

BRUU's ADULT LIFE ENRICHMENT COURSES & WORKSHOPS



FALL 2016

BRUU ADULT R.E. COMMITTEE

Paul Galvin, Chair

Julie Earl

Doris Galvin

Marti Giese

Frank Gregorio

Michelle Cole Luman

Kathy Sobrio



BRUU'S ADULT LIFE ENRICHMENT 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.



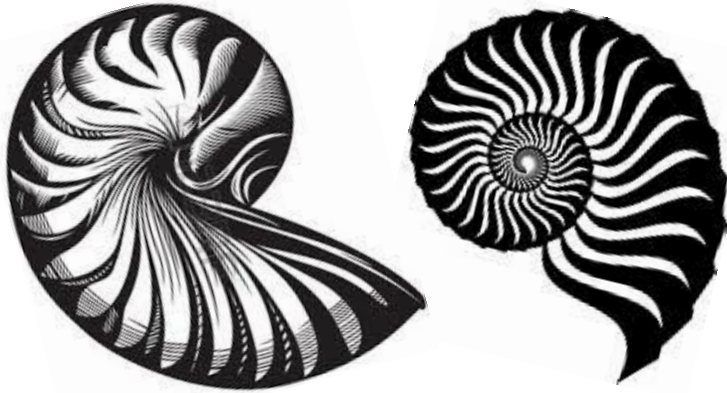
THE 7 PRINCIPLES OF UNITARIAN UNIVERSALISM

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.

4 sessions


Awareness is Everything



Mindfulness is a popular word these days---but what is it?

In the simplest of terms, it means being more aware, more focused on creating more awareness rather than walking mindlessly through life. As a therapist, I teach my clients how to develop the skill of expanding their self-awareness which, in turn, helps open a whole new world for them. In this course, we will look at four different methods that will help *you* create greater self-awareness, and more importantly how to apply them.

I created a blog called "Awareness is Everything" which provides easy, practical ways to bring mindfulness into daily life. If you'd like a preview, please read the home page to see how you too can benefit: <https://nancygiffen.wordpress.com>

Facilitator: Nancy Giffen, therapist
When: Saturdays @ 9:30 – 11
Oct. 8-15-22-29
Where: BRUU Library
Contact: Nancy @ 571-205-2123

*UU Principle 1 & 4
UUs respect the inherent
worth & dignity of every
person & support a free,
responsible search for
truth & meaning.*

