

All Souls
Adult Religious Education



&
Sunday Classes

Fall/Winter 2011



2952 S. PEORIA AVE. TULSA, OK 74114
(918) 743-2363 · WWW.ALLSOULSCHURCH.ORG

Wednesday Connections - Class Offerings

Fall / Winter 2011

5:15 – 6:15	Community Dinner in Emerson Hall
6:30 – 6:50	WoW chapel – (in the Chapel)
7:00 – 8:30	Classes to enrich the body, mind & spirit

Ongoing Spiritual Practice Classes:

Meditation

Rev. Victor Parachin leads this class designed for beginners curious about meditation as well as those with more experience. Meditation is a centuries-old technique that can help you to focus the mind, get in touch with your emotions, relax and relieve stress, become more compassionate, and live a fuller, richer life. All skill levels are welcome.

Yoga

Natasha Bogdanova and Stacie Wheeler lead this intergenerational yoga class that introduces a strong practice of Pranayama-conscious breath work, Asana-physical postures, and the six other aspects of yoga. As students learn to extend awareness to each part of the body, they begin to explore the limitless potential of the mind and soul. Open to all ages and body types.

Tai Chi Chuan

Y.K. Lee leads this class with purely a health emphasis. As the art of Tai Chi's reputation as a low-stress training has become increasingly popular, Tai Chi is commonly offered in hospitals, clinics, and community centers.

Stitching Together *Communion with Needle & Thread*

Kate Kline and Darlene Backhaus host an ongoing class for quilters and needle artists of all types. Bring your project and work in good company. Special projects may be taught from time to time. Newcomers are welcome any time!

*Infant and toddler child-care is available Wednesdays from 6:30 to 8:30 pm.
Child care for school-age children is available from 7:00 to 8:30 pm in room 202.
No children should be left unattended.*

For details on Adult Religious Education Programming,
contact Mary Bain, ARE Coordinator:
743-2805, ext. 503, or email mbain@allsoulschurch.org

New Classes

WEDNESDAYS, 7:00 - 8:30 pm

September 21 – October 19

***Conscious Eating* – Heather Forsyth**

Led by local foodie, green girl, and passionate cook Heather Forsyth, this 4-week class will explore why food matters and what it means to eat consciously. What are natural foods? Organic? Can you be a locavore? Do you have to be a vegetarian? Can you cook for a crowd of folks who all have different special dietary needs? Do you have to give up eating really yummy foods? Plus, information will be provided on sources for local and/or hard to find foods, balancing how you shop, “mastering” of recipes, sample foods, and more!

September 21

***Race and Reconciliation* – Rev. Marlin Lavanhar and Rev. Gerald Davis**

September 21 – November 16

***Dare to Love God* – Tom Tomshany**

(...without a mediator or veil.) The title of the course is a quote from Ralph Waldo Emerson’s address to the seniors of Harvard Divinity College in 1838. In the Protestant tradition of Martin Luther, Emerson believed there should be one essential religious relationship: an individual’s Soul to God. Whatever the term God means to us, whether a principle, idea or feeling, whether it takes the form of a “person,” entity, or Paul Tillich’s concept of “ultimate concern,” we all have a relationship with something our Soul responds to as sacred. *Why should we love it? How can we love it? What do we mean by Love?*

September 21 – November 16

***Cinema Classics* – George Feller and David Carter**

Movies are not only a form of entertainment, but a way to look at the world in a different light. *Cinema Classics* participants provide input on what movies they view each week and meet for discussion following the film. Film selection will be noted in the Wednesday Connections flyer and the online weekly update.

September 28 – October 12

***Immigration: Real People, Real Stories* – Barbara Prose, Asst. Minister & Seth Carrier, Ministerial Intern**

“They’re stealing all our jobs.” “If we only had a functioning guest worker program.” “Illegal is illegal.” Immigration is a complicated issue with national and local relevance and consequences. The fences our government has built along the southern border are funneling people into some

of the harshest climates and conditions in our country. Intended as a deterrent, an increasing number of undocumented workers are dying in our deserts. Come discuss this and other immigration concerns as we hear stories of people crossing our borders. As people who gather in a religious community, how can our moral and ethical explorations guide us in relationship to our newest neighbors?

