

Winter 2007 Registration

Adult Lifespan Religious Education at First Parish in Framingham offers courses to nourish you in mind, body, and spirit. The winter session registration for all classes is from January 5 – 19. Please use the enclosed registration form. If a class has a fee, enclose a check made out to First Parish in Framingham with Adult RE registration on the memo line.

Scholarships are available for fee classes except Yoga. Please contact one of the ministers at First Parish. They can be reached at (508) 872-3111.

Register at Coffee Hour Adult RE table, mail the form, or leave it with Joyce McNeil in the church office.

Spring session Adult RE courses begin on March 28 and will have a separate brochure. The registration period is from March 1 – 15. Classes will include Yoga, A UU Approach to Biblical Scriptures, Meet Our Forbearers - the Transcendentalists (*with* Saturday trips to Concord and Fruitlands).

If you are interested in teaching or leading a course for Fall 2007, please submit a proposal to Linda Schreiber by May 15.

The Adult RE Council

Cathy Cunningham, Registrar
Donna Howland, Co-Chair
Rich Lawson, Board liaison
Judy Perry
Linda Schreiber
Rev. Karin Tanenholtz, Co-Chair
questions: kstanen@rcn.com

FIRST PARISH IN FRAMINGHAM

Adult Lifespan Religious Education

Schedule of Classes

January – March 2007

A Faith for All Seasons

5 Monday evenings, 7:30 – 9:30 PM
January 22, 29, February 5, 12, 26

No fee except for book (\$14)
Minimum: 4 participants

Is religious liberalism a faith for all seasons? Is it a faith for our dark times as well as for our moments of light? Years ago I wrote a long piece which asked that question, and Bill Murry, past President of Meadville/Lombard Theological School, posed a response in the form of a short book. We will buy and read that book together and talk about some of the issues it raises asking, "How well do our individual faiths sustain us in troubled times?" Fairly consistent attendance will be requested.

Rev. John Nichols, our Interim Minister, also served as Interim Minister to UU congregations in White Plains, NY, Belmont and Brewster, MA. He served the Wellesley congregation for 23 years. For many years he was UU Polity professor at Andover Newton Theological School.

Yoga III

8 Wednesday mornings
9:30 – 11:00 AM
Session III, Jan. 24 – March 21

Fee*: \$80 per session
(No scholarship available)
Minimum: 10 registrants

Banish the winter blahs! 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 blanket and an exercise mat; wear loose, comfortable clothing.

Instructor Barbara Levine is a Certified Kripalu Yoga Teacher with 24 years experience. She is also registered with Yoga Alliance, holds a Master's Degree in stress management and currently teaches at the First Parish in Framingham, The Wellness Community and her home studio in Weston.

"The New UU"

3 Wednesday evenings
7:30 – 9:00 PM
March 14, 21 and 28.

No fee. Minimum: 5 Persons.

The class is especially designed for new members and friends and for those wanting an orientation of First Parish. We'll look at our own spiritual journeys, our history and theology, and Unitarian Universalism as it is manifest at First Parish.

The Rev. Roger C. Peltier has been Assistant Minister at First Parish since September, 2005. He feels called to change the world by changing lives, one mind, one heart, one soul at a time. Roger served the First Parish in Bedford and has preached in area churches. From 1998 to 2003, Roger was Administrative Consultant of the Mass Bay District of UU Churches. He currently sits on the district board, serves on the Association of UU Administrators Certification Committee, and represents the UU Ministers Association on the Council of Church Staff Finances. He graduated from Andover Newton Theological School.

Intro to Spiritual Ecology

4 Mondays, noon – 2 PM

March 5, 12, 19, 26

or 4 Tuesdays, 7:30 to 9:30 pm

March 6, 13, 20, & 27

Dates to be determined by registration

Fee: \$40 (\$65 for a couple sharing 1 book) Fee includes the cost of the paperback book, *Earthlight: Spiritual Wisdom for the Ecological Age*, which is available from Judy.