The Meaning of Life

*Perspectives from the World's
Great Intellectual Traditions*

*What is the
meaning of Life?
How do we find
that meaning?*

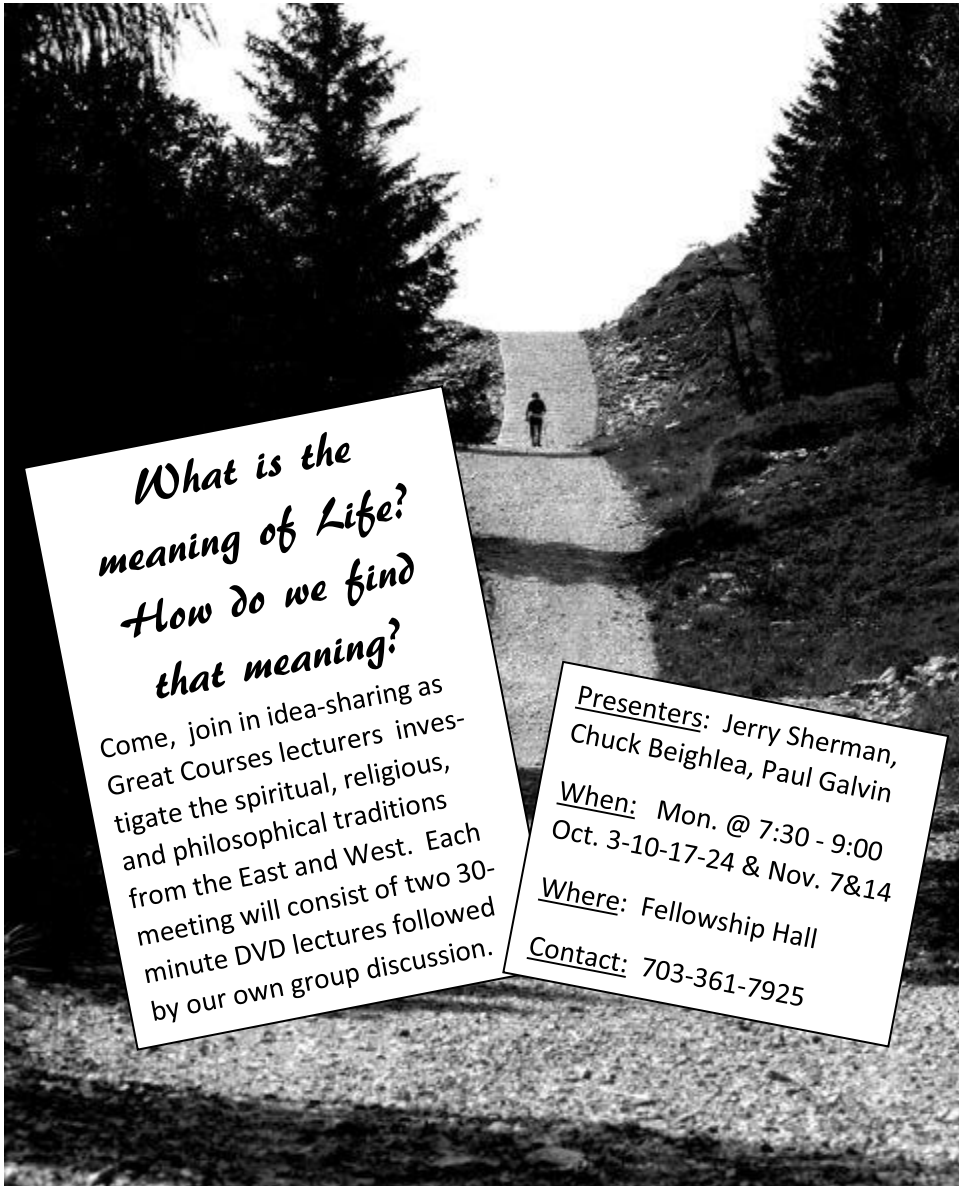
Come, join in idea-sharing as Great Courses lecturers investigate the spiritual, religious, and philosophical traditions from the East and West. Each meeting will consist of two 30-minute DVD lectures followed by our own group discussion.

Presenters: Jerry Sherman,
Chuck Beighlea, Paul Galvin

When: Mon. @ 7:30 - 9:00
Oct. 3-10-17-24 & Nov. 7&14

Where: Fellowship Hall

Contact: 703-361-7925

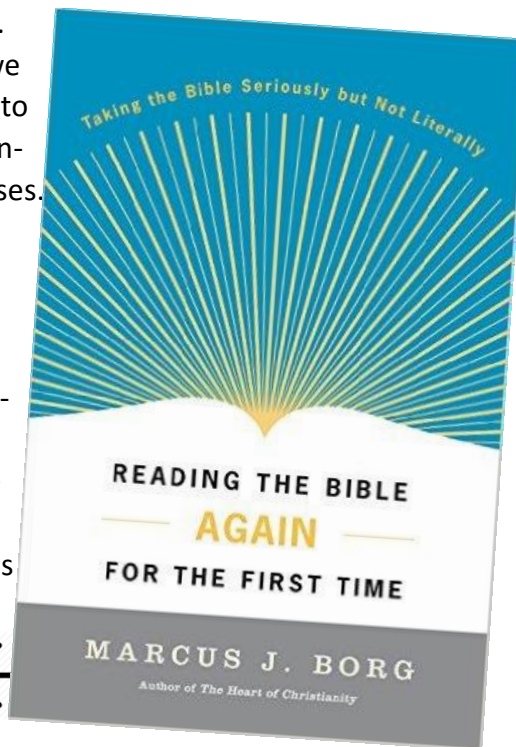



5 sessions

Reading the Bible Again For the First Time

This is NOT a “what to believe” class. It is a scholarly stroll through what we think we know about the Bible, only to discover startling “land mines,” down-right errors, and monumental surprises. As the cover says, this book is about “Taking the Bible seriously but not literally.”

Based on research by the Jesus Seminar Scholars, this class is presented as a summary of their research since 1985. You are invited to make your own discerning judgments about what makes sense to you.




