bruder.

People who thought the 2008 financial collapse was over a long time ago need to meet the people Jessica Bruder, an award-winning journalist, got to know in this scorching, beautifully written, vivid, disturbing (and occasionally wryly funny) book." Rebecca Solnit. From the beet fields of North Dakota to the campgrounds of California to Amazon's CamperForce program in Texas, employers have discovered a new, low-cost labor pool, made up largely of transient older adults. These invisible casualties of the Great Recession have taken to the road by the tens of thousands in RVs and modified vans, forming a growing community of nomads. *Nomadland* tells a revelatory tale of the dark underbelly of the American economy – one which foreshadows the precarious future that may await many more of us. At the same time, it celebrates the exceptional resilience and creativity of these Americans who have given up ordinary rootedness to survive, but who have not given up hope.

June: *Everything I Never Told You* by Celeste Ng.

“Lydia is dead. But they don’t know this yet.” So begins this exquisite novel about a Chinese American family living in 1970s small-town Ohio. Lydia is the favorite child of Marilyn and James Lee, and her parents are determined that she will fulfill the dreams they were unable to pursue. A profoundly moving story of family, secrets, and longing. *Everything I Never Told You* is both a gripping page-turner and a sensitive family portrait, uncovering the ways in which mothers and daughters, fathers and sons, and husbands and wives struggle, all their lives, to understand one another. Despite the primary focus on relationships and the effects of looking different than others (consequently, with a different life experience), the book flows as well as any mystery. There are plenty of flashbacks and fast-forwards, as well as action and thoughts in the present. Was the daughter murdered? Did she die in an accident or by suicide? How can they find the answers? *Everything I Never Told You* won a number of awards and was selected A Best Book of The Year by sixteen different publications.

Nancy Brickell has loved reading since the first grade. Sharing insights and ideas with others in the book group adds tremendously to the enjoyment of the experience.

CHOOSING LOVE

Dates: Tuesdays (four sessions): February 4, 11, 18, and 25

Time: 6:30 – 8:30 p.m.

Place: OUUC

Leader: Woody Moore

Minimum class size of 4

“Love is the doctrine of this church” are words that drew me to come to OUUC in the first place and the Rev. Susan Frederick-Gray, president of UUA, refers to them in the Summer, 2019 edition of *UUWorld*. Love has been the primary focus of my personal path for at least the last 40 years. The purpose of this class is to explore ways to bring love more into the mainstream of our daily lives.

There will be four sessions:

1. Exploring love – especially in the spiritual sense. What does it mean to “Love your enemies”?
2. Exploring the ways we experience and express love in our lives.
3. Choosing love – for yourself and for others. It seems pretty simple but I’ve found it otherwise.
4. Spiritual practice. Anything we want to be good at takes practice.

There is no required reading for this class but, if you want to read some on the subject, I suggest:

- Rev. Gray’s letter in the summer 2019 issue of *UU World*.
- Alice Blair Wesley’s Minns lectures – available on-line.
- Pretty much anything that comes up if you google (or otherwise search) on “Love is the doctrine ...”

There will be simple, optional homework between sessions.

Woody Moore has a Master’s degree in psychology and has devoted way more time, energy and focus in developing a deeper understanding of love in this life through an eclectic selection of various methods and teachers. “My passion is finding ways to bring forth love first and foremost in his world. This conversation is one way to accomplish that goal.”

CLASS CONVERSATIONS

Dates: Wednesdays (3 sessions): March 4, 11, and 18

Time: 1:30 – 3:00 p.m.

Place: OUUC

Leader: The Rev. Carol McKinley

Class is an uncomfortable topic, especially, perhaps, to the middle class. One reason may be that it challenges the myth that there are no classes in a democratic society. So, let's come together to talk about those myths, and how they are connected to other forms of oppression, like racism. Suggested reading: *Elite: Uncovering Classism in Unitarian Universalist History*, by Mark Harris.

The Reverend Carol McKinley is an affiliated community minister at OUUC. She is retired as Coordinator of Washington State UU Voices for Justice, our state legislative advocacy organization.

AN EAR TO NATURE, MOSTLY BIRDS

Dates: Tuesdays (2 sessions): Classroom session at OUUC, April 14, 10:00 a.m. – noon

Field trip, April 21, 8:30 – 11:00 a.m.

Leader: Bob Sundstrom

Class size limit of 16

Nature can be a sound-rich world, especially in spring. This class will offer an introduction to just what birds are singing about and how they do it, plus some help with learning to tell one bird's song from another.