This 4 session class will explore the subject of spiritual ecology using a book containing the best articles from *Earthlight Magazine*. This class will also provide a foundation for the Green Sanctuary work we have begun at First Parish. We will read and discuss sections of the book including, Conscious Evolution, Sacred Relationship, Mutual Learning, and Celebration. These readings will serve both as an introduction to spiritual ecology and as inspiration to those already familiar with the idea.

**There will be two sections of this class if there is interest. To help with scheduling, please indicate if you are available at both meeting times.)*

Facilitator Judy Perry is a member of First Parish and has been part of the Worship & Arts Council, Adult RE Council, and the Labyrinth Keepers at various times. For twenty years she was an environmental scientist with the Massachusetts Department of Environmental Protection and feels strongly about protecting the welfare of our natural world.

Stitches in Time: First Parish Knitting/Crocheting Ministry

4 Wednesdays 1 – 3 PM

and/or 7:30 – 9PM (2 possible groups)

January 24, 31, Feb. 28, and more to be determined by the group)

Fee: None but that for yarn and your knitting needles or crochet hook

This is a beginning of a new ministry to offer comfort and help in healing when needed by knitting or crocheting a shawl or lap robe and then giving it away. Perhaps you know of someone who has received such a gift at a difficult time. Shawl ministry groups have been formed in churches of different faiths. Making these shawls is not difficult and is as relaxing as it is caring. Here is an opportunity for you to meet more FPF people. The group can be ongoing. Beginners are welcome.

Facilitators: Trish Lynne and Rev. Karin Tanenholtz

Trish Lynne teaches writing at Framingham State College and has been a member of First Parish for a little more than a year. She first learned to knit from her grandmother when she was twelve but gave it up--unable to cope with the knots she made. About seven years ago, she rediscovered the joys of yarn, taking up crocheting and then knitting once again.

Rev. Karin Tanenholtz is a UU Community Minister and Spiritual Director and is long time member of First Parish. She is a painter and is happy to be knitting again.

Parents as Spiritual Guides

4 Tuesdays

7:30 – 9:00 PM

March 6, 13, 20, 27

No fee Minimum: 4 registrants

Parents can be excellent spiritual guides if they take the time to honor their own yearnings, wonderings and reflections and share them with their children.

– “Parents as Resident Theologians”
by Roberta and Christopher Nelson

This course will focus on ways to encourage the senses of wonder, courage, faith, and justice in children being raised in Unitarian Universalist families. We will look at spirituality in everyday life as well as in rituals and celebrations. Come and meet with other parents to explore ideas for guiding your children on their own spiritual journeys.

Facilitator Julie Porter is in her sixth year as the Director of Religious Education at First Parish. She loves working with parents and believes that the environment that parents create at home strongly influences children’s outlook on life, their confidence, and sense of who they are. She and her husband have raised/ are raising 3 children, hopefully in ways that have encouraged them to find their own deep sense of spirituality.

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Spiritual Direction

There may be a time when you experience a deep interconnectedness with the holy or mysterious aspects of life. The experience may last only an instant but its intensity leads to wanting to better understand one’s place within the whole of life. We may wonder, “What is this spark within me?”

Meeting with a spiritual director/companion provides an opportunity to bring more focus and intention to one’s life. They listen and give support and challenge to more fully understanding an individual’s life. In each session we begin wherever you are at the time. For some, the goal may be to develop a spiritual practice. For others, the goal may be to explore new feelings of spiritual wakefulness. It is not counseling or therapy and you may choose to meet once or twice a month for as long as you wish.

Fee: \$50 per session with a sliding fee scale if needed. Please contact Karin at (508)-485-7185 if you are interested.

Spiritual Direction is offered at First Parish by Karin Tanenholtz, a Unitarian Universalist minister whose ministry is endorsed by First Parish. In her sixteen years of ministry she has served churches, was a UU college chaplain, has developed and taught spiritual growth groups and worked with individuals. Her further study and certification is through the Shalem Institute for Spiritual Formation.