

**All Souls
Adult Religious Education**

WEDNESDAY
WC
Connections

**&
Sunday Classes**

Winter/Spring 2012



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

Wednesday Connections - Class Offerings Winter/Spring 2012

(January 18 - May 16)

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.

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. Newcomers are welcome any time!

Yoga

Stacie Wheeler leads 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 the soul. Open to all ages and body types.

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

January 18 – February 8

The Peace of Mind Project – Rev. Chaz Wesley, Susan A. Muscari, Imane Rose, and Christopher Teel. Jan. 18 topic is Life (and Death) Decisions, Long-Term Care Insurance and Elder Care Management. Jan. 25 will consist of Estate Planning, Wills & Trusts, and Advance Directives. Feb. 1 will provide information on Hospice, End-of Life, Cremation and Disposition Preplanning, and Feb. 8 will be a Q & A session.

January 18

All Souls 101 – Randy Lewis, Student Minister leads this 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.

January 18, January 25 and February 8

The Holy Profane – Dr. Teresa Reed will explore the relationships between African American religious traditions and secular music in the 20th Century. Dr. Reed seeks to understand “the African musical mind” and to chart absorption of western culture in order to understand the *powerful connection between the holy and the profane in the African American psyche*. How do James Brown, Little Richard, Sun Ra, and Tupac Shakur fit into this discussion? The answer, along with a fascinating historical journey, awaits you.

January 18 - ongoing

Cinema Classics – George Feller and David Carter facilitate. Movies are not only a form of entertainment, but a way to look at the world in a different light. Cinema Classics participants select the 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.

January 18 – ongoing 3rd Wednesdays

MUMS (Mostly Unitarian Moms and Dads) – Tiffany Cross and other parents gather for social time and discuss current issues focused around family life and child rearing.

January 25 – February 8

All Souls 202 (Roots) – Our Ministers will 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.

January 25 – March 28

Great Decisions – Earl Goodman facilitates this guide to impartial, thought-provoking analyses on eight issues of concern to U.S. policy-makers today. The topics for this session include

Middle East realignment, Promoting democracy, Mexico, Cyber security, Exit from Afghanistan & Iraq, State of the oceans, Indonesia, and Energy geopolitics. The provided briefing book is published annually by the Foreign Policy Association.

February 1 – February 22

Spiritsong – Rev. Barbara Prose. Music opens hearts, quiets fears, and builds bridges. It touches those who sing and those who listen. There is a growing movement of singers and musicians who offer songs for healing and comfort at the bedsides of the ill and dying. We will learn more about this movement and the hospice ministry. By singing together and sharing the music of our homes, our traditions, and our cultures, we can deepen our capacity to care for one another as a community.

February 15 – February 29

Medline Plus: Locating Reliable Health Information Online - Lynn Yeager and Karen Harmon. Health literacy means more than passing on information, learning skills to read pamphlets and successfully making appointments. This health literacy class will empower students to overcome barriers to health care issues by improving students’ access to health information online, to use the information effectively and to advocate for improvements in their own health care.

February 15

Gracism – Rev. Marlin Lavanhar. Gracism is a term coined by David Anderson combining and adapting the two words: grace (meaning an unearned granting of favor) and racism (negative attitudes and actions based on the color, class, or culture of a person). In combining these two concepts Anderson proposes the concept of the *positive extension of favor* on other humans based on color, class or culture. Also, in light of Black History month, we will lift up some spectacular elements of black culture and African American history that can help us build bridges and break down walls that separate us.

February 15

MUMS (Mostly Unitarian Moms and Dads) – Tiffany Cross and other parents gather for social time and discuss current issues focused around family life and child rearing.

February 29 – March 21

Immigration: Real People, Real Stories – Rev. Barbara Prose & Seth Carrier, Ministerial Intern. “They’re stealing all our jobs.” “Illegal is illegal.” Immigration is a complicated issue with national and local relevance and consequences. Join us this semester as we continue to learn from our neighbors about the Dream Act and other local justice efforts, as we volunteer to support voter registration and explore ways to support our friends and neighbors whose lives are impacted by our broken immigration system.

March 14

All Souls 101 – Minister-led 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.

March 21 – March 28

The Power of Poetry – Ann Zoller. We will be studying and reading modern poets like W.S. Merwin, Mary Oliver, Billy Collins, Larry Levis, Tess Gallagher, and more. No knowledge of poetry is necessary. Come with an open mind and love of literature and language.

March 21 – April 4

All Souls 202 (Roots) – Our Ministers will 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.

March 21

MUMS (Mostly Unitarian Moms and Dads) – Tiffany Cross and other parents gather for social time and discuss current issues focused around family life and child rearing.