A local, morning field trip will offer direct experience in getting to know some of the singers.

Bob Sundstrom is lead writer for public radio program *BirdNote* (www.birdnote.org). He has led birding tours for more than three decades to many parts of the world, served on boards of nature organizations, taught many workshops on birding-by-ear and other bird topics, and is a co-author of *The National Audubon Society Field Guide to the Pacific Northwest*.

END OF LIFE DECISION-MAKING

Dates: Saturdays (2 sessions): March 7 and 28

Time: 10:00 a.m. – noon

Place: OUUC

Leaders: Ann Yeo, RN, MSN, Certified Holistic Nurse; and the Rev. Mary Gear

With availability of modern medical care, many of us live longer and healthier lives than previous generation did. However, that modern medical care sometimes prolongs the duration of life longer than the quality of that life lasts. Even at death's door, life can often be extended beyond the natural course. There are common medical interventions used even for terminally ill persons, sometimes seemingly without any real benefit in extending the quality of life. Those interventions include CPR (cardiopulmonary resuscitation), artificial ventilation, and artificial feeding and hydration (via surgically placed feeding tubes and intravenous lines).

This class draws on the compassionate work of the Rev. Hank Dunn (a hospital, nursing home, and hospice chaplain), who wrote *Hard Choices for Loving People*, which is now in its 6th edition. We will

hear his wise words in a YouTube video, and then we will talk about those hard choices – from a medical standpoint and from a humanistic and spiritual standpoint. Discussion of advance directives for health care will be included. We will offer a second session a few weeks later, for follow-up discussion as desired by participants.

Ann Yeo is OUUC's Parish Nurse and a former hospice volunteer. The Rev. Mary Gear is OUUC's minister.

EXPLORING THE WIDE WORLD OF JOURNALING

Dates: Friday (1 session): March 20

Time: 1:30 – 3:30 p.m.

Place: OUUC

Leader: Amy Bertrand

A workshop for anyone - all are welcome: the curious, the experimenter, the skeptic, the contemplative, the no-nonsense, the seasoned journaler.

We'll explore the unlimited ways a journal can be a fun and useful tool. Some possibilities: spiritual practice, goal-setting, grief work, professional development, field notes from nature study, creative inspiration, tracking wellness practices, personal reflectionReally, the possibilities are endless!

You'll leave with lots of ideas and resources for further exploration.

Feel free to bring your own journal/notebook if you'd like, and we'll have supplies available at the workshop as well.

Amy Bertrand is a social worker who enjoys the creative process. She is a recent transplant from Kansas and is finding great beauty and inspiration in the Olympia area.

EVERYDAY SPIRITUAL PRACTICE

Dates: Mondays (3 sessions, every other week): April 20, May 4, and May 18

Time: 6:30 – 8:00 p.m.

Place: OUUC

Leader: The Rev. Mary Gear

What is a spiritual practice? Why is spiritual practice important? Who even has the time anyway? Join Rev. Mary for an exploration of spiritual practice in everyday life. We will read, share, and practice together.

Strongly recommended book: *Everyday Spiritual Practice* by Scott Alexander.

The Reverend Mary Gear is OUUC's minister.

*** MEMBERSHIP CLASSES**

Dates & Times: Sundays (3 sessions): February 9, 16, and 23. 12:45 – 2:45 p.m.

OR Saturday (1 session combining all three classes): May 9. 9:00 a.m. – 4:00 p.m. with lunch break included

Place: OUUC

Leaders: OUUC staff and leaders.

Minimum enrollment: 8

Not a member yet? For those who are new to Unitarian Universalism, completing the following three classes is required for membership.

Already a member? You may refresh or deepen your understanding of what it means to be a Unitarian Universalist. Classes will offer ample opportunity for discussion and reflection.

Class #1. Belief: What do Unitarian Universalists Believe?

How has UU Theology changed over time? How have your own religious beliefs changed over time? What does it mean to you: “We need not think alike to love alike”? We explore the concept and history of covenant by listening to the story of the founding of the colonial era Dedham Church, a free covenantal congregation. Then we’ll explore another covenant with which you may be familiar—the 7 UU Principles. [Do these 7 Principles constitute “belief”? What do you think?] We mention the philosophical and religious sources.

Class #2. Behavior: How do Unitarian Universalists behave in the world to make it a better place for all? How do we at OUUC come together with our varying beliefs as a covenantal spiritual community? How can we both be a member of the spiritual body of our church (our Covenant), and a member of the “corporate body” of our church described by our congregation’s bylaws? [How do we recognize those two different parts of our church? And finally, how do we see that our congregation does make a positive difference in this world.] What types of Faith in Action activities are you aware of, and where might you want to insert your name?

