

**BRUU's ADULT
RELIGIOUS EDUCATION
WORKSHOPS & COURSES**



FALL 2015



BRUU ADULT R.E. COMMITTEE

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Julie Earl

Doris Galvin

Paul Galvin

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Rev. Scott McNeill

Lara Profitt, DRE

BRUU'S ADULT R.E. PROGRAM

The mission of the Adult Religious Education Program of the Bull Run Unitarian Universalist church (BRUU) is to offer to the adults of BRUU –Members and Friends alike– and to the public a slate of courses, seminars, and workshops that relate to the 7 Principles of Unitarian Universalism. It is our hope that adults will find in this catalog many opportunities for spiritual growth.

BRUU publishes the Adult R.E. catalog three times a year: Fall, Winter, Spring. Each catalog offers a new slate of educational opportunities. The Adult R.E. Committee welcomes volunteers who wish to join us in planning the upcoming session. Just call 703-361-2690 to join.



THE 7 PRINCIPLES OF UNITARIAN UNIVERSALISM

Unitarian Universalists agree to uphold the following principles to the best of their ability:

- 1st Principle: Recognize the inherent worth and dignity of every person.
- 2nd Principle: Observe justice, equity and compassion in human relations.
- 3rd Principle: Accept one another and encourage spiritual growth in our congregations.
- 4th Principle: Pursue a free and responsible search for truth and meaning.
- 5th Principle: Respect the right of conscience and the use of the democratic process within our congregations and in society at large.
- 6th Principle: Build a world community of peace, liberty, justice for all.
- 7th Principle: Respect the interdependent web of all existence of which we are a part.



5 sessions



COMING TO TERMS WITH YOUR RELIGIOUS PAST

UUs, more often than not, come from religious backgrounds which they left for various spiritual and personal reasons. As a result, many feel an unresolved discomfort with their spiritual beliefs and would like to move to a sense of affirmation and integrated spiritual wholeness. If this sounds familiar, you will welcome this course's opportunities to help you come to terms with your religious past and integrate your beliefs, past and present. This course will help you assess:

- Who you are religiously,
- What your past religious perspectives and experiences have been, and
- Who you hope to become as a Unitarian Universalist

Self-reflection exercises and group discussions will offer you a path toward greater self-understanding and personal peace, and will prepare you to continue your spiritual growth in an upcoming course called "Building Your Own Theology".

UU Principles 3 & 4:

*UU's support every-
one's right to a free,
responsible search for
truth, meaning, &
spiritual growth.*

Leader: Rev. Scott McNeill

When: Wed. 9/23, 10/14, 10/28, 11/11, 11/25
@ 7:00-8:30 PM

Where: Conference Room

Note: Bring pen and paper to class!

5 Sessions

MEDITATION

& DISCUSSION



Meditation can improve sleep, and give access to our higher selves, opening a pathway to inner guidance. Before & during Sunday services, it can turn wait-time into enriching worship-time. relieve stress,

Come join Marti's Tuesday Morning Meditation & Discussion Group. We'll learn meditation form and practice using object-oriented meditation and Agni Yoga themes. We'll follow up with thoughtful discussion of meditation impressions, encouraging enlightened thinking and action in our daily lives.

Presenter: Rev. Marti Giese

When: Alternate Tues's, Oct. 13th thru Dec. 8th @ 10:00 - 11:30

Where: 10950 Meanderview Ct., Manassas 20111

For ??'s: Marti @ 703-369-2606

Note: Bring paper & pen to capture your insights!



UU Principle 4: UU's support a person's right to a free/responsible search for truth & meaning.

