

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



WINTER 2016



BRUU ADULT R.E. COMMITTEE

Permanent Members

Kathy Sobrio, Chair

Angie Carrera

Margo Davies

Julie Earl

Doris Galvin

Paul Galvin

Rev. Scott McNeill

Winter Task Force Members

Dee Brown

Marti Giese

Pat Malarkey

BRUU'S Adult R.E. Program

The mission of the Bull Run Unitarian Universalist church's adult religious education program is to offer our adult Members & Friends a wide variety of courses, seminars, workshops, & discussion groups in which they can broaden their understanding of life and living, as reflected in the 7 UU Principles (see below). We hope you will find in this catalog many offerings that speak to your own spiritual quest so that you may grow in your knowledge of Truth as you define it.

Three times a year – Fall, Winter, Spring -- BRUU publishes an Adult R.E. catalog similar to this one. The educational opportunities are coordinated by volunteers & taught by volunteers. The Adult R.E. Committee regularly invites BRUUers to join the committee for two months as “temporary task force members” to help plan the next season's educational offerings. If you would like to join us, please call 703-361-2690.



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 congregation & society.
- 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.



WHY EVIL EXISTS

This course – “Why Evil Exists” -- is a Great Courses DVD lecture series featuring Professor Charles Matthews, University of Virginia. At each meeting, two 30-minute lectures will be presented followed by the opportunity to discuss the concepts presented in the lectures.

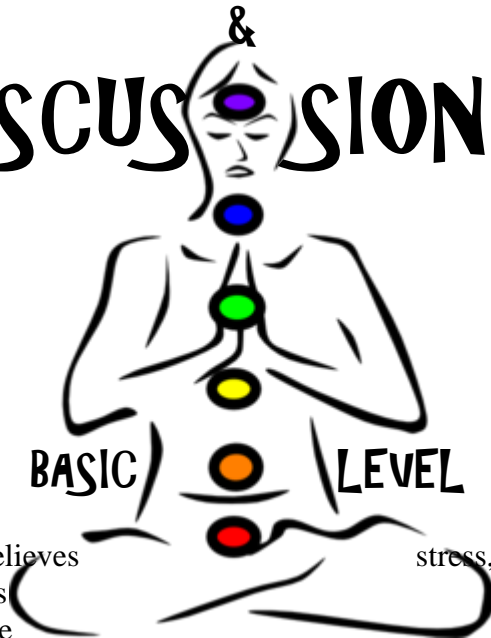
This series includes 36 lectures, which means the class will meet weekly for 18 weeks. Come as you can and join the fascinating discussion of this ever-present mystery: Why is there such a thing as “evil”?

Presenter: Chuck Beighlea
When: Mondays @ 7:30 – 9:00
Jan. 25 to May 30
Where: BRUU Fellowship Hall
For ??s: Chuck @ 703-670-6291

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

5 Sessions

MEDITATION & DISCUSSION



Meditation relieves stress, improves sleep, & increases one's sense of well-being. The practice of meditation gives access to our higher selves & opens a pathway to helpful inner guidance.

Come join Marti's Meditation & Discussion Group (basic level) to learn the how to's. We'll talk about what to consider before setting up a regular practice, and we'll use exercises to help you focus and sustain attention.

Presenter: Rev. Marti Giese, MA, MDiv.
When: Alternate Wed's, Jan. 27- March 23
@ 10:00 - 11:30
Where: 10950 Meanderview Ct., Manassas
Note: **Bring paper & pen to capture your insights**
For ??'s: Marti @ 703-369-2606



