



February 8, 2012

- 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 and spirit

Classes this week:

*Spiritual Practices*

**MEDITATION 101**

Room 207

**Rev. Victor M. Parachin** leads this class whose goal is to clarify, teach and practice the art of meditation. It is 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 more clearly and positively; to get in touch with your emotions; to relax and relieve stress; to become more compassionate; and to live a fuller, richer life. **All skill levels are welcome.**

**YOGA**

Presidents' Room

In this intergenerational yoga class, **Stacie Wheeler** 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.**

**TAI CHI CHUAN**

Emerson Hall

**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 anytime!

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**ALL SOULS 202 (ROOTS)**

Room 201

**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 the third of a three session class.

### **CINEMA CLASSICS**

**Twilight Zone Theatre**

**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 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.

### **GREAT DECISIONS**

**Room 128**

**Earl Goodman,** facilitates. Great Decisions offers a 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 briefing book will be provided which is published annually by the Foreign Policy Association.

### **SPIRITSONG**

**Chapel**

**Rev. Barbara Prose.** Music opens hearts, quiets fears, and builds bridges. It touches those who sing and those who listen. There is a growing nationwide 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.

### **THE HOLY PROFANE**

**Alliance Room**

**Dr. Teresa Reed** will explore the relationships between African American religious traditions and secular music in the 20<sup>th</sup> 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.

### **THE PEACE OF MIND PROJECT**

**Room 129**

**Rev. Chaz Wesley, Susan A. Muscari, Imane Rose, and Christopher Teel.** The January 18<sup>th</sup> topic is Life (and Death) Decisions, Long-Term Care Insurance and Elder Care Management. January 25<sup>th</sup> will consist of Estate Planning, Wills & *Trusts*, and Advance Directives. February 1<sup>st</sup> will provide information on Hospice, End-of Life, Cremation and Disposition Preplanning and February 8<sup>th</sup> will be a Question and Answer session so you will be able to finalize your Peace of Mind Project.

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**NOTE: Infant and toddler child-care is available from 6:30 to 8:30; child-care for school-age children is available from 7:00 to 8:30 in Room 202 unless other arrangements are made. NO CHILDREN SHOULD BE LEFT UNATTENDED.**