Leader: Doris Galvin
When: Oct. 1-8-15-22-29
Saturdays, 10:30-noon
Where: Conference Rm
Book: Get it thru Amazon
Max: 10 people
Contact: Doris @ 703-361-7925

*UU Principle 4
Everyone has the right to a
free & responsible search for
truth & meaning.*

Ongoing so
join us!

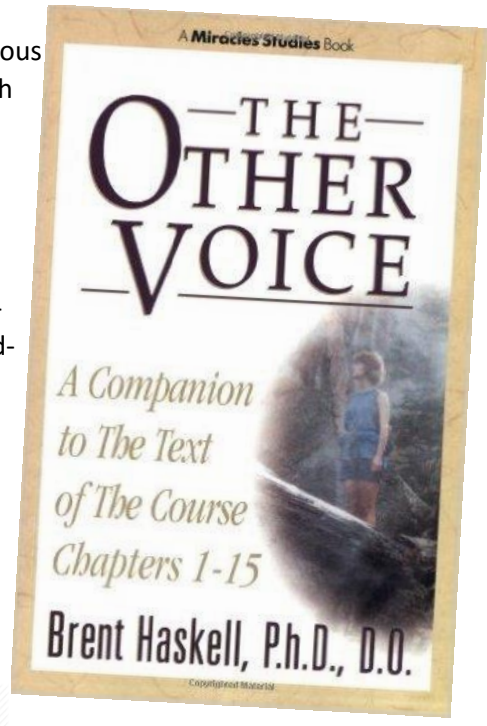
The Other Voice

-- a book discussion group --

A Course in Miracles is one of the most famous sacred texts ever written that assists us with personal transformation.

Translated into 23 languages, *The Course* describes the fastest way to our ultimate Home. But the poetic language used to guide our journey is beautiful but bewildering. Sadly, many give up before understanding its true power.

In this class, experienced *Course* teachers and a companion book, *The Other Voice*, will lead you through an enjoyable and illuminating closer look at the magnificent teachings in *A Course in Miracles*.



Presenters: Rev. Marti Giese
& Dru Heller
When: Tuesdays @ 10-11:30 AM
Where: 10950 Meanderview Ct.
Manassas 20111
Book: *The Other Voice* \$12/Amazon
Contact: Marti @ 703-369-2606

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

4 sessions

Dream Interpretation



If you are interested in exploring the meanings of your dreams, come join other dreamers in confidential discussion about your dreams and theirs. It's your opportunity to gain insights through dream symbolism. Dream interpretation and dream group etiquette will be modeled and coached.

Prerequisite: Dream interpretation experience or Dream Workshop: Oct. 15 @ 10:00-3:00 for \$25. Call Marti for info: 703-369-2606.

Please bring lunch



Facilitators: Cathy Kopac / Marti Giese
When: Alternate Tues. @ 11:45 – 1:
Oct. 25, Nov. 8 & 22, Dec. 13
Where: 10950 Meanderview Ct,
Manassas
Contact: Marti @ 703-369-2606



*Ull Principle 4
Everyone has the right
to a free, responsible
search for
truth & meaning.*

MEDITATION, A path to inner peace



Meditation relieves stress, improves sleep, and increases your overall sense of well-being. Regular practice does even more: Meditation gives you access to your Higher Mind and opens pathways for receiving helpful inner guidance that can enhance your daily life.

CHOOSE FROM 2 options



Meditation Basics



-- INDIVIDUAL, by appt --

New to meditation? Join me for an individual appointment to learn meditation basics. We'll discuss what to consider before you set up a regular practice at home, and we'll do exercises that help you focus your attention. Call Marti @ 703-369-2606.


