

New UU

3 afternoon sessions, Sundays, 4:00-5:30 PM
January 16; February 6, 20
Fee: None Minimum participants: 5

Sessions open to all, but designed for people “newer” to Unitarian Universalism; join Reverend Hepler to hear some history, to ask some questions, to spend time discussing spiritual/ethical issues at the core of all religions and to explore those issues from the decidedly different range of a UU perspective. The class is a great way to meet other people, to get to know our minister and to support your journey as a UU or as someone considering making First Parish your spiritual home.

Coordinator: Rev. Kathleen Hepler, Senior Minister at First Parish

Sunday Night Foreign Film

Captain Abu Raed, Jordan, 2008
102 minutes, NR
March 6, 7:30 PM - Huntley Room
Fee: None

Airport janitor Abu Raed has long wanted to travel the world, but he's had to settle for imagined experiences through books and conversations. When a group of children mistake him for a pilot, he captivates them with made-up tales of adventure. His humanity comes into play as he begins to form close friendships with these poor neighborhood kids. The fine acting, strong story line, and depth of characterization won this film the 2008 Sundance Audience Award for World Cinema. Discussion and refreshments will follow the film.

Coordinator: Diane Engel

Other Programs

Stitches in Time: First Parish's Knitting and Crocheting Ministry

Afternoon group meets 2nd and 4th Wednesdays, 1:00–3:00 PM, starts January 5
Evening group meets 2nd and 4th Tuesdays, 7:30–9:00 PM, starts January 11

Fee: None. Participants provide yarn and knitting needles or crochet hook

Stitches in Time meets in the Allen Room at the 110 Edgell Road Building. This ongoing ministry in the congregation makes shawls, lap robes, and children's *Linus* blankets. The afternoon group also knits Chemo Caps and caps for premature babies at the Metrowest Medical Center.

Coordinators: Afternoon - the Rev. Karin Tanenholtz; Evening - Trish Lynne

LATE WINTER/SPRING REGISTRATION

Adult Lifespan Religious Education at First Parish in Framingham offers courses to nourish you in mind, body, and spirit. To register for a class, please use the enclosed registration form. If a class has a fee, enclose a check written to First Parish in Framingham with Adult RE Registration on the memo line.

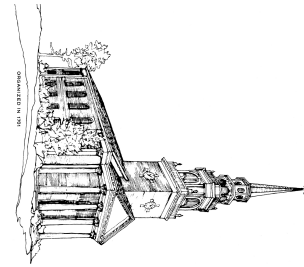
**Please register by one week before your desired class. A registration table will be available during Coffee Hour on Sundays early in January. You may also mail the form, or leave it with the Church Administrator, David Moore, in the Parish Office.*

Scholarships are available for classes except for those taught by outside professionals. Please contact Rev. Kathleen Hepler at (508) 872-3111 ext. 205.

If you are interested in teaching or leading a course in the future, please submit a proposal to a member of the Adult Religious Education Council.

The Adult RE Council

Greg Berry, Registrar
Linda Schreiber, Registrar
Janet Nichols, Publicity
Diane Engel, Foreign Films
Valerie Chasin, Brochure



First Parish In Framingham
24 Vernon Street
Framingham, MA 01701
Return Service Requested

FIRST PARISH IN FRAMINGHAM

Adult Lifespan Religious Education

January – May
2011

Schedule of Classes



Non-Profit Org.
U.S. Postage
PAID
Permit No. 319
Framingham MA

Monday

Storytelling

1 evening session, Monday, 7:30-9:00 PM
February 7
Fee: None

We commemorate the beginning of the Civil War sesquicentennial years, 2011-2015. Storyteller Bob King will tell an original story about how the Civil War affected the lives of two Southerners and how it tied their fates together forever. This story includes descriptions of war, death, and violence. Older children of junior and senior high school age are welcome at their parents' discretion. A discussion and refreshments will follow.

Coordinators: Bob King, Diane Engel

Introduction to Energy Medicine and Donna Eden's Daily Energy Routine

6 evening sessions, Mondays, 7:30-8:30 PM (also see Wednesday)
March 7, 14, 21, 28; April 4, 11
Fee: \$30

Energy is a present moment experience. The needs of your body change from moment to moment. This course will teach you to begin a conversation with your energy to see where you are and provide tools for you to use to improve the quality of your experience on the spot. Energy exercises are easy to learn and provide immediate changes in the energy flow. Stuck energy is responsible for pain and dysfunction. By moving stuck energy one encourages improved performance in mind, body and spirit. Recommended reading: *Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality* by Donna Eden.

Instructor: Veena Baker has completed the 5 day Basic Energy Medicine training and is currently a student in Donna Eden's certification program. Her previous training in physical therapy, tai chi, qi gong, meditation and yoga give depth to her understanding of energy medicine.