Class #3. Belonging: Who belongs here and how do we be together to build community?

In this class we’ll learn about our congregation’s history and how our congregation is organized. We’ll start by exploring the relationship of the Minister to our Unitarian Universalist Congregation. How is the relationship between the minister and the congregation the same or different from other faith traditions you have encountered in the past? What would it mean to think of membership as a process? [What would it mean to see a congregation as a fluid river as members come and go?] In this final class we’ll pull it all together, we’ll see how the UU Principles and Sources, and Mission Statement, and Bylaws, and Congregational Polity and Covenant all fit together. And finally, what is your “place” in the congregation?

In order to provide the best possible membership class experience, we need a minimum of 8 registrants for each class. This number (or more) allows for a rich discussion among participants. We aim to create opportunities for class participants to become well acquainted over the course of the three classes or the one-day session, and to enjoy each other’s support and friendship as potential new members of the congregation.

MOVEMENT ACTION PLAN: HOW TO DESIGN A SUSTAINABLE GRASSROOTS MOVEMENT

Dates: Fridays (2 sessions): January 31 and February 7

Time: 6:30 – 8:30 p.m.

Place: OUUC

Leader: Kristen Howard

In this class we will talk about grass roots activism and how it can be designed to provide maximum results. We will also discuss how to make effective use of mainstream political and social institutions. *Doing Democracy: The MAP Model for Organizing Social Movements* by Bill Moyer, will guide our study. We will learn about the Movement Action Plan (MAP) as explained by this expert author. *Doing Democracy* is a how-to book with step-by-step guidelines on evaluating and organizing social movements.

We will talk about change agents and activists, what these ideas mean, and how these are used to provide maximum impact on social/environmental justice issues. We will also study the eight stages of social movements, which will provide an understanding of how movements begin and are carried on through opposition struggles. This fascinating class is an excellent choice for those hoping to start a grassroots movement, or for those interested in studying how these movements progress through inevitable stages of change. Come join us as we learn and discuss how social/environmental change happens.

You may wish to read Moyer's book prior to the class, but this is not a requirement.

Kristen Howard is a warrior for social change and a true environmentalist. She was part of making *Out in the Park* a "green festival" and is part of the protest movement to prevent the LNG facility in Tacoma. She has also fought to level the playing field for teachers and students. She has a Master of Education, a Master of Environment and Community, and is working on her PhD. She has also been a trainer and teacher for 15 years. She lives in Tumwater with her wife and two cats and has a passion for making the world a better place.

NO MEAT? SO WHAT DO WE EAT (PLANT-BASED MEAL PLANNING)

Date: Saturday (1 session): January 25

Time: 12:30 – 2:30 p.m.

Place: OUUC

Leader: Ann Yeo, RN, MSN, Certified Holistic Nurse

So, you are interested in eating more plant-based meals (for whatever reason), but you can't quite see HOW to put together satisfying and nutritious meals without animal-sourced foods (meat, poultry, fish, eggs, dairy)? Why don't you join this informal, round-table class?

We will briefly review the "basic food groups" of the plant-based way of eating, as well as how to get adequate protein, calcium, iron, omega-3's, Vitamin B-12, and whatever other nutrients that concern you. We will peruse a wide array of veggie cookbooks and veggie magazines for many examples of delicious and nutritious dishes.

We will talk about ways to "put together" plant-based breakfasts, lunches, and dinners - to achieve daily nutritional adequacy, satiety, and culinary enjoyment. No, we will not be cooking in this class, but you will go home with plenty of new ideas to try in your own kitchen. There will be opportunity to print recipes that look interesting.

Ann Yeo is OUUC's volunteer Parish Nurse and a long-time vegetarian.

NUCLEAR WEAPONS NOWADAYS: WHAT YOU CAN KNOW AND DO

Dates: Mondays (4 sessions): February 24, March 2, 9, and 16

Time: 6:30 – 8:30 p.m.

Place: OUUC

Leaders: Joanne Dufour, Glen Anderson, Mark Fleming, and James Manista

The Cold War ended three decades ago, but nuclear weapons have persisted ever since. Many recent and current actions by the U.S. government have sharply increased the danger of nuclear war in the "new cold war", so now the "Doomsday Clock" is the closest to midnight it has been since 1953. However, most Americans do not want to think about nuclear weapons. Those who do care can benefit by updated information; those who haven't yet taken up the cause might find reasons to care. This course will provide necessary information for all in a supportive environment.