Contemplative Meditation



-- GROUP EXPERIENCE --

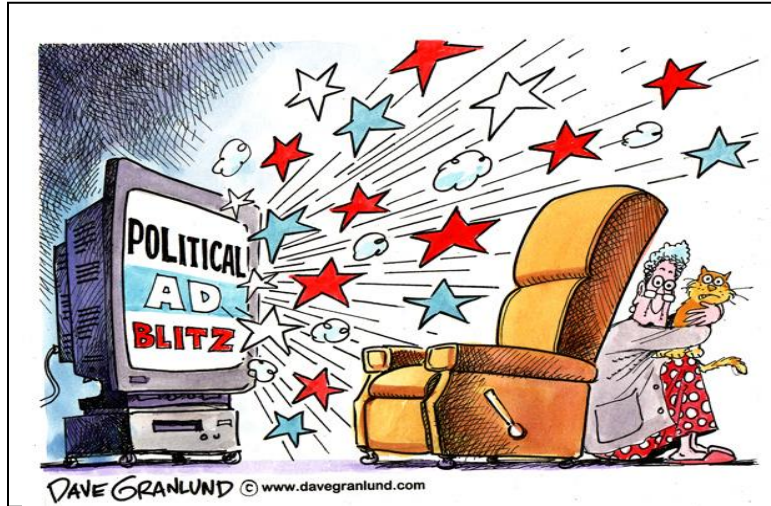
Contemplation is a form of meditation that focuses on a single thought and observes it from different perspectives. It is an excellent way to practice sustained attention skills and benefit from the insights of others.

Prerequisite: Meditation Basics (above) or previous meditation experience.


Leader: Rev. Marti Giese
When: Alternate Wed's @ 12:30-2:00
Oct. 12 & 26, Nov. 9 & 30, Dec. 14
Where: 10950 Meanderview Ct., Manassas
Contact: Marti @ 703-369-2606

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

SHIFTING PARADIGMS



IN TIMES OF SOCIAL & POLITICAL TURMOIL

Our two-party political system tells us two different stories. Stories in themselves are limiting, and *conflicting* stories cause us *stress*. How can we lift ourselves out of stories and into more effective living? Join us for

Three progressive conversations on the stories we live:

“Seeing the Story for What It Is” by Cherie Romanek

“It’s Not the Whole Story” by Cheryl Abram

“Using the Story to Help Us” by Cathy Kopac

When: Sun. Oct. 16th @ 1:00-5
Where: 10950 Meanderview Ct,
Manassas
Contact: Marti @ 703-369-2606

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

5 sessions

NON-VIOLENT COMMUNICATION

from this . . .



. . . to this



Would you like to improve your relationships with family, friends and co-workers? Would you like to stay peaceful in the face of judgment, criticism and anger? Would you like to speak, think, and listen in ways that inspire compassion and understanding? If these qualities sound appealing to you, then come study . . .

The Language of Compassion

This will be a 4-week study of the basic tenets of Non-Violent Communication, as outlined in Marshall Rosenberg's book of the same title. You will learn and practice under Kelley's leadership, who is trained and experienced in NVC methods.

Facilitator: Kelley Studholme

When: Mon. @ 7:00-9:00
Oct. 3-10-17-24 &
Nov. 7

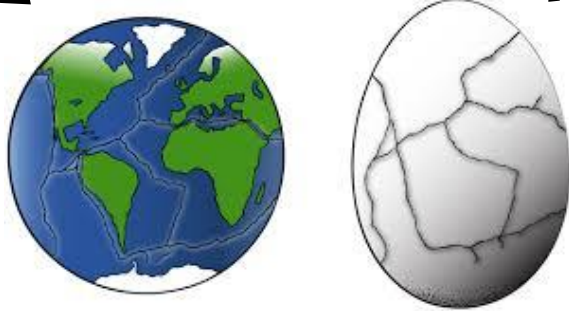
Where: BRUU Library

UU Principles 1-2-3

*UU's respect the inherent
dignity of every person,
compassion in human
relations, & acceptance
of one another.*

2 sessions

PLATE TECTONICS



--Not your average dinner plate--

Below Manassas is an ancient mountain range that formed a billion years ago at the South Pole. Under Woodbridge is a dormant volcano that was a tropical volcanic island in an ancient sea at the Equator. So, how did they both end up *here in Virginia*? Through Continental Drift, the movement of Earth's tectonic plates.

Did you know the Earth's crust is a very restless place? It is cracked in dozens of places, causing devastating earthquakes, volcanoes and tsunamis that kill thousands of people . . . over 400,000 last decade!

Come join Frank Gregorio, master science teacher, for a thrilling ride through **Plate Tectonics & Its Destructive Ways**. Through his award-winning audio-visual presentations, you'll learn why, how and where tectonic destruction has occurred and will again. You'll witness the Big Ones like Mount St. Helens, the great Alaskan earthquake of 1964, and the 2004/2011 tsunamis of Indonesia and Japan. This class promises . . .

