

# Wellspring Wednesdays

## Spring 2017

What are you doing on Wednesday evenings this spring? 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, April 26-May 31 we will meet according to the following schedule:

- 5:30 PM      Supper and Community Time/Fellowship Hall
- 6:30PM      Brief Worship
- 7:00 PM      Break out into your choice from class offerings

### Course Offerings

#### **Embodying Belief: Using Art to Translate Values into Change** **Mallory Nezam**

Join artist Mallory Nezam for an interactive, artistic workshop that explores different modalities for using creative expression to effect social or political change. The workshop culminates in a collective art piece created by the group. 2 sessions, 4/26 and 5/3. Course fee: \$20.

#### **Your Legacy Your Decision: A Workshop for Boomers and Others** **Legacy Giving Team**

Providing for people and causes you care about—through wills, trusts, and other decisions. Especially for Boomers, though all are welcome. Sponsored by the Legacy Giving team. 1 session, 4/26. Course fee: \$10.

#### **Hometown Habitat** **DIG Committee**

Hometown Habitat, Stories of Bringing Nature Home is a 90-minute environmental, education documentary focused on showing how and why native plants are critical to the survival and vitality of local ecosystems. Entomologist Doug Tallamy, whose research, books and lectures, on the misuse of non-native plants in landscaping, sound the alarm about habitat and species loss, provides the narrative thread throughout Hometown Habitat. Discussion led by Catherine Zimmerman, naturalist & producer of the film. Sponsored by DIG. 1 session, 4/26. Course fee: \$10.

#### **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 5/3. Free for newcomers.

#### **A New Way of Life** **Bernie Hyde**

Seeking a new "Way of Life", a challenging philosophy, a focus for meditation? Taoism is the 4000+ year old approach to making sense of life and spirituality that has served millions for centuries. Join Bernie Hyde for a discussion group focusing on Taoism, an ancient Chinese philosophy. 2 sessions, 5/3 and 5/10. Course fee: \$20.

**SCAN: Stewards of Children**  
**Sonia Quinonez**

Come join SCAN of Northern Virginia for a 2-hour nationally recognized Stewards of Children training. This 2-hour child sexual abuse prevention program is designed to educate adults about how to minimize the risk abuse can happen in your own programs, recognize children who may have experienced abuse, and prepare yourself to react responsibly if a child reveals to you that he or she has been abused. Come be empowered to make a difference in protecting the children you know and love. 1 session, 5/10. Course fee: \$10.

**Your Political Power in Election 2017**  
**VOICE**

Learn the principles and practices by which VOICE, with your help, will organize political power in the run-up to this year's Virginia elections, the results of which will have national impact. Topics include Principle and Practices of Community Organizing, Power Building Tools, and Training into Action. This workshop is offered by VOICE. 4 sessions, 5/10-5/31. Course fee \$40.

**The Intersection of Law, Religion and LGBTQ Issues**  
**Bill Fogarty**

Bill Fogarty will lead a presentation on current issues involving the law, religion and the LGBTQ community. He will be reviewing basic principles of religious freedom; discussing topics ranging from wedding cakes to bathrooms; reviewing recent legislative efforts in Virginia and other states; and looking ahead to possible federal actions. 1 session, 5/10. Course fee: \$10.

**Three Prophets of Religious Liberalism**  
**Rev. Aaron McEmrys**

Channing's Baltimore Sermon, Emerson's Divinity School Address, and Parker's South Boston Sermon have long been accepted as the three great classic utterances of Unitarianism. These three sermons, which occasioned widespread controversy at the time, represent turning points in the history of our faith. Join Rev. Aaron for exploration and discussion of these foundational pieces. This program will be livestreamed for those unable to attend. Homework required. Book Three Prophets of Religious Liberalism by Conrad Wright available at Amazon or UUA Bookstore. 3 sessions, 5/10, 5/17, 5/24. Course fee: \$30.

**Your Legacy, Your Family, Your Decision: A Workshop for Young Parents and Others**  
**Legacy Giving Team**

For young parents, though all are welcome. What can you do to provide for your family and others you care about? Sponsored by the Legacy Giving team. 1 session, 5/17. Course fee: \$10.

**Litigation Against the Government**  
**Nancy Firestone**

Litigation involving challenges to federal government decisions, including presidential decisions can be confusing. This class, led by attorney Nancy Firestone, is designed to provide non-attorneys with a crash course in the basic litigation steps involved when challenging federal government decision making. We will examine the various steps from complaint through appeal and the motions in between. 1 session, 5/17. Course fee: \$10.

**Introduction to Circles of Trust**  
**Tamara Srader**

Join Tamara Srader for a session that explores The Circle of Trust® approach. This program is distinguished by principles and practices intended to create a process of shared exploration where people can find safe space to nurture personal and professional integrity and the courage to act on it. In the hands of a knowledgeable and skilled facilitator, this approach has the power to transform individuals, families, workplaces and communities. 1 session, 5/31. Course fee: \$10.

To register, email LeeAnn at [LWilliams@uucava.org](mailto:LWilliams@uucava.org) or visit our website at [UUCAVA.ORG](http://UUCAVA.ORG).