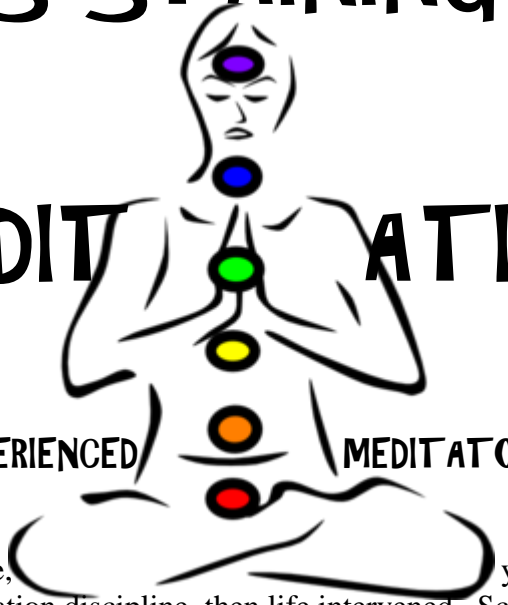
*UM Principle 4:
Every person
has a right to a
free/responsible
search for truth
& meaning.*

4 Sessions

SUSTAINING

MEDITATION

EXPERIENCED MEDITATORS



At one time, you had a steady meditation discipline, then life intervened. School, work, family and community responsibilities – it all seems to drown the motivation you once had to meditate. You’ve thought about starting again but can’t find the time to keep up the discipline.

How to Keep Your Practice Going


One way to keep your meditation practice going is to meditate periodically with a like-minded group. Marti’s group of meditators is what you’re looking for. Join us as we learn the rich yields of regular meditation.



Presenter: Rev. Marti Giese, MA, MDiv.
When: Alternate Wed’s, Jan. 20 – Mar. 2 @ 1:00 - 2:30
Where: 10950 Meanderview Ct., Manassas
NOTE: **Prerequisite:** Basic Meditation or previous meditation experience
For ??’s: Marti @ 703-369-2606

*UU Principle 4:
Every person has
a right to a free
& responsible
search for truth
& meaning.*

DISOLVING THE PAIN BODY



Eckhart Tolle defines the pain-body as “an energetic field that feeds on toxic thoughts and emotions. It is made of stored mental, emotional and physical pain”. How does the pain body work? Why does it persist? Can you dissolve its draining force?

Come join Marti’s group -- courageous folks in pain who are determined to overcome it -- for conversation and specific meditation practices that identify and dissolve the pain body.

4 sessions



Presenter: Rev. Marti Giese, MA, MDiv.

When: Alternate Wed’s Feb. 3 March 16
@ 10:00 - 11:30

Where: 10950 Meanderview Ct, Manassas

Note: **Bring paper & pen to capture your insights.**

Note: **This class is good for meditators, but no meditation experience is required.**

For ??’s: Marti @ 703-369-2606

*UU Principle 4:
Every person has
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& meaning.*

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:
ISIS beheads so-n-so! Gunman opens fire at holiday party!
Plane Crashes into Mountainside – 227 Presumed Dead!

It all adds up to stress! We all feel it. **So how do you cope?**
Maybe you've got ways that might help *me*.
Maybe I've got ways that might help *you*.
Together, maybe we can *all* cope better. Let's discuss it!
(Yes, by request, this is a repeat offering from last Fall.)

Presenter: Angie Carrera
When: Feb. 18, Thur.
@ 7:00 – 9:00
Where: Conference Rm

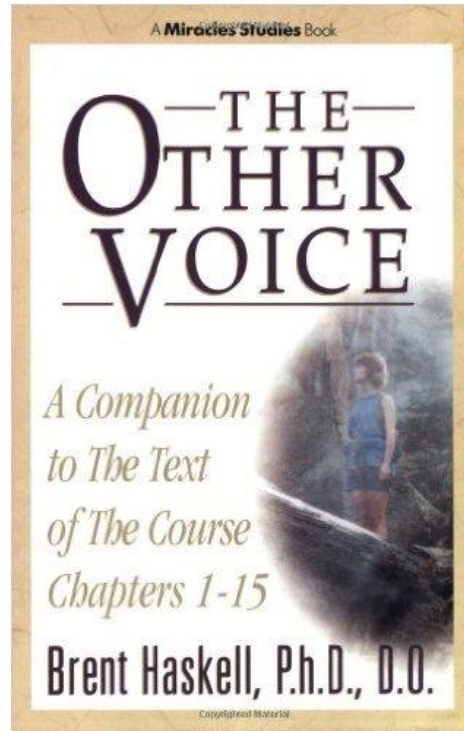
*UU Principle 4: UU's support
the right to a free & responsible
search for truth & meaning.*