THE DISAPPEARANCE OF THE UNIVERSE

-- a NEW diSCUSSION group --

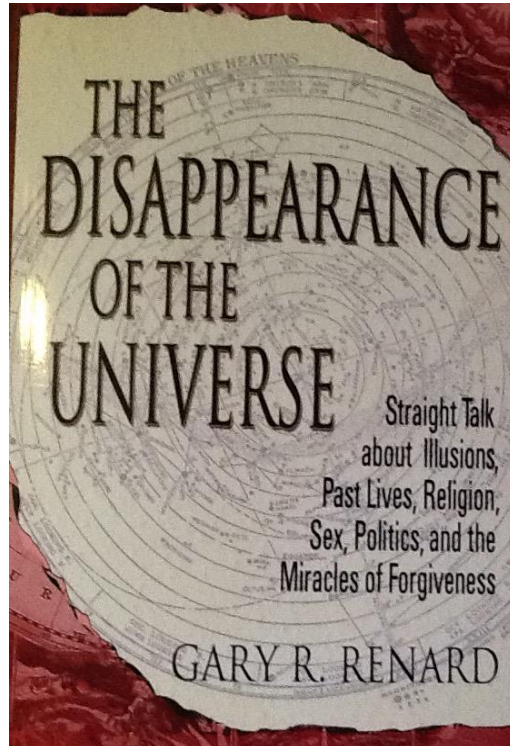


Have you wondered how a loving God could cause or allow death and destructive weather such as tornados, hurricanes, and earthquakes? Or oppressive dictatorships, wars, famine, disease, slavery?

Do you have questions about traditional religious teachings that just don't make sense?

Are there patterns of people, events and activities in your life that you don't understand?

Could the universe actually be different from what you were taught in school?



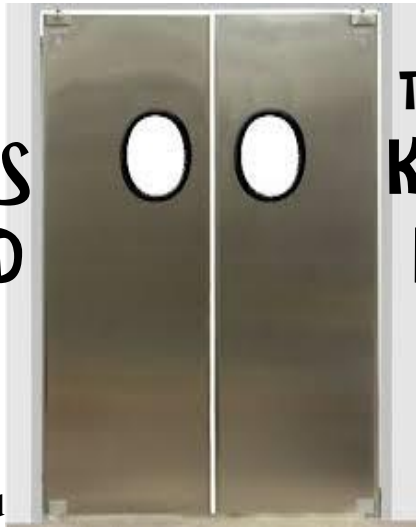
We will explore these questions & more in this new weekly discussion group that will focus on readings from "The Disappearance of the Universe: Straight Talk about Illusions, Past Lives, Religion, Sex, Politics, and the Miracles of Forgiveness". (This book is an easier-to-understand explanation of the teachings in "A Course in Miracles".) If you have the curiosity to explore new concepts about life, then come join us!

Presenter: Satya Chase
When: Sept. 14 & ongoing
Mondays @ 7:00 PM
Where: Conference Rm.
Class size: 4 minimum, no max
Book: Amazon, used \$3
For ??'s: Satya at 703-328-3883

*UU Principles 3 & 4:
UU's encourage spiritual
growth & a free & responsible
search for truth & meaning.*

5 Sessions

WHAT'S
BEHIND



THE
KITCHEN
DOOR?

BRUUers are asked to join other UU's nationwide in studying the burning economic issue of our day: escalating inequality. This discussion series, based on the common-read book from UUA--"Behind the Kitchen Door"-- will explore the deplorable working conditions of the restaurant business.

- What is it really like for the restaurant employee "behind the kitchen door"?
- How can we help advocate for a fair minimum wage and paid sick leave for cooks & servers so that consumers are assured their food is not contaminated by workers who come to work when sick because they don't get paid otherwise?

As individual consumers, we really can make a difference for the rights of restaurant workers. Come & learn how, & join us for supper too.

Leader: Liz Alcauskas, Social Justice chair

When: Sept. 28 thru Oct. 26, Mondays
7:00 PM Supper/7:30 Discussion

Supper RSVP: Liz @ 703-447-5701

Where: Flamingo Lounge

Book: Available for loan or purchase, or
order from Amazon for about \$3

Class size: 4 minimum, no max

UU Principle 1
UU's believe in the
inherent worth & dignity
of every human being.

3 Sessions

UU PARENTING

This year, we'll be using the book "Tending the Flame: The Art of UU Parenting" as a conversation starter. Get your copy from [amazon.com](https://www.amazon.com) or the UUA online bookstore. Limited copies available in BRUU's library.



- October 18: Know Thyself & Teachable Moments
How can we best share our UU values & theological beliefs with our children? And when is best?
- November 15: God & the Bible
From whom do you want your child to learn about God? And what kind of God?
- December 6th: Celebrating Christmas the UU way
What do UU's find meaningful about the holidays?
How can we best celebrate that meaning?

