

First Unitarian Universalist Society of Albany

405 Washington Ave., Albany, NY 12206
(518) 463-7135 www.albanyuu.org

Rev. Samuel A. Trumbore, Minister

A welcoming congregation

– Adult Education Classes, Spring 2008–

Articulating Your UU Faith

*Saturday, Feb. 9, 9:00 am-3:00 pm, \$10
Led by Rev Trumbore and Leah Purcell*

Ever faced that difficult question, “So what do UU’s believe?” Even if we’ve been Unitarian Universalists for many years, coming up with a quick, clear answer can be a challenge. The most effective answer will lead to an engaging conversation. This class will help you learn how to start that conversation.

Simply Pray

*Mondays, Feb. 11 and 18, 7:00-9:00 pm, \$25 (including book)
Led by Rev. Trumbore*

Prayer can be a modern Unitarian Universalist spiritual practice to deepen your experience of living. Rev. Erik Walker Wikstrom, in his book of the same name, will be our source for building a bridge for people who struggle with a way to pray that is authentic to them and their sense of the Holy.

Relational Living: A workshop for couples and individuals

*Saturday, Feb. 16, 9:00 am -3:00 pm, \$30 single/\$55 couple
Childcare, coffee/snacks and lunch will be provided
Led by Kim Ploussard, LMHC, CRC, David Pettie, ACSW, LCSW, Rev. Trumbore*

Learn skills of connection you were never taught. New skills are critical not only to keep us together but to awaken us to a world where love can flourish.

- ◆ Identify your stance in relationship
- ◆ Resolve repeated arguments
- ◆ Increase satisfying interactions
- ◆ Learn how to speak your truth

Presenters: Kim Ploussard, LMHC, CRC, is on the faculty of the Relational Life Institute and is a Relational Life therapist for couples in emotionally committed relationships. Kim is married to co-presenter David Pettie, ACSW, LCSW, a trainer in mental health, identity and aging. Rev. Trumbore will assist as host of the event.

Cakes for the Queen of Heaven

*Mondays, Mar. 3, 10, 17, 24, 31, Apr. 7 from 7:00-9:00 pm
Led by Cathy Perkins and Sigrin Newell*

For the first two-thirds of human history, people revered the female as divine. *Cakes for the Queen of Heaven* is a course which introduces these ancient Goddesses, weaving their stories together with major concerns of women today. In this course we combine play, ritual, intellectual discussions, and song to explore a new way of looking at spirit. In doing so, we attempt to reclaim woman's heritage and to know ourselves in a new way.

Rediscovering Jesus in a Secular World

Tuesdays, Mar. 4, 11, and 18, 7:00-9:00 pm, \$30 (including book)

Led by Rev. Trumbore

Unitarian Universalists tend to look to Jesus as a teacher, a guide and as a companion. Using Rev. Erik Walker Wikstrom's book titled, *Teacher, Guide, Companion: Rediscovering Jesus in a Secular World*, the participants in the class will be encouraged to move beyond Jesus as a strictly moral teacher. Can we relate to Jesus as a God-filled person who draws us into a personal relationship, through which we are opened more fully to the mystery of divine love and human freedom?

Insight Meditation Retreat

Friday, Mar. 21, 6:30-9:00 pm and Saturday, Mar. 22, 8:00 am-3:00 pm, donation

Led by Rev. Trumbore

Come learn the basics of Buddhist insight meditation. Rev. Trumbore has been practicing this form of meditation almost 25 years. All levels of experience are welcome at this retreat. We'll be sharing a cooperative vegetarian lunch on Saturday.

Spirit of Life: Exploring Spirituality for Unitarian Universalists

Tuesdays, April 1, 8, 15, 22, 29, May 6, 13, 20, 7:00-9:00 pm

This new Tapestry of Faith curriculum explores a broad and inclusive definition of spirituality—one that includes those who do and don't affirm the existence of spirit or deity. The Spirit of Life program seeks to be like the song from which it derives its name and bring meaning, beauty, and growth to Unitarian Universalist adults as they deepen their spiritual awareness and connections. Specific goals of the program include:

- ◆ Evaluating your experiences of the spiritual during turning points in your life and during day-to-day living,
 - ◆ Learning methods for being attentive to your own spirituality,
- Considering the value of spiritual practice, in any variety of forms, as a means to deepen your faith and enhance the quality of your everyday life.

— Event Registration —

Many classes and events will have sign up sheets on the "Sign Up Site" bulletin board in Channing Hall.

Some events will have registration tables during coffee hour on Sunday, also in Channing Hall.

You can always sign up for a class or program by calling the church office at (518) 463-7135.

Please call the office with any questions about how to get started in an activity at FUUSA—we can help you connect!