The Other Voice

-- BOOK DISCUSSION GROUP --



A Course in Miracles, one of the most famous sacred texts ever written, helps us with personal transformation. Translated into 23 languages, it describes the fastest way to our ultimate Home. However, the poetic language that is used to guide our journey is beautiful but bewildering. Many give up studying the text before understanding its powerful messages. In this class, with the aid of experienced teachers and *The Other Voice*, you will find it an enjoyable and illuminating experience to take a closer look at the magnificent teachings in *A Course in Miracles*.



Presenters: Rev. Marti Giese
& Dru Heller

When: Tues., Jan 26 & ongoing
@ 10 – 11:30 AM

Where: 10950 Meanderview Ct.
Manassas 20111

Book: *The Other Voice*
@ Amazon \$12+

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



UU Principles 3 & 4:
UU's encourage spiritual
growth & a free & respons-
ible search for truth &
meaning.

THE DISAPPEARANCE OF THE UNIVERSE

-- BOOK DISCUSSION GROUP --

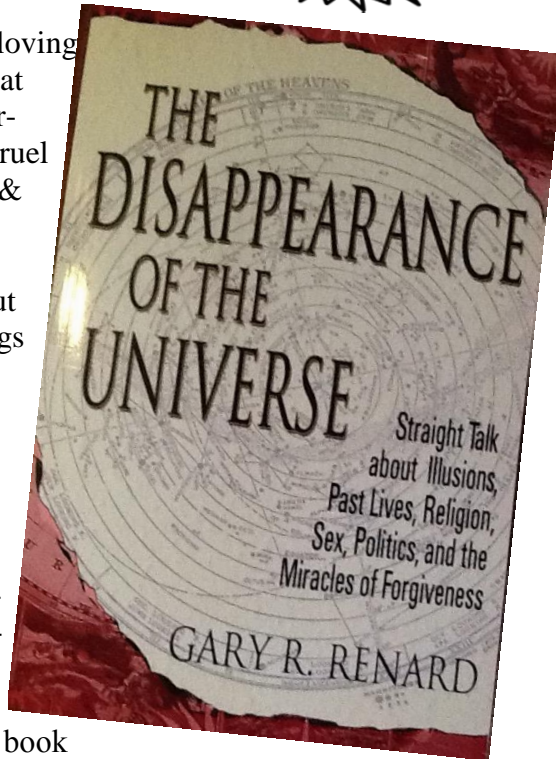


Have you wondered how a loving God could cause weather that destroys, such as such as tornados & earthquakes? Or cruel dictatorships, wars, famine & slavery?

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

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

We will explore these questions & more in weekly discussions that focus on readings from "The Disappearance of the Universe". This book helps people understand in prose the teachings in *A Course in Miracles*, which is written in poetic language.



<u>Presenter:</u>	Satya Chase
<u>When:</u>	Jan. 7 & ongoing Thursdays @ 7:00-9:00
<u>Where:</u>	Flamingo Lounge
<u>Book:</u>	"Disappearance" @ Amazon, used \$3+
<u>For ??'s:</u>	Satya at 703-328-3883

*UU Principles 3 & 4:
UU's encourage spiritual
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truth & meaning.*

Thursday
workshop



The Dream Workshop

“Dreams speak a universal language of symbol and metaphor. [They] have layers of meanings and significance,” says Dr. Jeremy Taylor, author, founding member and past president of the International Association for the Study of Dreams.

In this workshop, Dr. Cathy Kopac (RN, PhD, DMin, GNP-BC) will share The Basic Dream Work Took Kit developed by Dr. Taylor, her former teacher. Join us for the teachings, practical application, and a rich discussion that will invite new understandings and insights into your awareness.

Can't remember your dreams? Come learn about how you can access the multiple dreams we have every night.

For those who are interested in further practice, this workshop serves as foundation for a bi-weekly dream interpretation group. Whether or not you plan to join the interpretation group, you will profit from Dr. Kopac's illuminating workshop.

