

“Is there a religious leader who would be the equivalent of a priest or minister?” “Is there a belief in reincarnation?” etc. We anticipate that the featured speaker will have questions for the other participants as well!

Look for “Meet a ... UU” announcements in “The Week on the Peak.” If you are interested in speaking about your experience as a ... UU, please email Eric at ericdit@gmail.com or talk to him after the service.

Spiritual Literacy

Jackie and John Porter
Porters' home. 5 places (currently full)
Sundays 6-8 p.m.: September 15 & 29, October 6 & 20, November 3 & 17
We provide soup and bread.

We encounter signs daily that point to the presence of spirit in the world. Spiritual Literacy is the ability to read those signs from our own experiences. It enables us to discern and decipher a world full of meaning.



The series is based on the book, *Spiritual Literacy, Reading the Sacred in Everyday Life* and videos by Frederic and Mary Ann Brusat.

This ongoing group is currently full. If you are interested, please get in touch with John Porter at 510.744.1587.

From your Adult Education Committee

At Mission Peak, Adult Education is about self-improvement and also about community. Whether we meet for classes and activities all through the year or for a few sessions, we spend valuable time together exploring topics and activities we enjoy, and we get to know each other better outside of our weekly gatherings for Sunday services.

In this brochure you will find descriptions of courses and activities and starting dates. Stop by our table outside of Cole Hall after Sunday services during the month of August to sign up for courses and activities. Also, if you are interested in taking or offering courses not listed, please talk to any member of the committee.

Ilze Duarte, Eric Dittmar, Linda Messia, and Len Tiemann.



**Mission Peak
Unitarian Universalist Congregation
2950 Washington Blvd.
Fremont, CA 94537**

Adult Education Classes

*Fall Quarter
2019*



*Mission Peak
Unitarian Universalist
Congregation*

*From the Adult
Education Committee*

The Committee offers these programs for the fall quarter, with many thanks to each presenter.

The Committee includes Ilze Duarte, Linda Messia, Len Tiemann, and Eric Dittmar.

You may register for classes using the sign-up sheets on Sunday mornings or by emailing Ilze Duarte at ilzeduarte@earthlink.net.

Exploring the Enneagram

Linda Messia

Wednesdays September 25; October 9 & 23; November 6 & 20. 7-9pm
Private home; 8 places

The Enneagram is a powerful tool for understanding ourselves and others. It is based on nine personality types, each of which has its own unique pattern of thinking, feeling and acting that arises from a deeper inner motivation or worldview. This class will explore the personality structure, gifts and challenges of each type and offer strategies for growth. The class will include both lecture and discussion. New or experienced students are welcome.



Meditation & Dharma

Eric Dittmar

Maximum number: Open.
7-9pm. September 19; October 10 & 24; November 14; December 12.
Private Home (unless too large)

Meditation invites a direct and immediate experience of reality and provides a balance to purely intellectual inquiry.

--UU Buddhist Fellowship webpage

This is a peer-led meditation and discussion of Buddhist teachings (dharma). While we're continuously open to new attendees, we're starting



a new discussion book this quarter, so this is a good time to begin if you've been thinking about trying meditation or if you already have a practice and have been considering attending.

Beginning meditation instruction can be given by prior arrangement, or will be the focus of a meeting if several new people start at the same time.

Poems

John & Jackie Porter

Porter's home 6 places

Mondays 7-9pm: September 9 & 23, October 14 & 28, November 11 & 25.

According to Robert Frost, a poem "begins in delight, it inclines to the impulse, it assumes direction with the first line, it runs a course of lucky events, and ends in a clarification of life . . . in a momentary stay against confusion."



Twice a month we gather to read, listen to, and discuss poems. Bring what you would like to read and listen to what others read. Join us to share and enjoy poems among friends. Achieve that "momentary stay against confusion."

Sing-a-Long with Jackie and Jo Ann

Jo Ann Schriener & Jackie Porter

Private home 8 places

Sunday, November 10, 7-9pm

Jo Ann and Jackie's Sing-a-Long continues! Come sing



with us to celebrate the autumn. We will meet in Chris and Jo Ann Schriener's home. Jo Ann and Steve Saso will lead with their guitars. Please bring some goodies to share!

Music sheets will be provided. Bring your own instruments if you wish. To add a new song to our repertoire bring words and music (with chords if possible) and 14 copies.

Meet a ... UU

This discussion group aims to increase our awareness and understanding of various faith traditions and belief systems in our own congregation. Eric Ditmar, member of Mission Peak and a practicing Buddhist, coordinates the series. Eric spoke at the first session of the series last year, "Meet a Buddhist UU."



What else could go in the blank in "Meet a ... UU?" Pagan, Quaker, Rationalist, Atheist, Humanist, Jewish, Christian, etc.—any and all of the religious and non-religious backgrounds our congregants may bring in addition to being Unitarian Universalists. In the Meet a ... UU session, the featured speaker may talk about the main tenets of his/her/their faith tradition and will answer questions about it. For example, participants may ask, "Do people in this faith tradition believe in God/a god/gods?"