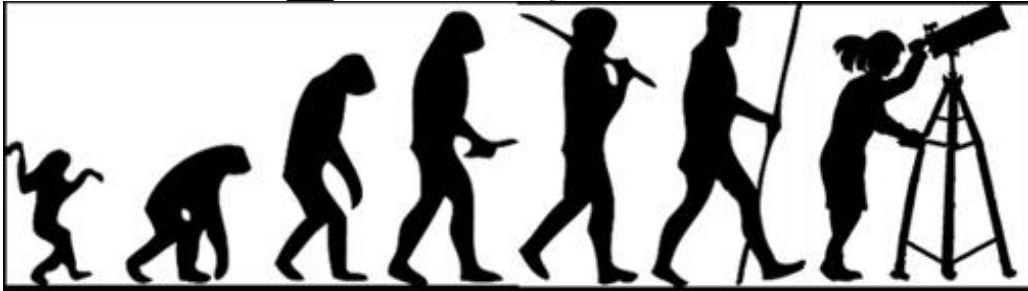
Presenter:	Frank Gregorio
When:	Thurs. @ 7:00-9:00 Oct. 6 & 13
Where:	Fellowship Hall
Contact:	Frank@703-791-4885

a ROCKIN N ROLLIN' ride



2 sessions

EVOLUTION & YOU

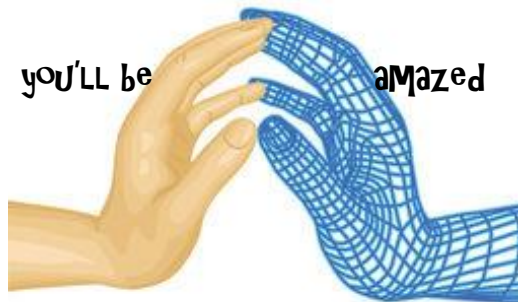


Did life on Earth evolve over time through Natural Selection?

Did you know that a long time ago, our distant ancestors swam in the sea, lived in burrows in the ground and climbed in the trees? You do? But do you realize how much Natural Selection is *still at work* today, as strongly as ever? Genetic Engineering has opened Pandora's box, and even the cell phone has become a potent agent of evolution. Humans have changed dramatically over time, but we will become an entirely different species in the not-too-distant future. Animals and plants are also continuing to evolve. How we will all look is an intriguing concept.

Come join Frank Gregorio, master science teacher, for an intriguing 2-session study of **Evolution and You**. Through his award-winning audio-visual presentations and discussions, you'll learn why, where and how Evolution occurs. You'll see evolution and natural selection at work now, and you'll learn how big or small changes in the environment impact the design of life on Earth. This class promises that . . .

<u>Presenter:</u>	Frank Gregorio
<u>When:</u>	Thurs. @ 7:00-9:00 Nov. 3 & 10
<u>Where:</u>	Fellowship Hall
<u>Contact:</u>	Frank@703-791-4885





Death Café

**You haven't lived until
you've attended a BRUU Death Café!**

Death Cafes are worldwide. People gather in a relaxed setting to drink tea, eat cake and discuss death . . . and only death. "It makes for fantastic conversation," they say.

"Macabre," you say? Actually quite the opposite. Participants say that conversing with others in a relaxed setting about death helped them discover how much they needed to recommit to this finite life, here and now, and to make the most of it by opening themselves to new possibilities.



Presenter: Kathie Conn*

When: Sun. @ 1:00-2:30
Nov. 6th

Where: Conference Rm

Contact: Cathy Ring @703-754-8191

*Kathie Conn is an End of Life
Healing/Transition Celebrant

Class size:
5 min. / 20 max.

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



FINAL WISHES, REVISITED

You are invited IF

you participated in one of the previous "Almost Final Wishes" classes

AND IF

you have completed your Five Wishes forms

AND IF

you feel you would benefit from reviewing your decisions

The purpose of this single session is to help those who tend to procrastinate (ahem!) to complete any Wishes forms that were not finalized during a class, and to update any forms if changes are desired. We can have all completed forms witnessed and notarized in class.