Note: Please bring your lunch & \$25 fee. Hot/cold drinks provided.

Presenter: Dr. Cathy Kopac

When: Thur., Jan. 28 @ 10:00 – 3:00

Where: 10950 Meanderview Ct., Manassas

Note: Bring \$25 fee & bag lunch

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



UU Principle 4:

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



Dream Interpretation Group

This is a good follow-up for those who attend the dream workshop on January 28th. Come & join other dreamers who, like you, are interested in becoming adept at dream interpretation. Group members engage in confidential discussion about the dreams of group members and help each other gain new insights. Dream symbolism and interpretation will be presented and practiced.

Prerequisite: Attendance at the January 28th dream interpretation workshop or previous dream training.

Note: Please bring your own lunch.

Discussion leaders:

Cathy Kopac / Marti Giese

When: Feb. 9-Apr. 26 / 2nd & 4th Tues
@ 12:30 – 1:00

Where: 10950 Meanderview Ct, Manassas

Note: BYO lunch

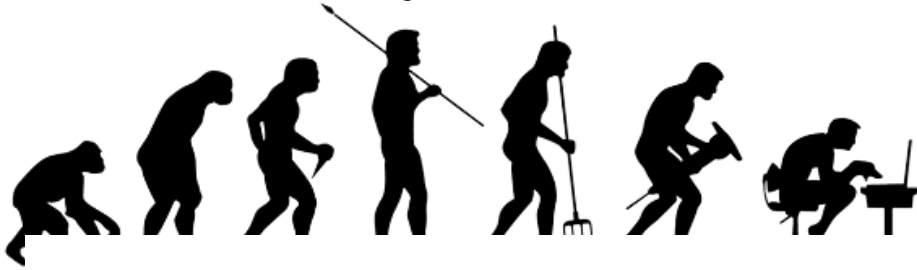
For ??'s: Marti @ 703-369-2606



UU Principle 4:

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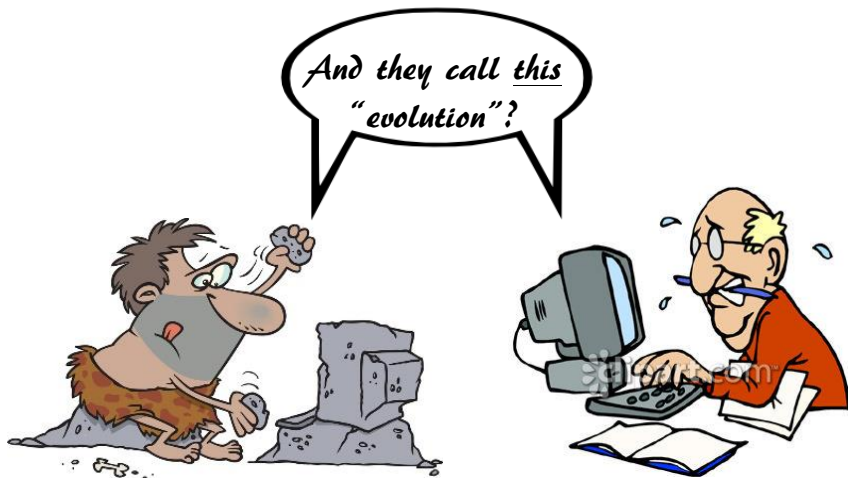
THE THEORY OF EVOLUTION



In two sessions, we will cover Charles Darwin's contribution to the field of biology and examine the data used to support the theory.

We will explore the tree of life, extinctions, DNA, mutations and examples of mutations.

Discussion time and hands-on activities will help us understand the concepts.