March 28 – April 11

Celebrating Difference – Rev Tamara Lebak and Carmen White-Janek will lead you through understanding diversity through the lens of Intercultural competency. In the coming years, the ability to deal constructively on an interpersonal level with cultural diversity and the multitude of attitudes and values will not only become a key qualification required of business executives, it will also be required of each individual as a key factor for ensuring that cultural diversity can be experienced positively and productively. Join in to learn about what we see as one of the most significant skills for the 21st century.

April 4 – April 11

Capture Life – Nikki Hanna. Anyone can write a biography. Everyone's life is unique and interesting and worthy of a memoir. In her book, *Capture Life*, Ms. Hanna tells us that everyone can write, and reveals the rewards of doing so. Leave a legacy your family, and friends will love.

April 4 – May 9

Conversations with God by Neale Donald Walsch – Sarah Thomas facilitates a study of this book that has its finger on our culture's spiritual pulse. This book appeals to those who have been hurt - by family, friends, authority figures, "organized religion" and failures in career and relationships. In short, all of us.

April 4 – May 16

Zen & the Art of Walking/Biking – Join a group for a stroll or bike ride around the neighborhood led by an experienced guide.

April 11 – April 25

Building Your Own Theology – Seth Carrier, Ministerial Intern. Everyone has ideas, values, and beliefs that help us 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? Join us as we explore theology, meaning making, and map updating.

April 18 – May 9

Be a Compassionate Consumer – Julie Skye. As consumers, we each have the power to educate ourselves and decide which businesses to support, and which goods to buy. As the UUSC's website states, "understanding the origin of a product you purchase — including the labor conditions under which it was produced — can be difficult. Come learn new methods of analysis and share what you know with others.

April 18

MUMS (Mostly Unitarian Moms and Dads) – Tiffany Cross and other parents gather for social time and discuss current issues focused around family life and child rearing.

April 25 – May 9

Critical Decisions – Randy Lewis, Student Minister. Our notions of morality, moral worth, and moral praise and blame have grown up primarily from consideration of the human person as a moral agent. In this class we will explore ethical dilemmas in a post modern society. We will view, discuss, and analyze excerpts from various films, news reports and other sources. Parental guidance is suggested.

May 2 – May 16

Adult Credo Writing – John Connelly. Do you have trouble articulating what you believe? Does there seem to be so many ways of thinking about religion and theology that it is hard for you to make sense of it? "Know thyself" is wonderful wisdom but applying it can be challenging. One way to build on your religious experiences and develop your theology is to write a credo, or statement of personal belief. Join us for a 3-session class that will culminate with the writing of your credo.

May 16

MUMS (Mostly Unitarian Moms and Dads) – Tiffany Cross and other parents gather for social time and discuss current issues focused around family life and child rearing.

May 16

Japan to Jerusalem: Marlin's Bike Tour - Rev. Marlin Lavanhar will take you on his 3-year around-the-world mountain bike odyssey (in 90 minutes). You will travel over the Himalayas and into the homes of desert nomads, Chinese cave-dwellers, and through some of the roughest terrain and most beautiful scenery on earth. Don't miss his life changing trip and this enlightening journey with him.

SUNDAYS, 9:00 am

January 1

All Souls 303 (Joining Sunday) – An All Souls Minister leads this class that focuses on identifying how your gifts meet the needs of the church and concludes with an opportunity to join. 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.

Beginning January 1– Ongoing

Sunday Salon – Joe Nurre. A weekly gathering where social, artistic and scientific questions are discussed, as well as current events. All are welcome.

January 22

All Souls 101 – Minister-led 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.

February 5

All Souls 303 (Joining Sunday) – An All Souls Minister leads this class that focuses on identifying how your gifts meet the needs of the church and concludes with an opportunity to join. 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.

February 12

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March 4

All Souls 303 (Joining Sunday) – An All Souls Minister leads this class that focuses on identifying how your gifts meet the needs of the church and concludes with an opportunity to join. 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.

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April 29

Transforming Together – Rev. Tamara Lebak and Carmen White-Janek. In order for couples to thrive and not just survive, you need to grow together. If you think you know everything there is to know about your partner, I am here to tell you that not only are you wrong, you may in fact be preventing the relationship from growing. Come and explore letting each other out of the box. 9:00 – 11:30 a.m.

SUNDAYS, 10:00 am

January 1– Ongoing

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 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.

January 29 – February 19

A Black Theology of Liberation – Rev. Gerald Davis. Union Theological Seminary's James Cone shook up the theological world in the 1970's when he released his pioneering work, "A Black Theology of Liberation." In this book, Jesus was cast as a liberator, freedom fighter and an apparent enemy to images of himself pictured with lambs. In this series, our minds will be open to liberation theology even unto today.

February 26 – March 11

All Souls 202 (Roots) – Our Ministers will 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.

