



# Classes & Retreats

ADULT PROGRAMS FOR SPIRITUAL DEEPENING

FIRST UNITARIAN CHURCH

1011 SW 12<sup>TH</sup> AVE., PORTLAND, OR 97205

*Living Our Liberal Faith*

Register at: <http://tinyurl.com/1stCh-Registration>

ESTABLISHED 1866



1034 S.W. 13<sup>th</sup> Avenue  
Portland, Oregon 97205 503-228-6389  
[www.firstunitarianportland.org](http://www.firstunitarianportland.org)

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#### The Mission Statement of First Unitarian Church

*to create a welcoming community  
of diverse individuals;  
to promote love, reason,  
and freedom in religion;  
to foster life-long spiritual growth;  
and to act for social justice.*

## ■ PARTICIPATION

### Registration

Most of our classes require pre-registration. You may also register for a class when it meets for the first time. If drop-ins are welcome, it will be noted in the class description.

For the support of our facilitators and teachers, please register for all classes, even those that have no fee. Our facilitators work hard to be prepared and registration helps them do so. It also helps us insure that the space we have reserved is adequate so all participants can be comfortable.

### How to Register

- Sign up online at <http://tinyurl.com/1stCh-Registration>
- Sign up at the **Adult Programs Table** in Margaret Fuller Hall on Sundays after services.
- Complete the registration form on the back cover, and mail to the church office with a check or credit card #
- Call the office at 503-228-6389, ext. 132 or 232.
- Check in with the class steward at the first class. Please arrive 10 minutes early to your first class if you need to complete registration.

### Class Stewards

Each adult class has a steward who welcomes and registers participants, introduces the facilitator, and ensures that the facilitator has what she or he needs. Class fees are waived, and retreat fees are reduced for stewards. If you would like to steward a class, speak with someone at the Adult Programs table in Margaret Fuller Hall or call 503-228-6389, ext. 132 or 232.

### Class Fees

We work hard to make classes as financially accessible as possible to everyone. Most of our administrative and program costs are funded by your pledges. We charge a fee for some classes to help us cover the costs of facilitation and supplies for all classes. Retreat fees also cover the cost of the venue and meals.

We are able to offer many classes without a fee due to the generosity of volunteer facilitators. We seek to be fair and just in our relationship to our facilitators by offering reimbursement to those who request a stipend in recognition of their work.

We welcome all participants in our offerings. Scholarships are available for all of our classes and retreats. The annual book sale funds these scholarships. If you would like a scholarship, please indicate this on your registration form. If you have any questions, please contact us at 503-228-6389, ext. 132 or 232.

### Refunds

Refunds for classes will be offered:

- if the class is cancelled.
- if the registrant notifies the office before the first class.
- if the registrant is dissatisfied with the class.

If you are dissatisfied with a class, please let us know. We want to hear about it, even if you don't want a refund.

Partial refunds will be given for retreats up to two weeks before the start of the retreat. We will refund the retreat fee less \$25 for processing and facility reservation costs.

### Childcare

We want to support the participation of all adults in our offerings. Childcare can be arranged with prior notice. At least 10 days before the start of a class, please contact Mary or Cassandra at 503-228-6389, ext. 132 or 232. We will talk with you about the ages of the children involved and the best way to make sure everyone is safe and cared for.

*For the safety of our children and the church, do not leave children (anyone under 18) unattended in any of our buildings.*

### Special Needs

If you have a request for accommodation that will support your participation in our Adult Programs, please call 503-228-6389, ext. 132 or 232.

## ■ Walk the Labyrinth—*Every First Sunday*



The Labyrinth will be available in the Buchan Reception Room the first Sunday of the month, between 10:30 a.m. and 1 p.m. Friends of the Labyrinth will be there to welcome newcomers who may have questions. Handouts will be provided that relate to the Church theme of the month.

## ■ Winter/Spring Spiritual Themes

Each month during the year, we focus our attention on a different spiritual theme. In addition to being incorporated into sermons, discussions, and reflection, we build many of our adult offerings around them.

January: <i>Creation</i>	April: <i>Redemption</i>
February: <i>Prayer</i>	May: <i>Vision</i>
March: <i>Evil</i>	June: <i>Community</i>



## ■ Book and Media Sale

### ► Friday, Mar. 16, 4 – 7 p.m.

A limited opening, exclusive to First Unitarian Portland congregants and friends. Have first pick of books, CDs, DVDs, and notecards.