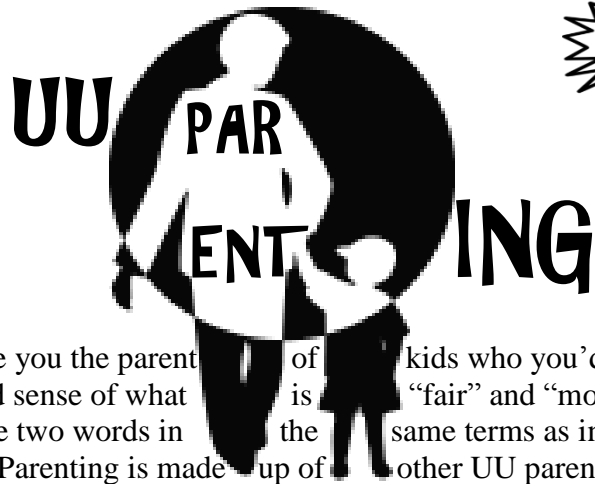


Presenter: Lois Montgomery
When: Thur, Feb. 25 &
Mar. 3 @ 7:00-9
Where: Conference Room

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

2 sessions

UU PARENTING



3 sessions

Are you the parent of kids who you'd like to raise with a solid sense of what is "fair" and "moral"? Do you define these two words in the same terms as in UU's 7 Principles? UU Parenting is made up of other UU parents, which makes this an opportunity to mull over the how to's of parenting "the UU way". The group uses the book "Tending the Flame: The Art of UU Parenting" as a discussion starter. (See below for how to get a copy of the book.)

Come join the conversation!

Jan. 17: Family Rituals, Spiritual Practices & Holiday Traditions

What character traits do you want to see in your kids? What spiritual practices and holiday traditions do you think will enrich them?

Feb. 21: Teaching UU Principles

UU's agree on the truth & value of our 7 Principles. What do the Principles say? And what do they *really* mean in parenting terms?

Mar. 20: Big Questions and Tough Stuff

Let's mull over ideas about teaching our kids the heavy issues like God & the Bible, interfaith families, death & grief, sex & love.



Presenters: Margo & Owen Davies/
Dionne & Wade Stephensen

Book: Amazon @ \$9 or on loan
at the BRUU library

When: Sundays, noon to 1
(see dates above)

Where: BRUU library

For ??s: Margo 703-393-6529



ALMOST FINAL WISHES



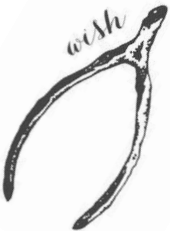
Last year's Death Café was so popular that we offered it twice. Last Fall, the next-step class, this one --“Almost Final Wishes”-- maxxed out on class size. So here it is again, your *almost final chance* to put into action the ideas you gleaned from Death Café, or simply to create a legal document for your own orderly exit from this ole Earth.

In this class, you will receive the “Five Wishes” document -- a tool that gives you control over how you want medical professionals and family members to respond if you become seriously ill or are in the final stages of life. Your “Five Wishes” document will carry the authority of a *legal* document in Virginia and many other states. You'll do your loved ones a favor by completing this form to eliminate the need for them to make agonizing decisions.

We'll also spend time reflecting on ideas for how we wish to be remembered in a memorial service, and we'll cover music considerations. By the end, we will all have witnessed the miracle of multiplication by sharing our ideas with each other.



Co-facilitators: Cathy Ring, Janette Muir, Annease Hastings
When: Sundays: Feb 28 @ 1:00 / Mar. 6 & 13 @ 1:30
Each class will last 1½ hr.
Where: Conference Rm. Class size: 12 max
For ??s: Cathy @ 703-754-8191



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

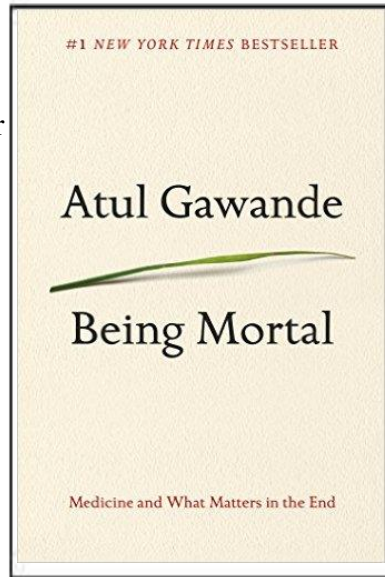
BEING MORTAL

-- BOOK DISCUSSION GROUP --

Bestselling author & surgeon Dr. Atul Gawande squarely faces his own profession in this book which focuses on how doctors may unwittingly work against their patients' best interests in old age.

