

Adult Religious Education & Spiritual Growth

Chalice Circles



Coordinator Karen Hirsch

Chalice circles meet monthly to discuss a spiritual or religious topic. Each group has two trained facilitators. The coordinator assigns people to their chalice circle based on availability. Most meet in the evenings, one meets on Thursday mornings. It's a great way to explore topics with a group. We encourage all members, especially newer members, to join a chalice circle.

Singing Meditation

Group Facilitator Ruthie Rosauer,

Singing Meditation is an inter-faith spiritual practice that alternates song and silence. Songs are drawn from a variety of spiritual paths. Silent intervals of 2 – 5 minutes are undirected and may be used for contemplation, prayer, or meditation. No sermon. All sessions are at the UUC and are free.

For more information contact Ruthie Rosauer, singingmeditation@yahoo.com

Website: www.singingmeditation@yahoo.com

Orientation Series 2009-2010

Twice each year UUC offers a Newcomer Class Series for visitors and newer members. Visitors who are considering the possibility of joining the congregation, and members who have joined in the past year or two are encouraged to attend. You need not attend all three sessions in the series.

Session #1 The Faith Journey

Sunday, March 7

11:30 – 1 downstairs in the World Community Room.

In this session you will have a chance to talk about the diversity of beliefs among Unitarian Universalists and share with others a little about the exploration that has brought you to our congregation at this time.

UUC....where people with different beliefs worship as one faith.

Session #2 Unitarian History

Sunday, March 14

11:30 – 1 World Community Room.

Learn about the historical origins of our religious group as well as some stories about our own Eau Claire congregation.

Session #3 Expectations of Members

Sunday March 21

11:30 – 1 World Community Room.

Our congregation is blessed with a large number of fun things to do such as Book Group, Potlucks, Tea & Empathy, and the Harvest Auction. We also have Religious Education classes for children and adults and ongoing Chalice Circles. There is a hope that each member will participate on a committee, help support the congregation financially and also do some volunteer work for the larger community. This is your opportunity to learn about all these things and make a truly informed decision about whether you'd like to be a member.

Social Opportunity Dinners for Newcomers

Saturday March 20

**6:30-8:30 p.m. Home of Christopher Iannone,
Membership Chair**

A potluck dinner to meet other Newcomers as well as seasoned members while enjoying a delicious meal.



Menu for The Future

"Food is our common ground, a universal experience." - James Beard

Menu for the Future is a six-session discussion guide for the workplace, church, community center or home.

Participants in this discussion course will:

- Explore food systems and their impacts on culture, society and ecological systems
- Gain insight into agricultural and individual practices that promote personal and ecological well-being
- Consider ways to create and support sustainable food systems

Class Dates: all classes will take place in the social hall at the UUC

Wednesday, March 3	6:30-8:30 pm
Tuesday, March 9	6:30-8:30 pm
Wednesday, March 17	6:30-8:30 pm
Wednesday, March 24	6:30-8:30 pm
Wednesday, April 7	6:30-8:30 pm
Tuesday, April 13	6:30-8:30 pm

Cost of the class \$20 (to cover the cost of the book)

Rick Magyar will facilitate the class.

Participants will take turns leading group discussions each week.

Class size limited to 15, so sign up soon!

Sign up in the Gathering Room or the church office.

Unitarian Universalist Congregation

421 S. Farwell Street

Eau Claire, WI 54701

834-0690

uuoffice@charterinternet.com

Menu for the Future:

