

Wellspring Wednesdays

Spring 2016

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 13-May 18 we will meet according to the following schedule:

- 6:00 PM Supper and Community Time in Parish Hall
- 6:45 PM Brief Worship
- 7 – 8:30 PM Break out into your choice from class offerings

Join us for dinner--Dinner is included in your course fee. Kid's dinner is free. Childcare is also provided. Scholarships available.

Course Offerings

Building Your Own Theology

LeeAnn Williams

This workshop is designed to provide those new to UU the opportunity to reflect on their faith journey. Theological topics explored in this workshop include ethics, human nature, the ultimate reality, the meaning and purpose of life, and value of suffering. BYOT addresses these issues through a combination of dialog, writing and art. The culmination of this course is the development of a faith statement. 6 sessions, 4/13-5/18. \$40.

Way of the Bodhisattva

Rev. Aaron McEmrys

Treasured by Buddhists of all traditions, The Way of the Bodhisattva is a guide to cultivating the mind of enlightenment, and to generating the qualities of love, compassion, generosity, and patience. This text has been studied, practiced, and expounded upon in an unbroken tradition for centuries, first in India, and later in Tibet. Presented in the form of a personal meditation in verse, it outlines the path of the Bodhisattvas—those who renounce the peace of individual enlightenment and vow to work for the liberation of all beings and to attain buddhahood for their sake. 4 sessions, 4/27-5/18. \$40.

Why Bathrooms Matter: And What You Can Do About It

Equality UUCA

Sponsored by Equality UUCA, this 4-week series will explore gender identity, bathroom politics, and how to become a Trans ally. You are invited to attend one session or the whole series. Sessions 3 and 4 will be hosted by Kathleen Campisano, Faith and States Organizing Manager, for the National LGBTQ Task Force who will guide participants in becoming a Trans Ally. 4 sessions, 4/27-5/18. \$40.

Emotional Wisdom

Julia Zhu Meade

Human Beings are fundamentally emotional beings and becomings. Emotions are the undercurrent of life. Whether we are aware of it or not, the moods and emotions we are in determine how we show up in the world, and what results we produce in our interactions with others. You are invited to dive deep into the ocean of emotions with life coach Julia. Together we will learn how emotions shape our life, explore the narratives behind them, and experience powerful ways to shift into positive, life-serving moods and emotions. Please wear comfortable clothes and shoes to the class. 3 sessions, 5/4-5/18. \$30.

Outlook for Environmental Action Post Paris

UUCA Green Action

Wed, April 16: Climate Change - The Reality and the Hope--Members of the Climate Reality Leadership Corps will review the science of climate change; its impact on people and environments; positive actions underway to counter global warming, and how we can make a difference. And, it's not all bad news! Presenters for this presentation have been trained at Al Gore's Climate Reality Project.

Wed, April 20: Outlook for Environmental Action Post Paris. 196 nations signed the historic climate agreement in Paris in 2015. Our Forum on the Environmental Outlook Post Paris will reveal the general outline of the agreement's accomplishments and highlight the potential power of the Clean Power Plan. Panelists are Vicki Arroyo, the Executive Director of the Georgetown Climate Center at Georgetown Law; Walton C Shepherd, policy advocate at the Natural Resources Defense Council; Karen Leu, Program Director for Interfaith Power and Light. 2 sessions, 4/13, 4/20. \$30.

All Things UUCA

Tamara Srader

New to our community? Want to know more about our congregation? Looking for ways to make connections and meet great people? Join our Chief Administrative Officer Tamara Srader for this one time workshop designed to help you navigate your way around UUCA. One-time workshop offered twice: 4/13 and 5/11. \$10.

Family Peace Pole Making Workshop

Little Friends for Peace

Children with their parents and all adults are welcome to join this workshop that the UUCA Peace Ministry Team and its partner Little Friends for Peace is offering on Wednesday, May 4 as part of Wellspring Wednesdays. Come learn about the history of peace poles, see a variety of forms they have taken around the world, and plan your own peace pole for your house or yard. We'll also provide some ideas for peace pole dedication ceremonies you can hold with family and friends. 1 session, May 4th. \$7, includes dinner and supplies.

Online registration will open March 20. Keep watching Connections for more information.

Save the Date: Next Session of Wellspring Wednesdays, Oct. 12-Nov. 16.