Party Host: Cathy Ring
When: Sun. @ 1:00 - 2:30
Nov. 20th
Where: BRUU library
Contact: Cathy @ 703-754-8191

*UU Principle 8
UU's support finishing
details out there still
flapping in the wind. ☺*



4 sessions

Necessary Loss & Creative Recovery

Think of loss. Do your thoughts go to beloved people or pets? What about other losses, like loss of youth, occupation, or health? We think of loss as a negative that leaves us somehow deficient, and we are forced to acknowledge that nothing in this world is permanent.

Yet, look again!

Our losses have contributed to ushered in new dimensions people and new ways to think.

who we are now. They have of life, and have led us to new So loss is negative *and* positive.

Join me for a series that will recovery. We'll look at how progress on to healing We'll discover that for support

address necessary loss and creative to finish the grieving process and activities for creative recovery. our community offers resources to help us find new dimension.

Each session will be followed by an optional in-depth class on a creative recovery technique.

Presenter: Rev. Marti Giese
When: Alternate Wed @ 1-2:30
Oct. 5 & 19, Nov. 2 & 16
Where: 10950 Meanderview Ct.,
Manassas
Contact: Marti @ 703-369-2606

UU Principles 4 & 5
UUs believe in the interconnectedness of everything & the right to search for meaning.

Many thanks to . . .

Paul Galvin for his excellent management as Adult Ed. Committee chair.

Instructors and facilitators listed herein who give freely of their time and talent to lesson plan and teach.

Adult Ed. Committee members for volunteering their time & talent to plan this slate of educational offerings that will, hopefully, help BRUU members and friends grow in spiritual knowledge.

Marti Giese for sharing her *Blossomforth* classes with BRUU. (Call Marti @ 703-369-2606 if you want to get on the *Blossomforth* email list.)

Kathy Sobrio for catalog layout; **Julie Earl and Michelle Cole Luman** for final booklet production.

WHO'S TEACHING THIS FALL?

Cheryl Abram

Cheryl works at the Office of Personnel Management as a Senior Policy Analyst in Leadership and Executive Development. Her core duties involve writing and interpreting gov't-wide training and development regulations and evaluating program impact. Cheryl has a Master's Degree in Social Work, a Master's in Quality Systems Management, and certifications in training evaluation, program evaluation, training transfer, and instructional design and Prince2 Project Management.

Kathie Conn

Kathie is a Board member of the Memorial Society of Northern Virginia and a certified facilitator of the Death Café of Northern Virginia.

Doris Galvin

Doris is retired public school teacher, private school director, communication skills workshop leader, musician, artist, and wife of Paul for 61 years. They both were in the Methodist ministry for 14 years, the last 6 as missionaries in Hawaii. Doris, along with Cathy Ring, were the "Mother Superiors of Startup" who organized BRUU 35 years ago.

Nancy Giffen

Nancy Giffen, LCSW has been a therapist for decades. She's worked with children and families, emergency mental health, couples and individuals. Nancy is a Reiki Master/Teacher and has taught numerous Reiki classes. She's taught several workshops on archetypes and co-led a therapy group called Feng Shui for the Soul. Recently, she's been invited as a guest panelist on a number of programs through *A Love Unleashed Production* which airs on FPA TV.

Frank Gregorio

Frank is a retired Science teacher for Prince William County Schools. With degrees in Earth Science and Biology and 35 years of experience as a practicing teacher, a CEO and corporate scientist of an international biotech company, and a government scientific investigator for FDA, Frank is well prepared to share his scientific knowledge with us. He also operates a popular educational YouTube channel.

Marti Giese

Marti's work career includes teaching special needs children, counseling domestic violence victims, and providing chaplaincy to seniors and hospice patients. Marti has an M.Div. in pastoral counseling and metaphysical/esoteric wisdom teachings, and an M.A. in Human Resources/adult education. Marti's avocation is **Blossomforth**, a spiritual community where seekers unite to participate in discussions focusing on spiritual growth techniques that enable participants to step into the power of self-healing.

Cathy Kopac

Cathy is a retired professor of nursing who now serves on the adjunct faculty staff of George Washington University. She taught graduate research, ethics, advanced health assessment and geriatrics to nursing students, but her first love throughout her career has been geriatrics and the care of older adults. She maintains a clinical practice as nurse practitioner and ethicist consultant for Fairfax Co.'s Adult Protective Services. Her special interests are in Complementary/Alternative Medicine (CAM) and dream interpretation; she is certified in Dream Work which she uses for medical purposes.