Discussion Course Description

Session Theme	Description	Readings
What's Eating America	Given the array of food choices and advice, eating in modern industrial society can be wrought with confusion, contradictions and anxiety. Session one considers the effects of modern industrial eating habits on culture, society and the Earth.	"Organic, Local, and Everything Else" by Zoe Bradbury "Navigating the Catch of the Day" by Daniel Duane "The Anxiety of Eating" by Michael Pollan "Sunday Dinner" by R.W. Apple, Jr. "Inheritance" by Sue Browning "The Pleasures of Eating" by Wendell Berry
Anonymous Food	Session two traces the historical shift from family farms to industrial agriculture to present day questions surrounding GMO s and industrial organics. The session examines the ecological and economic impacts that have accompanied the changes in how we grow and prepare food.	"On Trial: Industrial Agriculture" by James E. Horne and Maura McDermott "Your Food Doesn't Come From the Store" by Tom Philpott "The SUV in the Pantry" by Thomas Starrs "Rethinking the Meat Guzzler" by Mark Bittman "Mean or Green?" by Liza Featherstone "The Potato" by Michael Pollan
Farming for the Future	Session three explores emerging food system alternatives, highlighting sustainable growing practices and the benefits of small farms and urban food production. The session considers how individuals can make choices that lead to a more sustainable food supply.	"Can Organics Save the Family Farm?" by Eliot Coleman Excerpt from Deep Economy by Bill McKibben "Lawn to Farm: Suburbia's Silver Lining" by Wylie Harris "Making Food Deserts Bloom" by Brian Halweil "Why Don't We Have Gardens Like This?" by Jennifer Cockrill-King "Look Mommy, There's Our Farmer" by Frances Moore Lappe and Anna Lappe
You Are What You Eat	Session four explores food systems from a human health perspective. The session considers the influences that shape our choices and food policies from the fields to Capitol Hill, and the implications for our health and well-being.	"Unhappy Meals" by Marco Visscher "The Illusion of Safe and Clean" by Anna Lappe and Bryant Terry "Five Easy Ways to Go Organic" by Tara Parker Pope "Food Without Thought" by Heather Schoonover and Mark Muller "Making Informed Food Choices" by Marion Nestle
Towards a Just Food System	The readings in session five examine issues of hunger, equity, and Fair Trade. The session considers the role that governments, communities and individuals can play in addressing these issues to create a more just food system.	"Creating Scarcity from Plenty" by Frances Moore Lappe and Anna Lappe "Beautiful Horizon" by Frances Moore Lappe and Anna Lappe "Growing Resistance" by Alison Hope Alkon "Bananas" by Ed Hamer "Breadbasket of Democracy" by Ted Nace
Choices for Change	Individuals and communities are discovering the benefits of choosing local, seasonal, and sustainably grown and produced foods. Session six offers inspiration and practical advice in taking steps to create more sustainable food systems.	"When Eating Local Gets Personal" by Brian Halweil "Local or Organic? A False Choice" by Samuel Fromartz "Tangerine Meditation" by Thich Nhat Hahn "A Grand Experiment" by Bill McKibben "Returning Stories to the Modern Kitchen" by Ann Vileisis Excerpt from Small Wonder by Barbara Kingsolver

Seminar Series on “The Light Within” – Class Filled

UU Congregation–Eau Claire (421 S. Farwell St., Eau Claire, WI)

Meet in UUC downstairs Social Hall

Winter 2010

Readings from neuroscience, psychotherapy, literature, philosophy, and traditional religions will be used as springboards for discussion of what people for millennia have called “the light within.”

Thurs., Jan. 7 6:30-8:30 p.m.

Topic: AWAKENING TO THE POWER OF NOW
Facilitators: Sue Fulkerson, Rick Magyar, and Dean Langby
Reading: *A New Earth: Awakening to Your Life’s Purpose* by Eckhart Tolle.

Mon., Jan. 25 6:30-8:30 p.m.

Topic: GNOSIS, GOD-CONSCIOUSNESS
Facilitator: Rev. Wendy Jerome
Readings: Chapter VI “Gnosis: Self-Knowledge as Knowledge of God,”
in *The Gnostic Gospels* by Elaine Pagels
The Gospel of Mary, 3rd century (in packet)

Tues. Feb. 2 6:30-8:30 p.m.

Topic: TRANSCENDENTALISM & 19th CENTURY UNITARIANS
Facilitator: Tim Hirsch
Readings: Excerpts from Emerson’s essay “Self Reliance” and
from Thoreau’s essay “Life Without Principle” (in packet)

Wed., Feb. 24 6:30-8:30 p.m.

Topic: EXTRAORDINARY KNOWING
Facilitators: Rick Magyar and Jack Schoen
Reading: *Extraordinary Knowing: Science, Skepticism, and the
Inexplicable Powers of the Human Mind*
by Elizabeth Lloyd Mayer

Participants can buy paperback copies of books through bookstores or check out books from the UUC library or public library. Copies of excerpts will be made available in a packet by Nov. 1 and may be read in lieu of reading the whole book.

Fee to cover copies and incidental expenses: \$15 for the series (due at time of sign-up to hold a spot, non-refundable).

To express interest in the seminar series or if you have questions about how it will work, contact Wilma Clark, coordinator of the seminars, clarkwj@charter.net (phone: 835-0247) or Kris Simpson at the UUC office uoffice@charterinternet.com (phone: 834-0690).

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First Friday Potlucks

Come to a very informal and relaxing potluck dinner at the church on the first **Friday of each month** from October- May. Bring a dish to share. We meet in the Social Hall (downstairs) at 6:00 PM. It is a wonderful way to share recipes and meet other UUs! **Jan. 2; Feb. 6; March 6; April 3; May 1**



Attention UU Book Lovers!

We meet at 9:30 a.m. at members homes. Anyone is welcome to participate once or as many times as interested. Contact the host for directions. For directions to the meetings, please contact the hosts.

Sat., Feb. 20 *Extraordinary Knowing* by Elizabeth Lloyd Mayer. Hosts: Henry & Judy Lippold 834-8976.

Sat., March 20 *Coop* by Michael Perry. Host: Wilma Clark 835-0247. (Michael Perry is the scheduled presenter for our March 14th Sunday Service.)