Presenter: Lara Proffitt
Where: BRUU library
When: Noon to 1:00
Book: Amazon or UUA bkstr
For ??s: Lara @ 703-725-0583

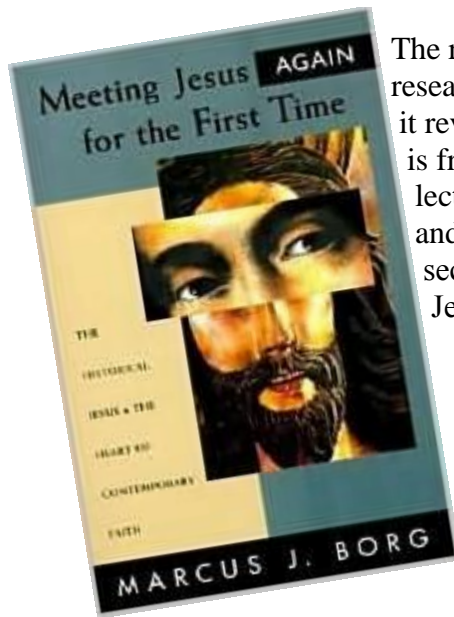
UU Principle 1
*UU's respect the inherent worth
& dignity of everyone at any age.*

4 Sessions

MEETING JESUS AGAIN . . . FOR THE FIRST TIME

“Why do you keep offering this class?” you ask. Because people keep asking for it. So, back by popular demand:

Are you a former Christian churchgoer who became disenchanted with the dogma and doctrine that seemed to get in the way of truth? Or are you a soul with no particular past teachings but are searching now? This course promises new food-for-thought for your spiritual quest.



The required book presents recent biblical research of the New Testament and what it reveals about Jesus. The new research is free of rigid fundamentalism and intellectualism. Come and rediscover Jesus and his teachings in a new light---your second look might be like “Meeting Jesus Again for the First Time”.

Presenter: Doris Galvin
When: Oct. 1, 8, 15, 22, Thur.
7:30 to 9:00 PM
Where: Conference Room
For ??'s: Doris @ 703-361-7925
Book: \$10, available from Doris

UU Principle 4: UU's support the right to a free & responsible search for truth & meaning.

6 sessions

CAKES

FOR THE QUEEN OF HEAVEN

-- Part 2 --

How have Judeo-Christian values influenced our culture's perception of women? Would your life be different if, when growing up, the divine had been imaged as female?

"Cakes for the Queen" is a UU-inspired course by and for women. Feel free to take Part 2 without Part 1. Janette will gladly catch you up before continuing to show, step by step, how women have gained their gender's reputation today. The class will look at the Apostle Mary, the Virgin Mary, the Hebrew Goddess, Sarah the Priestess, and witchcraft.



Presenter: Dr. Janette Muir

Where: Sr. High Room

Class size: 5 min., no max

When: Sept. 28 thru Nov. 2

Mondays @ 7:00 PM

For ??s: jmuir@gmu.edu

UU Principles 1 & 2: UU's respect the inherent worth & dignity of every person, & seek equity, compassion & justice in human relations.



ALMOST FINAL WISHES

Here's your follow-up course to last year's well-attended Death Café seminars. This year, let's put into action the ideas we came away with from the discussion you benefited from in Death Café.

In this class you will receive the "Five Wishes" document -- a tool that will give you control over how you are to be treated if you get seriously ill and/or are in the final stages of life. Together we will complete this comprehensive form that lets you specify what you want from family members and medical professionals, thus avoiding a potentially emotional crisis situation later. Your completed document will be accepted by the Commonwealth of VA and many other states as a valid statement of your decisions.

We will also spend time reflecting on our preferences for music and ideas for how we wish to be remembered in our memorial service. We will share ideas with each other.

Co-facilitators: Cathy Ring, Janette Muir, Doris Galvin

When: Oct. 18, Oct. 25 & Nov. 1, Sunday

1:30 to 3:00 PM

Where: Conference Rm.

Class size: 12 max



UU Principle 1

*UU's believe in the inherent worth
& dignity of every human being.*



FROM THIS ...



1 session

TO THIS ...



HOW DO YOU BRING PEACE OUT OF CHAOS?