While some information may be frightening, other information reveals possibilities for solving the problems. Instead of feeling overwhelmed by the difficult, scary realities, we can learn without feeling powerless. We can empower ourselves to help support the positive efforts that are happening at the global, national and local levels.

Four well informed presenters from the Olympia Coalition to Abolish Nuclear Weapons will address different parts of the topic and facilitate discussion. There will be handouts and discussion to follow. Themes include present issues such as current government policies (the US Nuclear Posture Review), persistent myths, the status of MAD (mutually assured destruction) thinking, non-violent resistance, legislation to support or oppose, as well as international disarmament initiatives.

This course is designed for those who are concerned about nuclear weapons and want to update their knowledge, those relatively new to the topic, and those working to stop the growing danger of nuclear war. It offers a safe environment for learning and exploring what all of us can do. We hope you will join us.

Glen Anderson is chair of the Olympia Coalition to Abolition Nuclear Weapons (founded in 2017) and a lifelong volunteer activist/speaker/writer/organizer/trainer on multi-faceted issues including nuclear weapons, non-violence, and peace advocacy. See www.parallaxperspectives.org; or call (360) 491-9093.

Joanne Dufour, retired Social Studies Educator, former NGO (Non-Government Organization) representative from her National SS Organization to the United Nations, recent Originator of UUA blog on Disarming Our Planet through the UU UN Office at <http://www.uua.org/international/blog/disarmament>

Mark Fleming, a Vietnam Veteran and Secretary of the Rachel Corrie Chapter #109 of the Veterans for Peace in Olympia currently assisting vets having difficulties. He has actively opposed the proliferation and use of nuclear weapons for over three decades.

James Manista, peace activist/organizer in both Cleveland and Olympia with the Veterans for Peace and annual Peace Show celebrations in Ohio. He was influenced by the writings of Thomas Merton and recently protested in Bangor-Kitsap Naval Base with a non-violent anti-nuke banner. He was cited by the Marines for trespass on federal military property and dismissed by a judge who lowered the fine, agreed upon its payment and respectfully commended his action.

All the above are members of the Olympia Coalition to Abolish Nuclear Weapons (OCANW), one of more than 40 organizational members of the statewide coalition Washington Against Nuclear Weapons, <http://www.wanwcoaliton.org>. Kindly contact OCANW at glenanderson@integra.net or (360) 491-9093.

OWNING YOUR RELIGIOUS PAST

Dates: Tuesdays (4 sessions): February 4, 11, 18, and 25
Times: 10:00 – 11:30 a.m.
Place: OUUC
Leader: Sara Lewis

The majority of Unitarian Universalists come into the denomination from other religions; often there have been several stops along the path into our congregations. Some bring with them angry and unresolved feelings about experiences in other religious institutions, others have warm memories.

We can be most fully and completely present in our religious identity when we see our path as a continuum rather than a series of unrelated episodes. People who feel whole in this identity are more likely to make solid, healthy commitments to religious communities. Because we are usually more certain of what we left in another religion than what we bring forward from it, some tools are needed by which people may establish connections, bridges, and resonances between past and present.

This class will provide those tools and time to process and discuss what participants are carrying forward and what they are leaving behind.

Sara Lewis is the Director of Lifespan Religious Education at OUUC.

SPACE EXPLORATION, PRESENT AND FUTURE

Dates: Tuesdays (2 sessions): May 19 and 26
Times: 6:30 – 8:30 p.m.
Place: OUUC
Leaders: Gary Worthington and Brad Gupta

Humanity is entering an exciting phase of space exploration, often referred to as “Space 2.0.” We will discuss planned ARTEMIS and Gateway missions to the Moon and Mars, as well as space tourism in the works by Amazon founder Jeff Bezos’s Blue Origin (based in Pacific Northwest), Elon Musk’s SpaceX, and Virgin Galactic.

From the times of the early Voyager missions, unmanned probes have continually sent back a wealth of information about our solar system. We’ll view fascinating images such as the surface of Mars by NASA’s Spirit, Opportunity, and Curiosity rovers; Dawn’s images of the dwarf planet Ceres; the Juno probe’s mission to Jupiter; Cassini’s stunning views of Saturn’s moons and rings; and New Horizon’s unprecedented photos of Pluto and Ultima Thule; as well as the European Space Agency’s Rosetta mission to a comet and Japan’s Hayabusa 2 to an asteroid.