While modern medicine has triumphed in many aspects, the goals of geriatric medicine run counter to the human instinctual need to manage its body to the end. Thus nursing homes, preoccupied with safety, pin patients into railed beds and doctors, committed to extending life, might extend suffering instead.

Dr. Gawande argues that quality of life is the desired goal, and he offers readers alternative ways of thinking about our own lifespan so that medicine can serve us as well at the end of our lives as it does during our lives. There is much in this book to discuss.



Notes: (1) The daytime and evening discussion groups listed below are separate. Each group will do its own review of the book. (2) Order your book from Amazon, \$8.50+ and read at least half before first class..

Discussion leader:

Susan Sinclair

When: Mon, Feb 15 – 22
& 29 @ 7:00 – 9

Where: Flamingo Lounge

For ??s: Susan @ 703-
835-5532

Discussion leader:



Merilyn Truxal-Hamburg

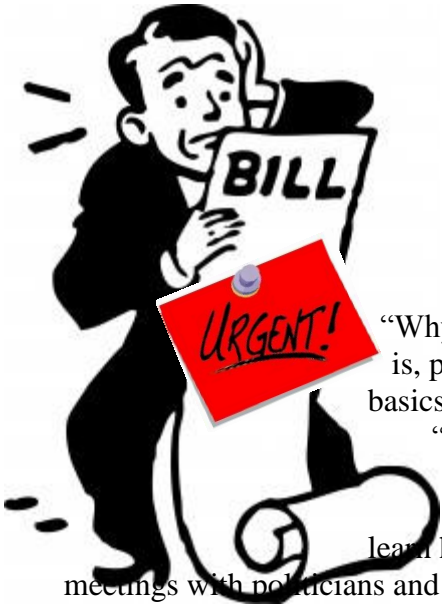
When: Thur, March 24 & 31
2:00 – 4:00

Where: Flamingo Lounge

For ??s: Merilyn @ 540-
347-1316

Saturday afternoon
workshop

Lobbying 101



“Why don’t politicians listen to us?” The truth is, politicians do listen to citizens who use the basics of effective political communication.

“Lobbying 101” will review the principles of professional interaction with elected officials. The goal of our workshop is to learn how to arrange and conduct impressive

meetings with politicians and their aides.

We’ll also analyze other influential lobbying methods, such as:

- publishing editorials,
- sending letters and emails,
- using social media and blogs

We may even exchange real-life stories of our successes at the Federal, state, and local levels. We plan to have an actual political staff member as a guest speaker to describe lobby action from the insider’s view.

Remember, you too can be a smooth lobbyist when you are prepared. It’s an exhilarating feeling when you exercise your part of democracy!

<u>Coordinator:</u>	Larry Underwood
<u>When:</u>	Saturday, March 26 1:00 – 4:00
<u>Where:</u>	BRUU Fellowship Hall
<u>For ??’s:</u>	Larry @ 703-244-0695



*UU Principles 5 & 6:
UU’s support the right
of individuals to exercise
their conscience & use the
democratic process for
peace, liberty & justice.*

WINTER FILM FEST

IN
JANUARY
FEBRUARY
& MARCH

67-7-7-7



5 good FILMS
to CHOOSE FROM

ADMIT
ONE

ONE
ADMIT



No Sanctuary: Big BUSINESS

& Family Detention

Our country has always been a place for immigrants. At least that's what we say. But "No Sanctuary" looks closely at the effect of our present immigration laws on undocumented women and children in a Texas detention center. Let's find out what's happening here locally in PWC. We'll have knowledgeable guest speakers who can tell us how it is. Oh by the way, come early for a bite to eat before we get started!

