

Wellspring Wednesdays

Spring 2018

Come join many of your fellow congregants and friends in fostering your own lifelong learning and spiritual growth – and having fun in community. Dates are April 18-May 23. Please note, due to lack of attendance, we are no longer serving dinner or hosting worship before classes. Childcare provided but must register in advance.

- 6:30 PM Community Gathering Time (No dinner served)
- 7:00 PM Classes Begin (Unless otherwise noted)

Course Offerings

Families Building Peace

MJ Park and Little Friends for Peace

Join Little Friends for Peace in this family-friendly, interactive workshop focusing on how families can work together to build a kinder world. This workshop will provide parents and kids the tools to create their own Peace Circle of Sharing at home. Lots of fun games and art, too. Note this workshop runs from 7-8:15 pm. 1 Session: 4/18.

Here and Beyond

Dawn Bennett and Vern Vance

Join Dawn (LCSW) and Vern (a mature couple in a new relationship) for a two session workshop series focusing on relationship issues: differences, finances, families. The final session-- Here and Beyond—is a humorous play about two deceased spouses who observe and comment on their former mates in new relationships. Not like therapy at all—fun and engaging for couples of all ages! 3 Sessions: 4/18, 4/25, 5/2.

UU Music Workshop

Christin Green and Mimi Bornstein

Join intern minister Christin Green and Mimi Bornstein for a music filled workshop that explores how various faith traditions use music as a tool in both social justice and spiritual practice. How can drums, singing, or even listening to music impact our activism and our engagement with our faith? Topics will include UU music and social justice, Native American music and drumming, and African American Spirituals connected to slave narratives. What is the next music that will rise out of our call to activism and faith? 3 Sessions: 5/2, 5/9, 5/16.

Screenagers: Growing up in the Digital Age (Documentary Film)

UUCA in Partnership with AUCP

Filmmaker Delaney Ruston explores the struggle between parents and youth over social media, video games, academics, and internet addiction. Psychologists and brain scientists reveal how tech time impacts kids' development and offer solutions on how adults can empower kids to best navigate the digital world and find balance. 1 Session: 5/16.

The U in UUism

Rev. Bob Blinn

Rev. Bob will lead participants through an overview of UU history with a focus of how to integrate your UU faith into daily life. Session topics include DracUULA, The UU-S of A, UUse Me, and UU, Not Me Me.

4 Sessions: 4/18, 4/25, 5/2, 5/16.

Audubon at Home

DIG Committee (Do It Green)

Join DIG guests Alyssa Ford Morel and Alda Krinsman as they help you take environmental action by certifying your space as a Wildlife Sanctuary. Both presenters are master naturalists and master gardeners who will share best practices in making outdoor spaces more nature friendly. 1 Session, 5/9.

New UU

Rev. Beth Miller 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: 5/23.

Crafting a Rule of Life: An Invitation to a Well Ordered Way

LeeAnn Williams

All of us have an unwritten personal rule of life. We wake at certain times, get ready for our days in particular ways, use our free time for assorted purposes and practice rhythms of work, hobbies, and worship. But what about the spiritual life? How do we develop spiritual practice? What relationships and work are life giving? This workshop will guide participants in shaping the rhythms of life to allow for and foster spiritual growth. 4 Sessions: 4/18, 4/25, 5/2, 5/9.

Prayerful Doodling and Art

LeeAnn Williams

Do you have trouble focusing when you sit down to pray or meditate? Is your prayer life dry and worn? Are you seeking to cultivate a new spiritual practice? This workshop will explore how doodling can be both creative and meditative. 1 Session: 5/23.

Peer to Peer Training Session

NAMI

Peer-to-Peer is a 10-week class designed to provide an opportunity to support recovery skills for adults living with a mental health condition. The class is taught by two NAMI trained individuals who are living with a mental health condition and successfully managing their recovery. NAMI (National Alliance on Mental Illness) Northern Virginia provides education, support, and advocacy programs to individuals living with a mental health condition as well as their families and the community. *Please note this class falls outside the usual Wellspring Wednesday format and runs for 10 weeks (Wednesdays) 4/11-6/13, 6 – 9 pm.*

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