Cathy Ring

Cathy is a Board member of the Memorial Society of Northern Virginia. Cathy, along with Doris Galvin, were the "Mother Superiors of Startup" who first organized BRUU 35 years ago.

Cherie Romanek

With a B.A. in Sociology, Cheryl's has retained a life-long interest in systems theory. She had the good fortune of witnessing the application of theory to practice during her more than 30 years of work in the technology field, writing white papers, case studies and other technical marketing material for J.D. Edwards, PeopleSoft, and IBM.

Jerry Sherman – Paul Galvin – Chuck Beighlea

Three great-to-know guys who are in BRUU's ROMEO breakfast club (ROMEO = Retired Old Men Eating Out) where they figure out which Great Courses film series they will offer in the next A.L.E. (adult ed.) session. Thanks for your leadership!

Kelley Studholme

Kelley attended a 6-month study of Non-Violent Communication (NVC) through BRUU and recently co-facilitated an NVC workshop.

Can You take everything you Want?



Check the calendar pages below

Courses are listed on calendars as the following #'s:

- #1: Reading the Bible Again for the First Time – 10:30-12:00
- #2: The Other Voice -- 10:00-11:30
- #3: Contemplative Meditation – 12:30-2:00
- #4: Necessary Loss & Creative Recovery – 1:00-2:30
- #5: Shifting Paradigms in Times of Turmoil – 1:00-5:00
- #6: Meaning of Life – 7:30-9:00
- #7: Awareness is Everything – 9:30-11:00
- #8: Dream Interpretation – 11:45-1:15
- #9: Non-Violent Communication – 7:00-9:00
- #10: Plate Tectonics – 7:00-9:00
- #11: Evolution & You – 7:00-9:00
- #12: Death Café – 1:00-2:30
- #13: Final Wishes, Revisited – 1:00-2:30

SEPT.
Tues.

6 th #2
13 th #2
20 th #2
27 th #2

OCTOBER

Sun. Mon. Tues. Wed. Thur. Sat.

					1 st #1
2 nd	3 rd #6 #9	4 th #2	5 th #4	6 th #10	8 th #1 #7
9 th	10 th #6 #9	11 th #2	12 th #3	13 th #10	15 th #1 #7
16 th #5	17 th #6 #9	18 th #2	19 th #4	20 th	22 nd #1 #7
23 rd	24 th #6 #9	25 th #2 #8	26 th #3	27 th	29 th #1 #7

NOVEMBER

Sun. Mon. Tues. Wed. Thur.

		1 st #2	2 nd #4	3 rd #11
6 th #12	7 th #6 #9	8 th #2 #8	9 th #3	10 th #11
13 th	14 th #6	15 th #2	16 th #4	17 th
20 th #13	21 st	22 nd #2 #8	23 rd	24 th
27 th	28 th	29 th #2	30 th #3	31 st

DECEMBER


Tues. Wed.

6 th #2	7 th
13 th #2, #8	14 th #3
20 th #2	21 st
27 th #2	28 th

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 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.
(As in “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 has registered.

IS IT OK TO JUST DROP IN?

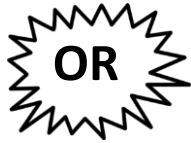
Sure. Just give the instructor a courtesy call.



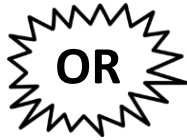
THREE WAYS TO REGISTER

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

BRUU, Attn: Adult Ed.
9350 Main Street
Manassas, VA 20110



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



3. Online:
 - *Go to bruu.org
 - *Click the Adult Ed. link button on the face page
 - *Fill out the registration 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 703-361-7925 to check.



**BRUU ADULT ED.
REGISTRATION
2016 FALL SESSION**



Name _____

Phone #'s: _____

Email: _____

X the courses you want to attend:

_____ Reading the Bible Again for the First Time

_____ The Other Voice

_____ Contemplative Meditation

_____ Necessary Loss & Creative Recovery

_____ Shifting Paradigms in Times of Turmoil

_____ The Meaning of Life

_____ Awareness is Everything

_____ Dream Interpretation

_____ Non-Violent Communication

_____ Plate Tectonics

_____ Evolution & You

_____ Death Café

_____ Final Wishes, Revisited