September 28 – October 12

***Roots (All Souls 202)* – Minister led**

Our Ministers lead this encounter with the basic principles, history and traditions of Unitarian Universalism. The *Roots* series provides an opportunity for both newcomers and old timers to deepen their knowledge of the bold and inspiring tradition to which we belong. This is a three session class. Pre-registration is requested. You may sign up in the foyer on Sundays or online.

October 26

***All Souls 101* – Seth Carrier, Ministerial Intern**

This class is an introduction to All Souls Unitarian Church. All prospective members are encouraged to take this class before joining the church. *Pre-registration is requested. You may sign up in the foyer on Sundays or online.*

October 26 – November 16

***Social Networking* – Andrew Summitt and Elizabeth Cartmell Ladd** The first two sessions are a *how to* and *etiquette guide* to Facebook, Twitter, Blogging, and other new media interaction. Laptops, Tablets, Smartphones, and other internet capable devices are not only welcome but encouraged. The second two sessions will be dedicated to the primary users of New Media, Generation Y, and will survey its character and challenges. Using the seminal work of the Pew Research Center and articles on Tuition Inflation, Youth Political Involvement, and the Sociology of Generation Y, we will look at how they connect to religion, politics, education, and each other, using this information. Drew and Elizabeth will bring a unique insider’s perspective of what makes Generation Y tick.

October 26 – November 16

***Gospel of Ethics* – Randy Lewis, Student Minister**

This class will review the film *Unthinkable* (2010, starring Samuel Jackson) and explore ethical dilemmas from theological and philosophical perspectives in an effort to investigate the relevance and importance of ethics in a post-modern society.

October 26 – November 9

***Dealing with Divorce* – Barbara Prose, Asst. Minister**

It takes time to move from being married, to being divorced, to being a fulfilled independent person. In our three weeks together we will not only share the disappointment, helplessness and hopelessness that often accompany the experience of divorce, but begin the stage of rebuilding, and awakening parts of the self that have been paralyzed, repressed, or hidden.

November 2 – November 16

***Building Your Own Theology* – Seth Carrier, Ministerial Intern**

Everyone has ideas, values and beliefs that, combined, make up the individual road maps each of us use to navigate and make meaning of the journey that is life. According to Unitarian Universalism's fourth principle, we're all on a "free and responsible search for truth and meaning." How's your search going? Are you using a 10-year old map? Are some portions of your map up-to-date, but others 20 years behind? Your map all updated but you're looking to expand around the edges? Then please join us as we explore theology, meaning making, and map updating!

Check the building calendar, or the TV monitors placed in the foyer, the Children's wing and upstairs to find your classroom assignment or ask the ARE board member on duty.

SUNDAYS, 9:00 am

Ongoing Class: *Sunday Salon* – Joe Nurre

A weekly gathering where social, artistic and scientific questions are discussed, as well as current events. All adults are welcome to join us any Sunday.

September 18

***All Souls 101* – Minister led**

This class is an introduction to All Souls Unitarian Church. All prospective members are encouraged to take this class before joining the church. Pre-registration is requested. You may sign up in the foyer on Sundays or online.

October 2

***All Souls 303 (Joining Sunday)* – Minister led**

This class focuses on identifying how your gifts meet the needs of All Souls and concludes with an opportunity to join the church. You may sign up in the foyer on Sundays or online. All Souls 303 is offered the first Sunday of the month at 9:00 am.

October 9

***All Souls 101* – Minister led**

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November 13

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November 13

***Couples Class – Beginning to Forgive* with Rev. Tamara Lebak**

Many relationships have had bumps in the road, but sometimes those bumps were more like mountains and we hold grudges even when we try to let them go. We will look at forgiveness and take concrete steps toward moving you closer to forgiving or being forgiven in your relationship. Please sign up for this class on Sunday Morning, on line under Adult Sunday Classes, or email mbain@allsoulschurch.org.