### ► Saturday, Mar. 17, 10 a.m. – 4 p.m.

### ► Sunday, Mar. 18, 10 a.m. – 2 p.m.

Bring your donations all year long to the Adult Programs table in Fuller Hall or to the welcome desk in the Buchan Building. During the week, drop off books at the Church office between 10 a.m. and 4 p.m.

Proceeds from the sale go toward scholarships and our Church libraries.

Contact [cscheffman@firstunitarianportland.org](mailto:cscheffman@firstunitarianportland.org) if you need help with a large donation.

Sign up at the Adult Programs table to volunteer for the book

## Welcome to Adult Programs for Spiritual Deepening—Winter and Spring 2018!

We continue exploring our theme of “transitions” by offering opportunities for you to learn about yourself, others, and our world. We also hope these offerings will help you stay grounded for the work that is before us. We have a variety of classes this term focused on spiritual deepening, building UU identity, and supporting community connection. Some are titles and facilitators who are familiar; others are new. All are offered to support personal growth, community connection, and work for justice.

We continue our collaboration with Social Justice by offering more racial justice book study groups and adding some classes and events. The study groups last term were a great success and we are grateful to our Social Justice partners for their support of this important part of our learning and building community.

We also highlight opportunities for ongoing spiritual practice, some that are well established and some that are new. These are a way to deepen both your practice and your connection to others.

We are also making some transitions as a program as we explore what helps deepen spirituality and build community. You may notice a few changes in the program guide. We have worked to offer opportunities that bring people together and allow for personal growth. We have also scheduled two opportunities for you to talk with us about what you would like as we explore how to best move forward. Plan to join us for this discussion on February 17 or March 11; there is more information on page 15.

For now, we have reviewed our practices regarding class fees and made a few changes. We are choosing not to charge a fee for many of our classes. Most of our administrative and program costs are funded by your pledges. For some classes, we charge fees to help us cover the costs of facilitation and supplies for all of our classes. Whether or not you are a member of First Unitarian Portland, please consider making a pledge to support the programs that we offer.

Please remember that we offer scholarships to support everyone’s participation. The scholarship fund is replenished each spring with proceeds from the volunteer-run Book Sale. Look for that event in March!

Last, we want to support the participation of parents in our programs, so we are offering to coordinate childcare. If you would like this support, please contact Mary (ext. 132) or Cassandra (ext. 232) at least 10 days before the class begins so we can develop a plan that keeps everyone safe and cared for.

May your journey of learning and growth continue to be filled with insight, connection, and hope.

Blessings,

Mary Gear, Cassandra Scheffman, & Dana Buhl



# CLASSES & RETREATS AT A GLANCE

	CLASS / REFERENCE #	DAY	START DATE	PAGE #
February	Path to Engagement	Sunday*	Feb. 4	13
	Gentle Yoga Winter Session (C1WS18)	Mondays	Feb. 12	6
	Write an Ethical Will (C2WS18)	Tuesdays	Feb. 13	7
	Women's Retreat (R1WS18)	Sat.–Sun.*	Feb.17–18	5
	Spirituality 101 (C3WS18)	Tuesdays	Feb. 20	9
	Gnostic Gospels (C4WS18)	Wednesdays	Feb. 21	9
	The Fire Next Time (C5WS18)	Thursdays	Feb. 22	11
	Wabi Sabi Love (C6WS18)	Sundays*	Feb. 25	8
	Tai Chi Chih (C7WS18)	Tuesdays	Feb. 27	7
	A Year to Live (C8WS18)	Tuesdays	Feb. 27	8
Spiritual Practices for UU Lent (C9WS18)	Wednesdays*	Feb. 28	13	
March	Exploring UU Humanism (C10WS18)	Saturday*	Mar. 3	5
	Twilight Zone (C11WS18)	Sundays*	Mar. 4	9
	Writing Our #MeToo Stories (C12WS18)	Saturdays*	Mar. 10	8
	Path to Engagement	Sunday*	Mar. 11	13
	Veganism as a Spiritual Practice (C13WS18)	Tuesdays	Mar. 13	10
	The Fire This Time (C14WS18)	Thursdays	Mar. 15	11
	Four Expeditions in Ethics (C15WS18)	Thursdays*	Mar. 22	9
	Engaging Race (C16WS18)	Tuesdays	Mar. 27	10
	Cuz: The Life and Times of Michael A. (C17WS18)	Thursday	Mar. 29	11
April	Topics in the Philosophy of Religion (C18WS18)	Tuesdays	Apr. 3	10
	QiGong (C19WS18)	Thursdays	Apr. 5	7
	Building Community at First Unitarian (C20WS18)	Fridays*	Apr. 6	13
	Men's Retreat (R2WS18)	Fri.–Sun.*	Apr.6–8	5
	Survival Lessons (C21WS18)	Sundays*	Apr. 8	8
	Gentle Yoga Spring Session (C22WS18)	Mondays	Apr. 9	6
	Telling the World's Oldest Stories (C23WS18)	Saturday*	Apr. 14	6
	Intersectionality (C24WS18)	Sundays*	Apr. 15	10
	Daring Democracy (C25WS18)	Thursday	Apr. 19	12
	Path to Engagement (C26WS18)	Sunday*	Apr. 22	13
	Breema (C27WS18)	Tuesdays*	Apr. 24	7
	Ashland Spring Retreat (R3WS18)	Fri.–Sun.*	Apr. 27–29	5
May	Day of Mindfulness (C28WS18)	Saturday	May 19	6
	Path to Engagement	Wednesday	May 30	13