The current low earth orbit space activities will be discussed using the exhibits at Seattle’s Museum of Flight such as the Space Shuttle Trainer, Space Ship One, a half size model of the Hubble Telescope, and life on the International Space Station.

We'll talk about the much larger James Webb space telescope scheduled to supersede the Hubble in 2021 and about the exciting, relatively new field of discovering exoplanets orbiting other stars. We'll survey future possibilities such as mining asteroids and colonizing the Moon, Mars, Titan, and other bodies. Finally, we'll discuss the feasibility of decades-long missions to other planetary systems.

Brad Gupta is a certified docent at the Seattle Museum of Flight and a retired Boeing engineer. His career spanned 42 years of technical assignments of which the last 35 years were with the Boeing Company. Upon retirement he moved to Olympia area. He has worked with the US Army Apache Helicopter, Air Force F-22 Fighter Jet, and P-8 Navy programs during his career with the Boeing Company. Currently as part of the docent corps at Museum of Flight, he offers guided tours to visitors.

Gary Worthington has been fascinated with astronomy and cosmology for most of his life. He incorporated facets of the night sky in his historical novels set in India, and he uses astronomical images in artwork. At OUUC he has led classes such as *Our Role in the Universe*, *the Spirituality of the Night Sky*, and *Spiritual Perspectives on Time*.

SPEAKING IN PUBLIC

Dates: Saturdays (4 sessions): March 7, 14, 21, and 28

Time: 1:00 – 3:00 p.m.

Place: OUUC

Leaders: Janet Spencer and Chuck Ricketts

People speak in public for many reasons. They deliver reports, teach classes, relate stories, participate in services, voice protest. Learning a few basic skills will give you confidence and make the experience much more enjoyable. That's what this class is all about.

Session 1: Getting Ready (Preparation): It is normal to be nervous.

Session 2: Your Friend Mic: Getting comfortable with her/him.

Session 3: Becoming Familiar with your audience: Who, how many, why are they ere.

Session 4: Telling Your Story: Enjoying the experience.

The instructors of this class, Janet Spencer and Chuck Ricketts, have over 100 years of theatrical and teaching experience between them.

STORIES FOR THE AGE OF CLIMATE CHANGE

Dates: Mondays (3 sessions; class meets every other week): January 27, February 10 and 24

Time: 6:30 – 8:30 p.m.

Place: OUUC

Leader: Margo Warner Curl

Minimum enrollment of 4 and Maximum of 12

The purpose of this class is to explore the role of myths and stories in helping humankind understand creation and the natural world, to give grounding in times of change, and to find hope by taking a cosmic view of the history of our place in the Earth's history. Participants will be encouraged to create new

myths or stories. This class will not be looking at the science of the creation of the earth nor the evolution of its inhabitants, but will assume that folks have a general understanding and acceptance of the findings of science.

“In mythic terms the issue is not simply the end of the planet, but the danger of a further loss of the earth as a magical, mythical, imaginal realm....Myth makes sense by holding things in the rhythm of beginnings, middle, and end and placing each person in the patterns and plots of the eternal drama.... Myth invites us and involves us in the necessary project of finding enough imagination and vision to keep restoring and ‘re-storying’ the world.” (*Why the World Doesn’t End: Tales of Renewal in Times of Loss* by Michael Meade, p.126)

First session: What role do myths and stories play in humankind’s understanding of Earth, its creation and its living inhabitants? Why might new stories be important to give grounding to humankind in this era of climate change? How important is the element of hope in these stories?

Second session: What creative works (myths, stories, books, movies, music, art works, etc.) have helped you understand the psychological transition that comes with a changing climate?

Third session: Participants are invited to share a story or other creative work of their own that “re-stories” the changing-climate world.

Margo Warner Curl was an academic librarian at both public universities and private colleges for nearly 40 years. Though new to this congregation, she was an active member of the UU Fellowship of Wayne County, Ohio for nearly 30 years, and was on that congregation’s Green Sanctuary Committee. Also relevant is that she served on her college’s Sustainability Committee and on the board of a local food cooperative.

TAKE A HIKE, SPRING 2020

Date: Wednesday (1 session): May 27
Time: 9:00 a.m. leave from OUUC (Approx. 6 hours total)
Place: Staircase Rapids, Olympic National Park
Leader: John Snyder
Minimum enrollment of 2, Maximum of 5

This is a chance to explore one of the most popular hikes in the local area. The hike is short, about four miles with little elevation change and great scenery. Participants may lengthen or shorten their hike depending on comfort and pace of the participants. The leader is a medium slow hiker.