April 1

Celebrating Difference – Rev. Tamara Lebak and Carmen White-Janek will lead you through understanding diversity through the lens of Intercultural competency. In the coming years, the ability to deal constructively on an interpersonal level with cultural diversity and the multitude of attitudes and values will not only become a key qualification required of business executives, it will also be required of each individual as a key factor for ensuring that cultural diversity can be experienced positively and productively. Join in to learn about what we see as one of the most significant skills for the 21st century.

April 29 – May 13

The African Cosmology: Finding Yourself Where You Least Expect It – Noted actor and UU seminarian, Vanessa Adams-Harris, and our own Rev. Gerald Davis will explore how African views of religion can help in understanding our relationships with one another.

SUNDAYS, 11:30 am

Beginning January 1 – Ongoing

Sunday Circle – Dan Piazzola. Looking for a conversation big enough to accommodate your questions about God, religion, and life? Searching for some way to make 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.

January 22 – January 29

Knitting as Spiritual Practice – Tiffany Cross. See yourself in a state of contemplation and creativity, feeling a sense of calm and peace. Now bring to mind all of your most treasured memories; see the colors, feel the positive energy, and put them into a scarf, or shawl, or something else, to pass on to someone with love and gratitude. No prior knitting experience required.

February 5 – February 19

Weaving Your Tapestry of Faith – Rev. Barbara Prose will provide a frame for longtime Unitarians to engage in theological reflection, as a process of meaning-making. We will explore the life experiences of both historic and contemporary Unitarian Universalist theologians, highlighting that which caused in them a change of heart. We will bring our own personal experiences to develop and deepen our own personal theologies and understand the threads of our theological heritage.

March 4 – March 11

All About Alzheimer's – Nancy Wilder and Cathy Wilson, PT, MBA, NHA. What is the difference between dementia and Alzheimer's? How can I recognize it? What about me? I'm not sure my memory is as good as it used to be. Whether you are concerned about your own health or how to care for someone you love, this class will explore the legal, ethical, and financial issues involved with Alzheimer's. You will learn practical skills to care for someone else, and yourself!

April 15 – April 29

Living Life with Aging Parents – Rev. Barbara Prose and Suzy Sharp. Time plays tricks on us. Before we know it, and sometimes before we're ready for it, we are the ones feeling responsible for the person who once cared for us. Whether you are just beginning to think about your new role, have been

a caregiver for a long time, or feel excluded from your family's process; we welcome you. We will explore the emotional, physical, spiritual, and practical dimensions of this transitional and transformative time of life.

April 22 – May 6

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SUNDAYS, 1:30 pm

First Sundays at 1:30 pm

All Souls Reads – Rev. Gerald Davis, Dr. Tami Moore, Julie Skye facilitate discussions on books that accompany the monthly theme of the church. Book selections explore the human condition when encountering and overcoming oppressive circumstances. For book titles or other information contact Tami Moore: tlm74135@gmail.com or 918-549-1172.

Jan. 8 & 22, Feb. 12 & 26, March 11 & 25, April 22, May 13, June 10 & 24.

Great Books - Glenn Visher and Scott Swearingen. 7 Deadly Sins discussion schedule will begin with Anger and move to Sloth, Greed, Gluttony and Lust. The reading list will be available on the 8th and guaranteed great discussion.

March 25

Heritage Trolley Tour - Rev. Marlin Lavanhar will be guide and narrator for those who have just completed the *Roots* series and to those who were not able to join us in the past. Pre-registration is required. Sign up at the Newcomers' table or contact Mary: (918) 743-2805 ext. 503 or mbain@allsoulschurch.org. Child care available by advance reservation: 918-743-2805 #308 or email children@allsoulschurch.org.

SUNDAYS, 4:00 pm

January 22 and every other week, ongoing

Dance as a Spiritual Practice – Claudia Arthrell and CeCe Brown facilitate this class of spiritual movement. Dance is used as a form of worship, celebration, story-telling and myth-making, and to commemorate important rites of passage. No need for prior dance experience the movement comes from within. Join us for movement, fellowship and fun.

Don't forget
EMERSON HALL FORUMS
Sunday, 11:30 am
Winter / Spring 2012

January 15

New Life Primary School in Uganda:

All Souls' Biggest & Most Ambitious Partner Project to Date

January 29

Our Elders Speak

(Speaker TBA)

February 12

Expressions of Love

(stayed tuned for information about how you can participate)

February 26

Our Elders Speak

(Speaker TBA)

March 11

Our Health: Preventing, Reversing or Coping with Brokenness

Panel of Professionals (Names TBA)

April 15

City Councilors Speak Out About Tulsa

(Councilors TBA)

May 20

The Magic of Bhutan:

Mike Newman's Personal Travel Log