

October ARE Classes

First Unitarian Universalist Nashville

For complete descriptions of ARE courses or to submit a course proposal, please visit the ARE blog at firstuunashville.org/education/are.php. Schedule and locations are subject to change. Check the blog for the most recent information. Child-care available for all Wednesday night and Sunday classes. For more information, contact adultre@firstuunashville.org. To see our monthly calendar, go to

WEDNESDAY CLASSES, 7:00 – 8:30 p.m.

The Jewish High Holy Days—Forgiving and Atoning **Wednesday, October 5, 7:00-8:30 p.m.** **Norris Conference Room**

The holiest days of the year on the Jewish calendar are Rosh Hashanah and Yom Kippur. At the center of these holidays is the need to recognize how we have hurt others, asking for forgiveness, and atoning for our actions. Join **David Zald** as we explore the importance of these needs, both within Judaism and beyond.

Note: This class is offered in conjunction with FUUN's October theme: forgiveness.

The Beloved Community Task Force Presents: **American Experience: The Zoot Suit Riots** **Wednesday, October 5, 7:00-8:30 p.m.** **MH Palmer Living Room**

Do you think our current hostile climate about immigrants from Mexico is a new thing? Learn about an earlier time when hostility was simmering and exploded into violence. What about this event in the early 20th century can help us better understand today's immigration debate? Suggested reading: *Murder at the Sleepy Lagoon: Zoot Suits, Race and Riot in Wartime L.A.* by Eduardo Obregon Pagan. Part of the **Beloved Community Task Force's "Connecting the Dots" series** in preparation for a daylong retreat in January.

How Can I Help? (Core Curriculum*) **October 12 – November 9** **Wednesdays, 7:00-8:30 p.m.** **Fireside Room**

This five-week class, led by the **Rev. Gail Seavey**, is for anyone who has asked "How can I help?" when a friend or family member is in the hospital or experiencing a difficult transition such as the death of a loved one. It will cover the ministries of visiting, listening, and being fully present to yourself and others. This class is required for anyone considering joining the lay ministry team and will include discerning one's gifts for lay pastoral ministry.

* **Core Curriculum** — The Adult Religious Education Committee, in consultation with the ministers and RE Director, is in the process of identifying what we consider be the Core Curriculum for Unitarian Universalists. These

courses will be scheduled in rotation over a 2-year period and completing the curriculum will give students a deep and wide understanding of what being a UU is all about.

Kriya Yoga Meditation **Wednesday, October 12, 7:00-8:30 p.m.** **Sanctuary**

What is yoga? Yoga means literally "being at one." Perhaps you have taken a class and experienced hatha yoga, the process of being at one with your body through asanas, or postures. Kriya yoga focuses on the breath and energy. This online introduction is given by Sadhguru Jaggi Vasudev, the founder of Isha Yoga, a non-profit foundation centered in McMinnville, Tennessee. Facilitated by **Susan Warner**. You won't need any special mats or clothes for this class. www.ishafoundation.org

Winter Gardening **Wednesday, October 19, 7:00-8:30 p.m.** **Social Area**

Find out what to do to help your garden overwinter properly, and discover how to make the most of fall and spring gardens. Learn what to do by which date, and which fall and spring crops grow in Middle Tennessee. Offered by the **Herb Fair Committee**.

Adult Literacy **Wednesday, October 26, 7:00-8:30 p.m.** **Classroom A**

Low literacy rates cost the United States \$225 billion or more each year in non-productivity in the workforce, crime, and loss of tax revenue due to unemployment (Pro-Literacy). One in eight Tennessee adults can't read a job application, books to their children, or a prescription label, or complete an election ballot. Adult illiteracy is a pressing problem relevant to all citizens. **Suzanne Horne, director of the Tennessee Literacy Coalition**, will present the Advocacy Toolkit, an approach for each individual to make an impact simply by voicing their support. Nashville Adult Literacy Council will also be present to share volunteer opportunities. www.tnliteracy.org

SUNDAYS, 10:30 am – 12:00 p.m.

Forgiveness*

Sunday, October 2, 10:30 a.m.–12:00 p.m.

Fireside Room

In this class, we will examine what the Bible says (and doesn't say) about forgiveness. Using the Jewish holiday of Yom Kippur as a starting point, we will discuss key terms such as atonement, repentance, and forgiveness, and look at ways in which so-called "biblical" ideas of forgiveness have made their way into contemporary culture. We will also seek to define forgiveness in biblical and cultural contexts, and consider cases in which forgiveness may not be the best response to wrongdoing. Led by **Maria Mayo**, M.Div., M.A., a doctoral candidate in religion at Vanderbilt University.

LiNK presents "Hiding" (film)

Sunday, October 9, 10:30 a.m.–12:00 p.m.

Fireside Room

Last spring, a group of dedicated volunteers from the LiNK organization visited FUUN. These volunteers are "nomads" who travel the country, spreading awareness about the plight of North Korean refugees and raising funds in order to rescue North Korean refugees. Members of LiNK will be returning to FUUN to screen their film "Hiding." "Hiding" delves into the refugee crisis and explains crucial North Korean history, including how the current government attained control. It also shares interviews with North Korean refugees that LiNK has helped to rescue and resettle.

For more information, visit LiNK's website at www.linkglobal.org

"The Power of Forgiveness" (film)*

Sunday, October 16, 10:30 a.m.–12:00 p.m.

Fireside Room

To forgive someone can be simple. But this simple act can have powerful consequences — and may lead to a personal and spiritual transformation. Recently, the study of forgiveness has come into its own. Researchers are examining the psychological and physical effects of forgiveness under an amazingly wide variety of conditions, ranging from petty insults to sexual assault to 9/11. Clinicians now help guide people to forgive transgressions and get on with their lives. From Ground Zero to Northern Ireland to the Amish countryside, THE POWER OF FORGIVENESS explores this important concept, and reveals how forgiveness can transform your life.

Filmmaker Martin Doblmeier explores the spiritual, physical and psychological benefits of forgiveness and includes interviews with Elie Weisel and Vietnamese Buddhist leader Thich Nhat Hanh. Discussion facilitated by **Dawn Thornton**.

**Note: This class is offered in conjunction with FUUN's October theme: forgiveness.*

CALL FOR REGISTRATION:

Faith Like a River (Core Curriculum*)

Sundays, October 30, November 13 & 20

10:30 a.m.–12:00 p.m.

Fireside Room

RSVP Requested – Minimum of six students required for the class to be offered.

"Faith Like a River" explores the dynamic course of Unitarian, Universalist, and Unitarian Universalist history—the people, ideas, and movements that have shaped our faith heritage. It invites participants to place themselves into our history and consider its legacies. What lessons do the stories of our history teach that can help us live more faithfully in the present and the future? This core curriculum course is being offered by Marguerite Mills tentative to reaching the minimum enrollment of 6. To register or indicate your interest, RSVP to Marguerite at mmills@firstuunashville.org or 383-5760, ext 304.

CALL FOR REGISTRATION:

¿Quieres hablar español?

Sunday evenings beginning January 15, 2012

Registration Deadline December 18, 2011

Minimum enrollment of 6 for class to be offered

Would you like to learn to speak Spanish? Coming soon, you may have the opportunity to get professional-level instruction right here at FUUN. Our own Lisa Pasto-Crosby is an experienced Spanish language instructor and she is willing to work with a small group (6-14 people) on basic Spanish vocabulary and conversational skills.

This is how the classes work: you will receive a textbook, workbook, vocabulary, and two audio CDs for each lesson. The textbook is based on a video series that has a soap-opera type episode for each lesson (which you can watch online). So each week you watch a 20-minute video, and then can use whichever of the materials suit your learning style best. Some people just listen to their CDs; some do exercises in the workbook; some just read through the textbook. You do as much or as little as you want or need. Class time will be spent going over materials, talking, playing games, and answering questions.

The atmosphere is low-key, no pressure, but does require a commitment from each student. The cost for the first 10 classes is \$300, plus a one-time \$60 materials fee. Participants must make a commitment to the first 10 classes in order to join the class. After the first 10 classes, each class is \$30 per person, payable in advance.

Minimum of six students required for the class to be offered. To express your interest in taking the class or ask any questions, please email adultre@firstuunashville.org.

This class is offered in cooperation with the Denominational Affairs Committee.