Participants should wear good walking shoes [boots are not required unless it has recently rained heavily]. Please layer clothing and be prepared for rain. Bring a lunch or heavy snacks and drinks.

There is a slight chance of location change depending on local weather and road conditions.

I can take 4 riders in my vehicle. If more vehicles are needed, we will ask for others to volunteer to drive.

John Snyder writes, “I am a near weekly hiker and have participated with groups from Evergreen UU in Marysville. I’ve led a few dozen of these hikes in the past few years.”

TELL ME WHO YOU ARE

Date: Tuesday (1 session): January 28
Time: 6:30 – 9:00 p.m.
Place: OUUC
Leader: Sandra Worthington

Minimum enrollment of 4, Maximum of 10

Tell Me Who You Are invites participants to focus on what aspects of one's life are the most important. Perhaps traveling opened you to different cultural ideas and practices. Being from a large family, or having one sibling, may impact you in a variety of ways. What events in your life continue to affect you, and how?

Reading excerpts about the people featured in the book *Tell Me Who You Are*, by Winona Guo and Priya Vulchi, may suggest what you want to include in your personal statement, which we will ask you to share in class.

If you are new to OUUC, you may find a connection to new friends.

Sandra Worthington has been a school teacher for 28 years in the Olympia School District, focusing on writing with middle and high school students. She has a strong interest in psychology.

TRAIN YOUR BRAIN

Dates: Monday (1 session): March 9
Time: 10:00 – 11:30 a.m.
Place: OUUC
Leader: Linda Terry

This will be a fun interactive workshop designed to change your brain, grow your focus, and increase your memory.

We'll learn about "Deeper Listening:" connecting your mind and your body.

We'll also have an introduction to STEP - Sharing Teens and Elders Project. STEP is an award-winning program inspiring people to change the social norm of aging through empowered conversations.

Linda Terry is a Cognitive Trainer and Certified Geriatric Specialist who helps people of all ages fine tune their thinking skills to help make learning easier, lower stress, and boost self-esteem. Her non-pharmaceutical approach features fun, interactive brain exercises and practical lifestyle options to raise brain awareness and build neural connections.

Linda also conducts classes, workshops, and corporate training throughout the Puget Sound region.

She founded the multi-generational volunteer program STEP (Sharing Teens and Elders Project) and STEP TWO (The Women Only).

TRAVEL THAT CHANGES HEARTS AND TRANSFORMS LIVES

Dates: Tuesdays (5 sessions): March 3, 10, 17, 24, and 31

Time: 7:00 – 9:00 p.m.

Place: OUUC

Facilitators: Emily Ray and Rick Brandt-Kreutz

Five Tuesdays in March = five fabulous programs by OUUC members. Journey with them to different parts of the world. Learn what they experienced. See the impact on their lives. Feel inspired to make your own journeys!

Tuesday, March 3: **Rolling Through the Northwest**

*We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.*

T. S. Eliot

I suspect that we all know that the Northwest is rich in history and landscape.
That richness only grows when we slow to the pace of a hike or a bike.

We have re discovered the Bitterroot mountain loop in Northern Idaho, where Big Bill Haywood and the Wobblies battled the mine owners (and the government) for an 8-hour work day and livable wages. Big Bill was cleared of murder charges by his counsel, Clarence Darrow, and later fled to Moscow, Russia, where he died.

The Discovery Trail (now a bike trail) near Port Townsend virtually reeks of trappers and native folk making their way to trade on the shores of the Salish Sea..

The Chehalis Western and Tenino-Yelm trails beautifully redecorate themselves with each season. A few rare autumn days, we have ridden our bikes through a “Golden Tunnel” of vivid fall leaves that made the whole world psychedelic. In March, the fresh green of spring will be a delight.

We will share some approaches and highlights of regional travels that have enriched and changed our life.

– Kelly and Mary Ann Thompson

Tuesday, March 10: **The Home of My Heart in the Foothills of the Indian Himalayas**

Margo will show pictures and share her experience of the Tehri-Garhwal area of the Himalayan foothills in India, an area she considers ‘the home of her heart.’ She spent much of her childhood here attending a boarding school (Woodstock School, Mussoorie, Uttarkhand, India) and has returned numerous times as an adult.

Her pictures and talk will include why she was there as a child and why she returns, an overview of the geographical and environmental setting, and mention of a number of local organizations that are working to improve the heritage of the community, the lives of people, and the environment.