Your job -- Your commute -- Your kids -- Your love life --
Your time crunch -- & those blasted HEADLINES:
Black Lives Matter! Gunman opens fire in movie theater!
Malaysia Plane Lost in Indian Ocean – 227 Presumed Dead!

It all adds up to stress! We all feel it. **How do you cope?**
Maybe you've got ways that might help *me*.
Maybe I've got ways that might help *you*.
Together, *all* cope better. Let's discuss it!

Presenter: Angie Carrera
When: Oct. 8, Thur.
7:30 – 9:00 PM
Where: Sr. High Rm.

*UU Principle 4: UU's support
the right to a free & responsible
search for truth & meaning.*

12+ sessions

THE ORIGIN OF TIME



Time rules our lives. When time began, it triggered the interwoven web of existence. From the rising and setting of the sun to nature's cycles and biorhythms, time is woven into the universe. Because UU's 7th Principle relates to the interwoven web, then understanding the concept of time may well add to your spiritual growth.

Join Professor Sean Carroll, author and Sr. Physics Research Associate at the California Institute of Technology, on a mind bending journey, guiding you through the past, present and future. 24 riveting half-hour lectures will illuminate how a phenomenon we all experience actually connects us to the instant of the universe's formation, and possibly to a multiverse larger and more varied than the known cosmos.

Presenters: Jerry Sherman /Larry Underwood
When: Oct. 5, Mon. to ? (TBD by the class)
7:30 to 9:00 PM
Where: Fellowship Hall
For ??s: Jerry @ 703-330-3930

UU Principle 4
UU's support a
person's right to
a free/responsible
search for truth
& meaning.

**BRUU's ADULT R.E. PROGRAM
FALL 2015 REGISTRATION FORM**

Name _____

Phone #'s: _____

Email: _____

Check mark the offerings you wish to register for:

- Coming to Terms with Your Religious Past (5 sessions)
- Meditation & Discussion (5 sessions)
- The Disappearance of the Universe (ongoing)
- What's Behind the Kitchen Door? (5 sessions)
- UU Parenting (3 sessions)
- Meeting Jesus Again for the First Time (4 sessions)
- Cakes for the Queen of Heaven (6 sessions)
- Almost Final Wishes (3 sessions)
- How Do You Bring Peace Out of Chaos? (1 session)
- The Origin of Time (12 sessions)

What to do with this form:

Detach and mail to:

Adult R.E. -- BRUU Office
9350 Main Street
Manassas, VA 20110

--OR--

Hand deliver it to:

The box on the right of the Adult R.E. catalog
boxes under the name tags on the foyer wall
in between the two sets of double doors.

You may also register online

at BRUU.org. On the face page, click on the Adult RE link.

KEY – Courses listed by # on calendars

- | | |
|------------------------------------|----------------------------------|
| 1: Coming to Terms
(5 sessions) | 6: Meeting Jesus
(4 sessions) |
| 2: Meditation
(5 sessions) | 7: Cakes
(6 sessions) |
| 3: Disappearance
(ongoing) | 8: Almost Final
(3 sessions) |
| 4: Kitchen Door
(5 sessions) | 9: Peace & Chaos
(1 session) |
| 5: Parenting
(3 sessions) | 10. Time
(12 sessions) |

SEPTEMBER		
M	T	W
15 th #3	16 th	17 th
21 st #3	22 nd	23 rd #1
28 th #3-4-7	29 th	30 th

NOVEMBER			
S	M	T	W
1 st #8	2 nd #3-7-10	3 rd	4 th
8 th	9 th #3-10	10 th #2	11 th #1
15 th #5	16 th #3-10	17 th	18 th
22 nd	23 rd #3-10	24 th #2	25 th #1
29 th	30 th #3-10		

OCTOBER				
S	M	T	W	Th
				1 st #6
4 th	5 th #3-4-7-10	6 th	7 th	8 th #6-9
11 th	12 th #3-4-7-10	13 th #2	14 th #1	15 th #6
18 th #5-8	19 th #3-4-7-10	20 th	21 st	22 nd #6
25 th #8	26 th #3-4-7-10	27 th #2	28 th #1	29 th

DECEMBER		
S	M	T
6 th #5	7 th #3-10	8 th #2
13 th	14 th #3-10	15 th
20 th	21 st #3-10	22 nd
27 th	28 th #3	29 th