

The Story Of Your Life: Writing Your Own Spiritual Autobiography

Sundays 12:30 - 2:30

Oct 1, 8, 22, 29 Nov 5, 19

Join Rodney Lowe and Sally Russell for this six week class based on Dan Wakefield's Book "The Story Of Your Life: Writing Your Own Spiritual Autobiography".

We will draw, write, and share each others life experiences while you build a basis for your own Spiritual Autobiography. Who impacted you in your in your formative years? What changed as you moved through perhaps turbulent teenage years into young adulthood? Who and what were the influences on your life and your values? How did you end up where you are now and where are you heading? After the last class we will schedule an afternoon retreat where everyone can share their writings with each other. If you would like more information before signing up.

Sally_Russell@yahoo.com.

Rodney_Lowe@yahoo.com

Bible Studies

Join Jeff Trumbower for two evenings.

Book of Revelation from the New Testament

Sunday Sept 24 6:30 - 8:30

Discuss when and why the New Testament Book of Revelation was written, and look at examples of similar Jewish and Christian texts that survive from around the same time periods. Unpack the symbolism in an effort to make sense of the author's message.

Origins of the Trinity

Sunday Feb 11 6:30- 8:30

As Unitarians we started out defining ourselves opposed to Trinitarians, so what

do those terms mean and where did this notion of God as a Trinity come from in the first place? jtrumbower@smcvt.edu

"We Who Defy Hate"

This program aims to inspire and prepare interfaith collaboration for social justice action. Participants from a variety of faith communities in the Burlington area will explore stories of moral courage and social action within their different traditions. The program will be coordinated in partnership with the UVM Interfaith Center and Vermont Interfaith Action, and will culminate in a joint interfaith social action activity. Further details including dates and registration information will be posted in the early fall. In the meantime, you can direct any inquiries to our Ministerial Intern, Andre Mol andre@uusociety.org

Demonstrating Our Values Through Eating - Course 1 and Course 3

Demonstrating Our Values Through Eating: These 6-week (DOVE 1) or 4-week (DOVE 3) UU-based programs explore our daily food choices and their impact on our own lives and on life on Earth. Informative documentaries, fun cooking sessions, and more! No prior participation necessary to join either group or both! Contact Valerie at Valerie@burlingtontelecom.net or ask around for rave reviews from prior participants. Coming Thursdays this winter - keep an eye on the eblast

Cakes for the Queen of Heaven

Mondays 6:30 - 8:30

Oct 16, 23, 30 Nov 6, 13

"Cakes for the Queen of Heaven" is a woman honoring adult RE curriculum by

Rev. Shirley Ranck. Join Sally Russell in examination of pre-Judeo Christian cultures that may have worshiped the female as divine. The concepts of equality and reverence for the female in a religious setting are eye-opening to many participants.

More than Goddess 101, this workshop series examines important elements of today's women's lives; personal, interpersonal and societal. It examines how our culture has been influenced by Judeo Christian values. The primary question raised is: How would your life have been different if, when growing up, the divine had been imaged as female? Participants are encouraged to share their own experiences and beliefs, creating trust and strong bonds of friendship.

For more info Sally_Russell@yahoo.com

.Born on Third Base Reading Group

Join Economic Justice Task Force member Gene Bergman and congregant Valerie Wood-Lewis to read and discuss Born on Third Base: A One-Percenter Makes the Case for Tackling Inequality, Bringing Wealth Home, and Committing to the Common Good by Chuck Collins. You may have seen Chuck speak at the Society last year or at General Assembly - he's a voice worth listening to! This 6-week group will read and discuss the book and do extension activities together. Join us! Coming **Thursdays** in late fall - watch your eblast or contact Valerie at Valerie@burlingtontelecom.net or Gene at genebergman26@gmail.com for info. Buy or borrow your copy of the book now, so you're ready!

Five Star Film Café!

Join us after the service in the community room for these must-see, social-justice oriented films, a free simple vegan lunch, and conversation! Free, bring the whole family (see age guidelines and check Commonsense media), invite friends!

2017-2018 Films to be announced! Watch your eblast for details, or contact Suzie McCoy suziemccoy1@gmail.com or Valerie Wood-Lewis Valerie@burlingtontelecom.net

Writing With Spirit

Writing With Spirit is a class in spirituality and creative writing. Drawing on a variety of meditation techniques and spiritual traditions as well as creative writing tools, we will find ways to tap into our own creative spirituality. Each class includes a meditation, a brief discussion of one aspect of the spiritual life, a time of writing, and group discussion. It can help writers working on memoir, nonfiction or fiction find new inspiration and, for those who would like to write, find the spark to start.

Possible spring series. If interested contact nancy.hayes.kilgore@gmail.com

Bios

Rodney Lowe and **Sally Russell** are long time UUs who moved to Burlington from Massachusetts last year when the call to spend their retirement here became obvious. Burlington may appear different than Newcastle, England where Rodney grew up and Bermuda where he and Sally met when he was living there but the small town values and friendliness are all familiar. **Sally Russell** grew up unchurched and Rodney in the Church of England, but they found their way to UUism when their four year old daughter, who was in a family day care in a Mormon home, flatly stated "it's Sunday we should go to church". Their daughter is now a ministerial intern in

Syracuse, NY. They quickly settled into the UU life and over the years have done just about every volunteer role the church had to offer but their first love was working with middle school teens and running the OWL program for many years. It was that experience with youth, sharing deeply in small groups that led them to small group ministry of many flavors. This program is one of the offshoots.

Jeffrey A. Trumbower has taught Bible studies for FUUSB religious education classes for many years. Here is a chance for adults to experience his passion for teaching. He has published Born from Above: The Anthropology of the Gospel of John (Tübingen: Mohr,) and is chair of the Department of Religious Studies at St. Michael's College, where he has taught since 1989.

Andre Mol FUUSB Ministerial Intern

Andre Mol is a candidate for UU ministry and currently attends seminary at Meadville Lombard Theological School. He received his undergraduate degree in film production from Boston University. He is transitioning out of a 15 year career as a Human Resources professional at a global firm where he focused on leadership and organizational development. Through his varied experiences, Andre has become deeply interested the role of transformative stories and dialogue in our spiritual lives. Most recently, he put this work into practice as a restorative justice volunteer in Rutland and as a chaplain intern at the UVM Medical Center in Burlington.

Nancy Kilgore, MDiv, DMin, is a writer and pastoral psychotherapist in Vermont and New Hampshire. She has served as interim pastor in Congregational, Presbyterian and Unitarian churches. Nancy's first novel, *Sea Level* (RCWMS, 2011,) is about a church community in conflict and she is the winner of the Vermont Writers Prize 2016 for an adapted chapter of her second novel, *Wild Mountain*. She leads workshops combining creative writing and spirituality throughout the U.S.

Adult Religious Education Offerings 2017-18



The First Unitarian Universalist Society
of Burlington, Vermont



Look for more dates and times in FUUSB enews and at Upcoming Events at uusociety.org Additional questions, & ideas please contact Martha Dallas Martha@uusociety.org