On completion of this class, participants should have a better sense of the geography, unique beauty and environment of one small part of India; should be introduced the history of this area with the influences of British and American historical ties; and should better understand more of the challenges posed here by increased population, tourism, and climate change

– Margo Warner Curl

Tuesday, March 17: **Kissolymos and Beyond**

Traveling and exploring the world is a basic hunger for so many people, nourishing our inner life. Learning about our church's long history and visiting the land where our faith began, I knew I wanted to go. Not knowing why or what I was intending, I joined the committee and organized a "pilgrimage" with the Unitarian Universalist Partner Church Council for seven people from our church.

We spent 13 days visiting the holy sites of Unitarianism with UU's from all over the USA, and seven of these days we were in our partner village, Kissolymos, Romania. The time with our village friends deepened our connections and gave us the gift of generous memories that will be treasured. Here I discovered connections between the origins of our UU faith, and my own journey from evangelicalism, to liberal Christianity, to our faith that embraces freedom of religion as not only a central principal, but a warm fire around which both UU's and our faith partners in Transylvania and Hungary gather.

Following the partner church trip, Betsy and I spent two weeks visiting sites in Eastern Europe. The history of Nazism to Communism during the 20th century that we explored throughout the region has echoes in our current politics. During the journey from Romania to Hungary to Slovakia and on into Vienna, we clearly saw the transition from traditional and poorer countries, to modern agribusiness, to smooth train tracks and first world wealth that we here in the USA take for granted.

In addition to the learning, Betsy and I had a ton of fun including hot Hungarian baths, 20-euro cake and coffee in 18th century Bratislava, and plenty of people-meeting moments like with Dutch business traveler, Nils, in Český Krumlov. We also have a story of an 8000 Fornit legal shake-down by Budapest transit authorities. Hope to see you there!

– Rick Brandt-Kreutz

Tuesday, March 24: **Helping Syrian Refugees in Jordan**

This class will focus on an experience of working with a Seattle humanitarian as she and a cadre of volunteers prepare to pack up, transport, and deliver aid to Syrian Refugees in Jordan. This is a project which has been ongoing for about the last ten years. Joanne Dufour had an opportunity to participate in a tour of Jordan and Lebanon through the auspices of SCM Medical Missions. The trip included visits to sites of this humanitarian effort including two refugee encampments. This session will give you a visual introduction to the refugee portion of the overall tour.

The experience was transformative, allowing first-hand contact not only with the volunteers helping along the way but with the refugees as well. Local guides provided an array of historical and cultural insights to the Muslim and Christian communities. Joanne says she also developed an appreciation of the many steps involved in the collection and delivery of aid. For those interested, information about a future trip at end of March is available at <https://www.caravan-serai.com/tours/jordan-scm-tour/>.

– Joanne Dufour

Tuesday, March 31: **World Cultural Immersion Abroad and at Home**

Like to travel? Up for culture shock and exposure beyond imagination and comfort? Want to enrich your life and the lives of others in unique ways? How about experiencing another country and culture through meaningful volunteer service? How about taking your family (children or parents) along?

I have found travel through volunteer and educational programs to be the most rewarding because they have gifted us with cultural immersion and relationships that are unattainable on standard group or individual travels. There are many for experiencing “immersion travel,” including inter-generational experiences.

Jim and I took advantage of three global volunteer organizations which have guided us through the years. The first was a two-year term with the Peace Corps in Malaysia. We still relate to several families there through *Facebook* and have revisited there once! The second was with Medical Teams International out of Portland where we were on a construction crew at an orphanage in Romania. And the third was with Cross Cultural Solutions in a shantytown in Peru with our kids and grandkids (ages 9 and 10). We lived with volunteers from around the world and worked in a senior center and a school. We also accompanied a social worker on home visits.

Our global learning and experiences have shaped our choices in seeking other cultural immersion through travel opportunities, by hosting foreigners (exchange students, families who have immigrated, others who also seek immersion travel), and in exposing our families to other ways of being.

With pictures and stories, learn what we did, and what impact these experiences have had on us and our families. Learn how you, too, can find short-term or long-term cultural immersion experiences with off-the-beaten path opportunities.

The world in which you were born is just one model of reality. Other cultures are not failed attempts at being you: they are unique manifestations of the human spirit. – Wade Davis.

– Linda Crabtree

UNDERSTANDING GROUP DYNAMICS: Why Do Groups Bring Out the Best and Worst in People?

