

Fall Wellspring Wednesdays

What are you doing on Wednesday evenings this fall? Come join many of your fellow congregants and friends in fostering your own lifelong learning and spiritual growth – and having fun in community. Each Wednesday evening for 6 weeks beginning Oct. 11 and ending on Nov. 15, we will meet according to the following schedule:

- 6 p.m. Supper and Community Time in Fellowship Hall
- 6:40 p.m. Brief Worship
- 7 p.m. Break out into your choice from class offerings

Join us for dinner-- A simple dinner is included in your registration cost. Childcare is also provided upon request. Please register for childcare in advance at the Adult RE table or call the RE office. As always, scholarships are available.

Your Life Collage: Before and After

Diane Ullius

We are always transitioning from “before” to “after.” In this two-session course, you’ll use reflection and collage to picture your life until now and what you imagine or intend for the future. Bring scissors and, if possible, a magazine or two. Other supplies provided. Class meets 10/25, 11/1. Cost \$20.

Peace Camp for Parents

Dana Cook and MJ Park

Offered by Little Friends for Peace, this workshop focuses on developing peaceful parenting skills. All session use the Peace Circle approach that includes a time for reflecting, working on, processing, and planning how to practice peace in parenting. Note this workshop runs from 5:30—7PM in order to accommodate parents. 3 Sessions: 10/11, 10/18, 10/25. Cost \$30.

Allyship Workshop

Service Never Sleeps

Allyship promotes the idea that we can be bridge-builders who work together, and support each other toward the common purpose of ensuring equality, equity, and inclusion for everyone. The workshop will teach you about the causes of social injustice, how to be an effective ally for marginalized communities, and how to actively influence and educate others. This is a natural follow-up to the 2-day Live the Pledge workshop but is also appropriate for first-timers. Please note this workshop runs from 7-9:30. 2 sessions 10/11, 10/18. Cost is \$20.

Geography of Grace: Intro Session

Tamara Srader and Rev. Aaron McEmrys

Just as many of us are removed from contact with the natural world through our busy lives, so too we live distanced from the inner nature of our souls. Cut off from the land, we lose our sense of place and grounding, our sense of home and belonging on this earth; likewise, when we are out of touch with our souls our lives become barren, starved at the roots of what deeply animates us. Based on metaphors from the geography of land and sky, this workshop leads into an exploration of the geography of the soul. Using Circles of Trust, these sessions are designed to provide you with a chance to consider different aspects of our inner and outer geography. 1 session 11/8. Course fee: \$10.

Building Your Own Theology

LeeAnn Williams

This workshop is designed to provide those new to UU the opportunity to reflect on their religious history. Theological topics explored in this course include ethics, human nature, the ultimate reality, the meaning and purpose of life, and suffering. BYOT addresses these issues through a combination of dialog, and writing. The culmination of this course is the development of a credo statement. Runs 6 weeks, 10/11-11/15. Cost \$60.

New UU

Rev. Aaron McEmrys and Sarah Masters

Unitarian Universalism is a way of thinking and being in the world. It is a faith discipline, enriched by faith traditions, that forms the foundation for a way to live this life. It matters how we conduct our lives and work to make the world a better place. Unitarian Universalism wants each of us to know why. It challenges us to deepen our own faith principles and practices in response to our own experience and, whenever possible, to stand on the side of love. There will be plenty of chances to ask questions and to get to know others in the class. It's also part of the path to membership at UUCA. 1 session 11/15. Free for newcomers.

The Four Fold Way

Beth Offenbacher

Join us for a four-part exploration of “The Four Fold Way: Walking the Paths of the Warrior, Teacher, Healer, and Visionary,” a book by Angeles Arrien that explores the four archetypal principles that comprise the Native American medicine wheel, and how each principle can lead us on our path of spirituality and service. Each week we will cover one of the four principles: Week 1: The Way of the Warrior, Week 2: The Way of the Teacher, Week 3: The Way of the Healer, and Week 4: The Way of the Visionary. Purchase of the Four Fold Way book is encouraged for participants. 4 Sessions, 10/18-11/8. Cost \$40.

“The Messenger” documentary showing

Sponsored by DIG (Do It Green)

What would your World be like without Songbirds? For thousands of years, songbirds were regarded by mankind as messengers from the gods. Today, these creatures have woven inextricably into the fabric of our environment and are vanishing at an alarming rate. Under threat from climate change, pesticides and habitat loss, populations of hundreds of species have dipped dramatically. In this acclaimed documentary The Messenger, Find out what's killing our songbirds, and what can be done about it. Just as the risk grows, the science is exploding. Learn the latest. It can guide our action to forestall the worst. Event hosted by Melanie LaForce, UUCA Do It Green Group (DIG), and DIG members. 1 session 11/8. Cost \$10.

Building a Basic Pollinator Garden in your Yard

Melanie LaForce

Learn how to build a basic pollinator garden in your yard or on your balcony—something that, starting out small, could grow later as you desire. UUCA member Melanie Laforce will lead a “how to do it” class with a video to illustrate soil prep, plant selection and where to buy plants, installation and maintenance, ongoing plant care, and other aspects. Melanie will tell you how to plan to attract specific butterflies and moths, hummingbirds, and songbirds and show visuals of her own gardens. Guest resource persons from DIG and other organizations present as well. 1 Session: 11/15. Cost \$10.

Register here

https://docs.google.com/forms/d/1lqsQhuxTyWn5m_d6YgxrZLneOxs9i40SeVF3FTHdLC4/edit?uiv=1