Tuesday

Being Older and Wiser

7 afternoon sessions, Tuesdays, 12:00-2:00 PM
February 1, 8, 15, 22; March 1, 8, 15
Prerequisite: age 50 years or above
Bring your lunch - tea is available
Fee: \$25 per person, \$45 per couple (sharing a book)

Are you a Baby Boomer or in retirement? A gift of long life comes with challenges and we find becoming older doesn't feel good when we try to ignore its process. If we move with intention through the ups and downs we find that being an elder has its own vitality. You are invited to join the workshop to explore possibilities of enriching your senior years. An individual may develop his or her story from personal experiences and spiritual life. It is an opportunity to live with increased clarity and intention and rethink one's outreach to others. Participants are invited to explore their lives through guided imagery, journaling, color, small and large group sharing and the research and work of several authors.

Workshop Leader: The Rev. Karin Tanenholtz has been a Unitarian Universalist minister for twenty years. She has served as parish minister, spiritual director, college chaplain, and workshop leader. Educational background: M. Divinity, Andover Newton Theological School; M.A. in Counseling Psychology, Lesley University; B.S. in Art Education, Ohio University

Wednesday

Yoga I

7 morning sessions, Wednesdays, 9:30-11:00 AM
January 26; February 2, 9, 16; March 2, 9, 16
Fee: \$105 (preregistration required) (no scholarship available) Minimum participants: 8

Give your bodily home some nurturing! Achieve personal, physical, mental and spiritual balance through gentle stretching, awareness of breath, breathing exercises and relaxation techniques. No age limits. Men and women welcome. Bring a blan-

ket and an exercise mat; wear loose, comfortable clothing.

Yoga II (Continuation of Yoga I)

7 morning sessions, Wednesdays, 9:30-11:00 AM
March 23, 30; April 6, 13, 27; May 4, 11
Fee: \$105 (preregistration required) (no scholarship available) Minimum participants: 8

Instructor: Barbara Levine is a Certified Kripalu Yoga Teacher with 27 years experience. She is also registered with Yoga Alliance and holds a Master's Degree in stress management. She has taught for many years at First Parish, The Wellness Community, as well as at her home studio in Weston.

Introduction to Energy Medicine and Donna Eden's Daily Energy Routine

6 morning sessions, Wednesdays 11:30-12:30 AM
(Also see Monday, for description)
March 9, 16, 23, 30; April 6, 13
Fee: \$30

Thursday

Grief and Loss from the Inside Out: Exploring Spiritual Themes through Theatre

6 evening sessions, Thursdays, 7:00-9:00 PM
March 17, 24, 31; April 7, 21, 28
Fee: None

We will explore the spiritual effects of grief, loss and mourning on individuals and families. We will also reflect together on some of the ways that individual differences, socio-economic background and family network shape our ability to deal effectively with the sadness that accompanies bereavement. Each class will contain two sections: the first half will introduce a theme for the group to reflect on and discuss; the second half will make use of the pastoral play *Full Circle*, written by Michael, to explore these themes even further. Although this class is appropriate for all adults, young adults may find some of the themes particularly compelling. Please contact Michael for further details/first session readings.

Instructor: Michael F. Hall, M. Divinity, Intern Minister at First Parish

Enhance Family Ritual with Legacy Writing

1 evening session, Thursday, 7:30-9:00 PM
April 7
Fee: None

Throughout their lives, our children move through many rites of passage on their journeys to adulthood. Although we have rituals to celebrate many of these occasions - birthdays, graduations, weddings, births - sometimes these events can seem so hectic and task-filled that we're left with little time to pause and reflect on what they mean to our children and to us. In this evening workshop for parents, you will learn how the practice of legacy writing, or what some have called "love letters to one's family," can bring added meaning, depth, and spirituality to you and your children's lives.

Instructors: Karen Soorian and Julie Porter. Karen Soorian is a parishioner and Certified Ethical Will Facilitator who provides legacy-related trainings for older adults, caregivers, families and organizations in the Boston area. An eldercare program manager for the past 25 years, she holds a master's degree in health administration and currently works as a project director at a nursing center in Boston. Julie Porter is the Director of Religious Education at First Parish and is a Credentialed Religious Educator, Masters Level (by the Unitarian Universalist Association).

Sunday

Sacred Circle Dance

5 evening sessions, Sundays, 6:00-8:00 PM
January 9; February 20; March 13; April 10; May 22
Fee: \$5-\$10 donation per session (drop-in basis only; no advance registration)

In circles, lines, and spirals we join hands to learn simple, traditional, and newly formed village dances passed on by diverse cultures from all corners of the Earth. Each dance will be taught by a variety of knowledgeable teachers; no previous experience or partner is necessary.

Instructors: Tai and Michael Summers-McGuinness (sessions 1 through 4). To be announced (session 5). Facilitator: Paula Adelson