7:30-8:00

Supper provided

8-8:30

"No Sanctuary" film

8:30-9:00

Discussion about local immigrants,
led by guest speakers



<u>Coordinators:</u>	Liz Alcauskas & the Social Justice Comm.
<u>When:</u>	Feb. 11, Thur. @ 7:30-9:00
<u>Where:</u>	BRUU Fellowship Hall
<u>For ??'s:</u>	Liz @ 703-447-5701

FILM FEST MOVIES IN CHRONOLOGICAL ORDER

JAN. 21 Elk River Blues	FEB. 11 No Sanc- tuary: Big Bs & Family Detention	MAR. 10 Earthship 101	MAR. 17 Normal	MAR. 31 Earthship Demo Projects
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ELK RIVER BLUES

Recently -- January of 2014 -- *ten thousand* gallons of a coal-cleaning chemical called “crude – MCHM” leaked from a rusted containment tank into the Elk River, quickly overwhelming the local water distribution system. Suddenly 300,000 residents were stranded without water for drinking, cooking, washing or bathing! “Elk River Blues” is a documentary about this crisis in Charleston, WVA.

Unitarian Universalists nationwide (including BRUU) contributed money to the Charleston UU Congregation to create a “water crisis fund” to be used by clean water advocates for distributing bottled water, spreading the word and possibly changing the system.

Presenter: Liz Alcauskas
When: Jan. 21, Thur. @ 7:00-9:00
Where: BRUU Fellowship Hall
For ??s: Liz @ 703-447-5701



NORMAL

A Midwestern factory worker stuns his wife of 25 years by announcing that he wants to undergo sex reassignment surgery so that he can transition to live as a woman. This film has been praised by critics and nominated for awards.

Presenter: Angie Carrera
When: Mar. 17, Thur. @ 7:00-9:00
Where: BRUU Fellowship Hall
For ??s: Angie @ 571-249-0448





EarthShip 101

Have you heard of “Earthship” homes? These are off-the-grid totally self-sustainable homes so you can live without creating any footprint at all ! They are beautiful homes made of natural and recycled materials, and they all include:

- Food production capability
- Water harvesting systems
- Thermal-solar heating & cooling
- Solar & wind electricity
- Contained sewage treatment

Since the 1970’s, entire Earthship communities have been built across our nation and around the globe. This film introduces you to the basic Earthship system as well as to various types of Earthship buildings and their communities.

Presenter: Cherie Romanek
When: Mar. 10, Thur. @ 7:00-9:00
Where: BRUU Fellowship Hall
For ??’s: Call Cherie @ 970-422-4500



EarthShip Demo Projects

This Earthship film shows you five different Earthship living-without-a-footprint homes being constructed. You’ll be amazed watching what can be done with local labor in only *one* week!


Presenter: Cherie Romanek
When: Mar. 31, Thur. @ 7:00-9:00
Where: BRUU Fellowship Hall
For ??’s: Call Cherie @ 970-422-4500



LIKE WHAT YOU SEE? IT'S TIME TO REGISTER

DO I HAVE TO REGISTER?

As a courtesy to the instructor, yes. That way (s)he knows the class has attracted the minimum number of participants for a “go”.

 As a courtesy to yourself, yes. You'll save time & gas not coming to a cancelled class. (We would've called you if only we knew ...)

WHAT IF I'M NOT SURE I CAN MAKE IT?

Register anyway. Your instructor will contact you before the first class & you can explain then. Meanwhile, the class can go forward because the minimum number of signups has been met.

IS IT OK TO JUST DROP IN?

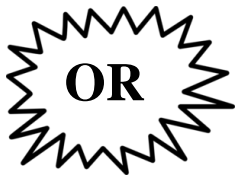
Sure. Just give the instructor a courtesy call.



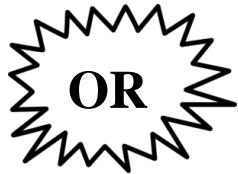
THREE WAYS TO REGISTER

1. **By paper:** Fill out the registration form in this catalog and mail it to:

BRUU, Attn: Adult RE
9350 Main Street
Manassas, VA 20110



2. **By paper:** Fill out the registration form in this catalog & drop it in the Adult RE mailbox in the BRUU lobby.