Dates: Tuesdays (6 sessions): April 7, 14, 21, and 28; and May 5 and 12

Time: 6:30 – 8:30 p.m.

Place: OUUC

Leader: Bruce Lerro

If you are like most people in the individualist West, you may have mixed feelings about groups. Research shows that during natural disasters groups behave heroically and cooperatively. Yet groups can also be sources of groupthink, and scapegoating. Whether it is a work committee, a political action group, a military platoon, a church choir or a dance troupe, groups permeate our lives. What is it about groups that make them unforgettably intimate or sources of disappointment? This class gives you tools to

apply in understanding your participation in past groups, as well as new tools for intervening in your present and future group endeavors.

There is an extremely well written textbook with chapters that supplements the class. There are also three excellent movies that portray group dynamics in action. They are *Alive*, about survivors in the Andes Mountains; *The Commitments*, about the formation of an Irish working-class band; and Spike Lee's *Do The Right Thing*, which shows intergroup dynamics alongside collective behavior. Both the readings and the videos are entirely optional.

Bruce Lerro writes: I have been a college teacher for 27 years in the fields of Social Psychology, Cross-Cultural Psychology, Critical Thinking and the Psychology of Spaces, Places and Things. I have written four books applying the Russian psychologist Lev Vygotsky to western history. I am trained as a psychological counselor, and I am a pen-and-ink artist.

UUA COMMON READ: *AN INDIGENOUS PEOPLES' HISTORY OF THE UNITED STATES*

Dates: Wednesdays (3 sessions): January 29, February 5 and 12

Time: 1:00 – 2:30 p.m.

Place: OUUC

Leader: The Rev. Carol McKinley

An Indigenous Peoples' History of the United States, by Roxanne Dunbar-Ortiz, and *An Indigenous Peoples' History of the United States for Young People*, adapted by Jean Mendoza and Debbie Reese, are the 2019-20 Common Read.

The UUA's Common Read invites participants to read and discuss the same book, offering a shared experience, shared language, and a basis for deep, meaningful conversations.

Dunbar-Ortiz' book centers the story, experiences, and perspectives of Indigenous peoples. It asks readers to reconsider the origin story of the United States that U.S. school children have been taught, as it upends myths and misinformation promulgated by leaders and media.

Her book is especially meaningful today. In 2020 our nation will approach the 400th anniversary of the much-mythologized encounter at Plymouth between colonists and those native to the land.

The Reverend Carol McKinley is an affiliated community minister at OUUC. She is retired as Coordinator of Washington State UU Voices for Justice, our state legislative advocacy organization.

A VOCABULARY OF REVERENCE: A UNITARIAN UNIVERSALIST EXPLORATION OF RELIGIOUS LANGUAGE AND ITS MEANING FOR US

Dates: Tuesdays (3 sessions): April 21, May 5 and 12

Time: 6:30 – 8:00 p.m.

Place: OUUC

Leader: Sara Lewis

Words are tools for expression and communication, containers for the possibilities of our lives, essential tools of our imagination, and more. They define and limit, and shape what we perceive and experience. But when it comes to religious words, we are often not really speaking the same language. Some words

carry uncomfortable meanings or connotations for some of us, while at the same time bringing comfort and inspiration to others.

In this class we will explore our understanding and reactions to the following words: *God, Faith, Hope, Love, Covenant, Doctrine, Sacrament, Prayer, Sanctuary, Sin, Atonement, Blessing, Grace, Mercy, and Salvation*. Participants may also add other words to explore.

Optionally, borrow or buy a copy of *Fluent in Faith: A Unitarian Universalist Embrace of Religious Language* by Jeanne Harrison Nieuwejaar (but this is not essential to taking the class).

Sara Lewis is the Director of Lifespan Religious Education at OUUC.

***VOICE CLASS**

Dates: Saturdays

Time: 10:00 – 11:30 a.m.

Place: OUUC (occasionally other venues; check before you come)

Costs: \$10 for printing sheet music used in class. The fee will be waived if it creates a hardship.

Leader: Troy Arnold Fisher

Note: Registration is required, but there is no registration fee.

During our hour and thirty minutes together we work on posture, scientific theories of breathing and ear training. But that's not all. We sing a variety of songs, ranging from high to low, ballad to scat. We sing together, braving to sing duets and solos! It's a chance to sing your heart out! Come and join the fun. All levels of talent are welcome. For further information or to check venues, contact Bobbe Murray at bobbemm@gmail.com.

Troy Arnold Fisher is OUUC Music Director.