December 4

***All Souls 303 (Joining Sunday)* – Minister led**

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December 11

***All Souls 101* – Rev. Tamara Lebak**

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SUNDAYS, 10:00 am

Ongoing Class: *Sunday Circle* – Julie Skye

Looking for a conversation big enough to accommodate your questions about God, religion, and life? Searching for some way to make a spiritual connections with other members of the congregation? If so, come join your fellow seekers for a weekly discussion of religion and spirituality that is guided by your questions and ideas.

September 18 – October 2

***Roots (All Souls 202)* – Minister Led**

This is an encounter with the basic principles, history and traditions of Unitarian Universalism. The Roots class provides an opportunity for both newcomers and old timers to deepen their knowledge of the bold and inspiring tradition to which we belong. This is a three session class. Pre-registration is requested. You may sign up in the foyer on Sundays or online.

September 25, October 9 and October 23

***Black Pioneers in a White Denomination* – Randy Lewis, Student Minister** Come explore Mark Morrison-Reed's book *Black Pioneers in a White Denomination*. This class will explore the history, importance, and impact of African Americans in Unitarian Universalism. We will also discuss the future of the movement as it relates to our intercultural work here at All Souls.

Oct. 2, Oct. 16, Oct. 30, Nov. 6, and Dec. 4

***Race in America* – Gerald Davis, Adjunct Minister**

As we move deeper into the 21st century, the most powerful nation on earth still has a fundamental problem. Some have called it a sin, suggesting moral decay and divine retribution. But the takeaway from this class will be we are divinely appointed to deal with the mishaps of being human. Among our many flaws is the history of linking privilege to skin color. Our task in this class will be learning new ways to break old assumptions. Join me on this voyage.

October 30 – November 13

***Building Your Own Theology* – Seth Carrier, Ministerial Intern**

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SUNDAYS, 11:30 am

Ongoing Class: *Sunday Circle* – Dan Piazzola

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September 11 – October 9

***Eaarth: Making a Life on a Tough New Planet* – Scott Swearingen**

This class will explore this book by Bill McKibben. In the *End of Nature* he wrote twenty years ago he warned us but not enough of us took him seriously. Is it too late? What are we to do? Barbara Kingsolver wrote about the book: "What I have to say about this book is very simple: Read it please. Straight through to the end. Whatever else you were planning to do next, nothing is more important."

October 16 – October 30

***The Golden Years* – Barbara Prose, Assistant Minister**

The elderly are our prophets, they remind us that what we see so clearly in them is a process in which we all share. (Henri Nouwen)

According to the traditional model of lifespan development, we ascend the ladder of our careers, reach the zenith of our success and influence in midlife, then give way to an inevitable decline that culminates in a weak, often impoverished old age. But what about the serenity, balanced judgment, and self-knowledge that represent the fruit of long life experience? In this class we will turn it around and think of aging as a great success. What if we considered ourselves not as the elderly but as elders? Medical science may add years to our lives but it's up to us to add life and meaning to those years. Join us as we harvest the wisdom of our years and discover our legacy.

October 23 – November 6

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December 4 – December 18

Building Your Own Theology – Seth Carrier, Ministerial Intern. Everyone has ideas, values and beliefs that, combined, make up the individual road maps each of us use to navigate and make meaning of the journey that is life. According to Unitarian Universalism's fourth principle, we're all on a "free and responsible search for truth and meaning." How's your search going? Are you using a 10-year old map? Are some portions of your map up-to-date, but others 20 years behind? Your map all updated but you're looking to expand around the edges? Then please join us as we explore theology, meaning making, and map updating!

