



UNITARIAN UNIVERSALIST CHURCH OF ARLINGTON VIRGINIA

A Place to Connect, Grow and Serve

Adult Education Fall 2018

Register at www.uucava.org/adults or LWilliams@uucava.org

Conflict Transformation

Rev. Dr. Terasa Cooley

Please join us for an afternoon of exploring conflict! While conflict can be scary and divisive, it is also possible for conflict, when approached in a healthy manner, to be an opportunity for growth and learning. I was trained in the approach of "Conflict Transformation" that assumes that conflict is not something that can be "managed" so much as processed in a way that can be transformative. This method has been used in contexts such as the South Africa Truth and Reconciliation process, and in peace negotiations in Ireland. We will explore our own personal responses to conflict, look at what brain science has to teach us, examine system theories, and practice ways in which groups can create opportunities for healthy conversations. 1 session on Saturday, Oct. 20, 1 - 4 PM.

Stretching Your Legacy Dollars

Legacy Team

The UUA is matching new or updated legacy gifts to UUCA and other UU groups. Join Diane Ullius to learn how this works and why you should do it. Note this workshop runs from 7-8:30 pm. 1 Session: Oct. 24.

Gardening for Pollinators

DIG (Doing it Green)

Naturalist Alonso Abugattas will present a program on Gardening for Pollinators sponsored by DIG. Do It Green. Alonso is a well-known local naturalist, environmental educator and storyteller in the Washington, D.C. area. He is the Natural Resources Manager for the Arlington County Department of Parks and Recreation and the co-chair for the Beltway Chapter of Region 2 of the National Association for Interpretation. Alonso has been trained as a master gardener, was made an honorary Virginia Master Naturalist for his role in starting two chapters, and serves as an instructor for multiple chapters for both groups in Maryland and Virginia in a variety of topics. He is a co-founder of the Washington Area Butterfly Club. Meet in Activity Room. 7 to 8:30 PM. 1 Session on Oct. 24.

Geography of Grace

Tamara Srader and LeeAnn Williams

Join LeeAnn Williams for this Circles of Trust based series. This program uses the metaphor of geography to explore the landscape of the soul. This inner work is accomplished through a mix of journaling, reflection, art, and dialogue. Topics explored include: finding your wellsprings, finding sustenance in the desert, naming our mentors. Group meets once a month, October through June. 1st Wednesday of the month, 7-9. Limit 20 participants.

Life and Writings of Dr. Martin Luther King, Jr.

Bill Fogarty

This three session offering provides an historical and theological analysis of the life and writings of Dr. King, with an emphasis on the spiritual and intellectual influences on King's ministry, and the major historical events of Dr. King's life. Meet in. 7 to 8:30 PM. 3 Sessions--10/17 10/24, and 11/7 (Skips Halloween).

Coping with Pet Loss

Jula Kinnaird

This workshop focuses on dealing with the loss of a beloved pet. Join certified pet loss counselor Jula Kinnaird for a workshop on coping with the grieving process when a beloved pet dies. Bring a photo of your pet to share. 1 session, Wednesday, October 17, 2018, 7-8:30 pm. Registration limit: 15.

Soul of Aging

David McTaggart

Most of us tend to think of aging as dealing with health issues and letting go of life. In fact, growing older can and ought to be quite the opposite experience. As we grow older, we begin to look at life differently. We come to learn from our shared experience, to mature in spiritual presence. Indeed, as we age, we are called "to sage," to grow in maturity and wisdom, to become wise elders radiating spiritual vitality, love and peace. One is never too young to begin Saging! 10 part program this fall over the course of one weekday evening (starting Wed. 10/3) or alternatively one Sunday afternoon (starting 10/7) and three weekends, specifically: Friday evening and Saturday morning and afternoon, Oct. 19-20, Nov. 2-3, and Dec. 7-8. All Sessions are 2.5 to 3 hours. Evening sessions start at 7, morning sessions at 9, and afternoon sessions at 2. \$35 registration fee.

Adult OWL

OWL Facilitators

Our Whole Lives (OWL) is UUA's highly acclaimed series of programs focusing on personal growth and sexuality that has been taught and geared mainly for teenagers. This introduction and overview will explore issues interesting and relevant to adults, drawn from years of experience with groups and from the Adult OWL curriculum. A few of the topics are: What Do Men and Women Want, Sexuality and Spirituality, Celebrity Sex and Public Values, Gender and Sexual Identity, Sexuality and Aging, and Views from Junior and Senior High OWL. After the introductory session, you may choose to sign up for four additional sessions with potential for further meetings. Dates are 10/21, 11/11, 12/9, 1/13, 2/10, 3/10. 4 PM. Further dates/times to be determined by the group.

Enneagram

Rev. Dr. Terasa Cooley

Join Rev. Terasa for a 4 part series exploring the Enneagram. Have you ever asked yourself the quintessential human question of identity, "Who am I?" Most of us spend a lifetime trying to figure out who we are and how we relate to others. The Enneagram offers a bright path to cutting through the internal clutter and finding our way back to who we are created to be. Based on the nine classic archetypes of human character structure, the Enneagram exposes the nine ways we lie to ourselves about who we think we are, illustrates the nine ways we get lost, and reveals nine ways we find our way home to our True Self. Four Sessions: 1/10, 1/17, 1/24, 1/31. 7-9 PM.

To register, email LeeAnn at LWilliams@uucava.org or visit our website at uucava.org.