3. **Online:**

- *Go to bruu.org
- *Click "About Us"
- *Click "Adult Religious Education"
- *Fill out the form
- *Click "Send"

NOTE: No matter how you register, you will hear from us confirming that we got your registration. If you don't hear from us within a week, call us at 703-361-2690 to check.

Can You take everything you Want? CHECK THESE CALENDAR PAGES

KEY: Courses listed by # on calendars

- | | |
|---|------------------------------|
| 1. MEDITATION (basic) | 7. THE OTHER VOICE (bk disc) |
| 2. SUSTAINING MEDITATION
(experienced) | 8. BEING MORTAL (bk disc) |
| 3. DISSOLVING THE
PAIN BODY | 9. UU PARENTING |
| 4. LOBBYING 101 (Sat. wrkshp) | 10. THEORY OF EVOLUTION |
| 5. WHY EVIL EXISTS | 11. ALMOST FINAL WISHES |
| 6. DISAPPEARANCE OF THE
UNIVERSE (bk disc) | 12. PEACE OUT OF CHAOS |
| | 13. DREAM WORKSHOP |
| | 14. DREAM INTERP. GROUP |
- WINTER FILM FEST --
- 15. ELK RIVER BLUES
 - 16. NORMAL
 - 17. NO SANCTUARY: BIG BUSINESS
& FAMILY DETENTION
 - 18. EARTHSHIP 101
 - 19. EARTHSHIP DEMO PROJECTS

JANUARY				
Sun.	Mon.	Tues.	Wed.	Thur.
17 th #9	18 th	19 th	20 th #2	21 st #6 #15
24 th	25 th #5	26 th #7	27 th #1	28 th #13 #6

FEBRUARY				
Sun.	Mon.	Tues.	Wed.	Thur.
	1 st #5	2 nd #7	3 rd #2 #3	4 th #6
7 th	8 th #5	9 th #7 #14	10 th #1	11 th #6 #17
14 th	15 th #5 #8	16 th #7	17 th #2 #3	18 th #6 #12
21 st #9	22 nd #5 #8	23 rd #7 #14	24 th #1	25 th #6 #10
28 th #11	29 th #5 #8			

MARCH						
Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
		1 st #7	2 nd #2 #3	3 rd #6 #10	4 th	5 th
6 th #11	7 th #5	8 th #7 #14	9 th #1	10 th #6 #18	11 th	12 th
13 th #11	14 th #5	15 th #7	16 th #3	17 th #6 #16	18 th	19 th
20 th #9	21 st #5	22 nd #7 #14	23 rd #1	24 th #6 #8	25 th	26 th #4
27 th	28 th #5	29 th #7	30 th	31 st #6 #8 #19		



**BRUU ADULT-RE
2016 WINTER SESSION
REGISTRATION**



Name _____

Phone #'s: _____

Email: _____

X the courses you want to attend:

- _____ **MEDITATION & DISCUSSION** (basic)
- _____ **SUSTAINING MEDITATION** (experienced meditators)
- _____ **DISSOLVING THE PAIN BODY**
- _____ **LOBBYING 101** (Saturday workshop)
- _____ **WHY EVIL EXISTS**
- _____ **THE DISAPPEARANCE OF THE UNIVERSE**
(book discussion group)
- _____ **THE OTHER VOICE** (book discussion group)
- _____ **BEING MORTAL** (book discussion group)
- _____ **UU PARENTING**
- _____ **THE THEORY OF EVOLUTION**
- _____ **ALMOST FINAL WISHES**
- _____ **PEACE OUT OF CHAOS**
- _____ **THE DREAM WORKSHOP**
- _____ **DREAM INTERPRETATION GROUP**

-- WINTER FILM FEST --

- _____ **ELK RIVER BLUES**
- _____ **NORMAL**
- _____ **NO SANCTUARY:**
BIG BUSINESS & FAMILY DETENTION
- _____ **EARTHSHIP 101**
- _____ **EARTHSHIP DEMO PROJECTS**