SUNDAY 1:30 pm

Oct. 2 , Nov. 6, Dec. 4 (the first Sunday of each month)

All Souls Reads – Rev. Gerald Davis, Dr. Tami Moore, Julie Skye. Discuss books accompanying the monthly theme of the church that also explore the human condition when encountering and overcoming oppressive circumstances. *For book titles or other information contact Julie Skye: jl_skye@yahoo.com , 918-742-0104 or Tami Moore: tlm74135@gmail.com or 918-549-1172.*

SUNDAY 4:00 – 5:30 pm

Sept. 25, Oct. 9 and 23, Nov. 6 and 20

Dance as a Spiritual Practice – Claudia Arthrell and Barbara Ann Bartlett. Taking from the traditions of Gabrielle Roth's *5 Rhythms* and Vin Martin's *Souls Motion*, these classes present Ecstatic Dance. Described by Karen Berggren as a *dance . . . long revered for its power to heal body, mind, and soul, strengthen the bonds of community, and to commune with spirit and nature allowing us to discover deeper aspects of who we are as human beings.* Dance is also used as a form of worship, celebration, story-telling and myth-making, and to commemorate important rites of passage. You need no experience in music or dance. You do not have to have any physical or rhythmic abilities. The movement comes from within you. We simply give you the space to explore what that is for you. *To dance then is to pray, to meditate, to enter into communion with the larger dance, which is the universe.* (Jean Houston)

Check the building calendar, or the TV monitors placed in the foyer, the Children's wing and upstairs to find your classroom assignment.

EMERSON HALL FORUMS

October 9

World Faith Perspectives on Death and Dying

sponsored by ARE and Life Decisions

Moderators: Rev. John Wolf and Rev. Gerald Davis
with guest panelists from many faiths!

October 30

Our Elder's Speak

This program is a special, cherished time at All Souls when one of our long-time members shares their personal history here at All Souls.

November 6

What's Wrong With Oklahoma? with Frosty Troy

Back by popular demand, Frosty will tell us what is wrong with Oklahoma in his own formidable style!

All Souls Adult Religious Education Presents:

Seeing Climate, Seeing Change

with

Dr. Heidi Cullen

Director of Communications, Climate Central

Tuesday, October 25
7:00 pm in the Sanctuary

If seeing is believing, then how do you show people this phenomenon called climate change? And how do you prove that recent extreme weather events may be partially a result of global warming? This talk will explore the difficulties of communicating the science of climate change and look at the current state of public perception of global warming in the United States. Beginning with a brief history lesson, this talk will provide a scientific overview of past, present, and future climate change including a look at the US Southwest. This talk will also reflect on the need to adapt to climate change and extreme weather that is already in the pipeline as well as look at the energy challenges we face as we work to transition away from fossil fuels.

In addition to her responsibilities as Director of Communications, Dr. Heidi Cullen serves as a research scientist and correspondent for Climate Central. Before joining Climate Central, where she reports on climate and energy issues for programs like PBS NewsHour, Dr. Cullen served as The Weather Channel's first on-air climate expert and helped create Forecast Earth, a weekly television series focused on issues related to climate change and the environment. Prior to that, Dr. Cullen worked as a research scientist at the National Center for Atmospheric Research (NCAR) in Boulder, Colo. She received the NOAA Climate & Global Change Fellowship and spent two years at Columbia University's International Research Institute for Climate and Society working to apply long-range climate forecasts to the water resources sector in Brazil and Paraguay. She is a member of the American Geophysical Union and the American Meteorological Society, and is an Associate Editor of the journal *Weather, Climate, Society*. Dr. Cullen also serves as a member of the NOAA Science Advisory Board. She received a Bachelor of Science degree in Industrial Engineering from Columbia University and went on to receive a Ph.D. in climatology and ocean-atmosphere dynamics at the Lamont-Doherty Earth Observatory of Columbia University. Dr. Cullen is the author of *The Weather of the Future*, published in August of 2010 by Harper Collins, and is a Visiting Lecturer at Princeton University.

Also sponsored by:

