

First Unitarian Church of Wilmington

Programs for Adults, Fall 2009

Previews of Coming Attractions

What's coming up this fall at First U? Lots! More than we could fully describe in this flyer, but here is a peek at what's in store. See separate brochures about programs that intrigue you, or check out our website for more information.

Learn about Our Faith...

Journey Toward Membership. Learn the basic theology, values and history of our movement and our historic congregation, and how to become involved in our community. Sundays at 11:45 am October 4, 11, 18 and 25. Offered a second time, starting Sunday, Nov. 15, 11:45 am -1:00 pm, with parts 2, 3, and 4 available on one Saturday, November 21, 9:30 am – 1:30 pm. Led by Susan Madison, Rev. Barbara Gadon and Rev. Dr. Josh Snyder.

Watch, Listen, Discuss...

Ethics and World Religions. Why do people of diverse beliefs come to the same moral decisions? This discussion examines specific moral issues from the perspectives of different world religions. 9:15 am -- 10:20, the first Sunday of every month. Led by Jim Davis.

Religions of the Axial Age. Lecture and discussion. Follow the development of religious thinking during a remarkably creative period, 800 – 200 BCE. Judaism, Hinduism, Buddhism, Confucianism, and other major beliefs and moral systems originated during this time. 9:30 am – 10:20, except 1st Sunday of each month. Led by Susan Madison.

Deviance and the Eye of the Beholder: Film series. Explore our culture and the commitment to tolerance. Starts Saturday, October 17 at 7:00 pm and continues monthly. First film: "Paris Is Burning". Led by Rev. Barbara Gadon and Dr. Alan Horowitz, Associate Professor of Sociology at the University of Delaware.

Deepen Your Ties to Community...

Seminar with our Senior Minister: Church Growth, One Connection at a Time. In this class Reverend Josh will explore what it means to be a growing and healthy church. We will practice building deep and meaningful connections as part of our spiritual practice of being in community as Unitarian Universalists. Saturday, November 7, 9 am – 3 pm.

Turn over for more classes...

Learn a Spiritual Discipline...

Fall Retreat: A Spiritual Practices Sampler. Friday, October 9 – Saturday, October 10. Sample prayer, yoga, meditation and journal-writing. Sign up by October 4. Led by Rev. Barbara Gadon, Susan Madison and others.

Mindfulness Meditation. A 4-session class introducing meditation to de-stress with the techniques of Jon Kabat-Zinn. 9:00 am – 10:15 am Sundays October 18 – November 8. Led by Dr. Jim Walsh.

Spiritual Journal-Writing. A 3-session class on journal writing as a way to find the inner voice of the spirit. 9:00 -- 11:00 am. October 31 – November 4. Led by Joan Leof.

Join a Small Group...

Open Circles. New this fall! Explore the big spiritual questions with a warm, encouraging group of friends. Open Circles will meet twice each month in members' homes. Starts late October.

Other ongoing groups include: UU Christians, Godfrees (atheists and skeptics), brown bags and parent groups.

See our special "Groups at our Church" and "Open Circles" brochures to learn more.

Also at First U...

First Unitarian Church rents our building to teachers of various spiritual disciplines. These courses are available for a fee payable to the instructor.

Iyengar Yoga. An ongoing class for beginners that emphasizes alignment, strengthening and flexibility. 7:15 – 8:45 Monday evenings. Led by Robert Gadon. See www.lifeisastretch.com for more information.

Tai Chi. An ongoing class to learn the graceful, soul-balancing movements of Tai Chi. 9:00-10:00 am and 7:30 -- 8:30 pm, Mondays; Thursday, 9:00 --10:00 am. Led by Jack-Sol-Church. For further information, contact Jack at jack@wilmingtontaichi.com.