\* indicates day time class

## RETREATS AND WORKSHOPS

### Women's Retreat: Tending the Open Heart

"Wherever you go, go with all your heart." –Confucius

As we move through the world, how can we stay open and whole-hearted? In a community of UU women, we will explore and experience self-expression, spiritual deepening, and community. We will draw from our feminine wisdom to practice self-care and support each other as we listen to our heart's song. This weekend is a Valentine to ourselves and each other. Come join our circle!

**Facilitators:** **Mary Gear** is Acting Assistant Minister at First Unitarian Church-Portland and is a former social worker.

**Sophia Douglas** is a member of First Unitarian Portland and a co-facilitator of Circles of Trust. Both have led workshops exploring life transitions and resilience.

**Details:** Saturday, Feb. 17, 9 a.m.

through Sunday, Feb. 18, 3 p.m.

Alton Collins Retreat Center in Eagle Creek, OR

**Fee:** \$175 (double-occupancy); includes lodging and meals. Scholarships available.

**Reference #:** R1WS18

### Exploring UU Humanism: A Half-day Workshop

Calling all UU Humanists and those who are curious!

Come spend a morning exploring and/or renewing what humanism means or could mean to you. We'll use a variety of activities and small-group formats to bring discussion to a deeper level than merely "good without God." The class will briefly cover the definition of humanism, the history of UU humanism, and the mission of the Humanist Unitarian Universalist (HUUmanists) Association. Then we will move on to deeper topics such as how UU Humanists might address the issue of aging and how UU Humanists bring compassion and community to social justice work. There will be a snack, fun, and some hands-on activities. This is a good place to start for anyone interested in creating a Humanist group at First Unitarian.

**Facilitator:** **Kathy Foldes** is a member at UUCC Hillsboro where she has led retreats for their UU Humanist group. She has taught many Adult Programs classes during the past decade.

**Details:** Saturday, Mar. 3; 9 a.m. – 1 p.m.

**Fee:** \$15

**Reference #:** C10WS18



### Men's Retreat: Men, Mindfulness, and the Beloved Community

"Almost everything will work again if you unplug it for a few minutes, including you." –Anne Lamott

Unplug with us for the weekend, at the annual Men's Retreat! There will be community building, quiet walks in nature, good food, a fire, (and maybe even some singing). We will also take some time to discuss the subject of male spirituality. What are some of the special challenges we men face in our own search for truth and meaning? To be spiritual, UU, and male in our culture can be complicated. Come and join our circle of trust at the beach; we're looking forward to hearing your story.

**Facilitator:** **Ron Walker** is a member of First Unitarian Portland, a retreat and small group facilitator, and meditation teacher.

**Details:** Friday, Apr. 6, 4 p.m.

through Sunday, Apr. 8; 11 a.m.

Camp Magruder, Rockaway Beach, Oregon Coast

**Fee:** \$148 (shared sleeping quarters); includes lodging and meals. Scholarships available.

**Reference #:** R2WS18

### Ashland Spring Retreat

Enjoy three plays, engaging conversation with fellow UU's, and Ashland in Springtime. Participants will see the following plays:

- *Sense and Sensibility* Friday, Apr. 27, 8 p.m. OSF West Coast Premiere, a lively adaptation of Jane Austen's comedic romance.
- *Destiny of Desire* Saturday, Apr. 28, 1:30 p.m. Provocative and revolutionary send-up of the telenova genre, women take power over their futures.
- *Othello* Saturday, Apr. 28, 8 p.m. Director Bill Rauch explores racism, religious bias, xenophobia, and the more disturbing aspects of relationships in the context of our society's ongoing struggle with polarizing differences.

**Facilitators:** **Rita Fawcett** and **Betsy Riddell** are members of the Adult Programs Committee.

**Details:** Friday, Apr. 27 – Sunday, Apr. 29

Ashland, OR

**Fee:** \$310; includes tickets for three plays, two nights lodging at Stratford Inn (change from Bard's Inn) (double-occupancy), a discussion on Saturday at 10:30 a.m. with one of the actors from *Sense and Sensibility*, and an optional organized "at your own cost" dinner at Standing Stone Brewery on Saturday at 5:30 p.m.

**Reference #:** R3WS18

**Sign up online:**  
<http://tinyurl.com/1stCh-Registration>

## Telling the World's Oldest Stories: Giving Voice to the Archetypes of the Soul *with Will Hornyak*

Joseph Campbell once said that the point of working with myths is not so much to interpret them, but to *live* them and to discover which myth is already living through us. The oldest stories can recall to us the nature of our own soul's journey and the timeless narrative being lived beneath our outer lives. As powerful as the ancient myths, fairytales and folktales can be, they often need a special quality of relationship and care before they become accessible to ourselves and to an audience. This experiential workshop explores methods for developing traditional material (myths, fairytales, folktales, poems and legends) to ground them in our own experience, body and voice. Bring a story, a portion of a story, or a poem you'd like to work with. No previous storytelling experience required!

**Facilitator:** Will Hornyak teaches storytelling at Marylhurst University and performs throughout the United States. He has offered workshops for numerous schools and organizations including Intel, the American Cancer Society, Doc Martens Shoes, the American Hospital Association, Multnomah County Juvenile Justice Dept., and the Oregon Arts Commission. He was named Artist of the Year by Young Audiences of Oregon.

**Details:** Saturday, Apr. 14, 9 a.m. – 4 p.m.

Bring a sack lunch or purchase food downtown.

Fee: \$30

Reference #: C23WS18

### An Evening of Storytelling with Will Hornyak

## Waking Finn Mac Cool: *Tales of Ireland's Greatest Poet Warrior*

Friday, Apr. 13, 7:30 p.m.  
Buchan Reception Room

He made magic with words and mayhem with foes and  
lived by the old code:

*"Never give a sword to a man who can't dance."*

Storyteller William Kennedy Hornyak recalls the legends of Ireland's beloved folk hero with a wake in his honor. Come join us for an evening of poems, tales, songs and lore from the heart of the Emerald Isle.

**\$15 cash at the door. Reservations recommended:  
hornyak.will@gmail.com or 503 697-5808**

## Day of Mindfulness *with Kate Dresher*

Whether significant or subtle, whether good, bad, happy or sad, transitions tend to be stressful. Yet times of transition bring us in contact with uncertainty and change and can remind us of deeper truths and possibilities. This day of mindfulness is an opportunity for quieting the heart and mind, increasing our capacity to connect with life as it is, and growing our ability to relate and respond to ourselves and others kindly and wisely.

The day will include periods of sitting and walking meditation, contemplation and discussion. It is suitable for those new to and familiar with mindfulness meditation practice.

**Facilitator:** *Kate Dresher* has been practicing meditation for 20 years and teaching lovingkindness and insight meditation retreats in the U.S. and British Columbia since 2010. She has studied intensively with both Asian and Western Theravadan Buddhist masters and practiced for a time as a nun in Myanmar. She has also received clinical pastoral training. Her teaching emphasizes practicing right where we are as a doorway to the natural unfolding of wisdom and love.

**Details:** Saturday, May 19, 9 a.m. – 4:30 p.m.

Please bring a sack lunch.

Fee: \$25

Reference #: C28WS18

## BODY AND SOUL

### Gentle Yoga in the Evening

This class offers community-building for all body types and ages with a restorative emphasis on spine and neck health, increasing range of motion, stress relief and energy renewal. Please bring your mat and wear comfortable clothing. Note: off-site meeting location.

**Facilitator:** A member of First Unitarian Portland for many years, *Elizabeth Domike* is certified to teach older adults and has experience with helping active caregivers cope with the energy demands they face.

**Details:** Winter Session—Eight Mondays: Feb. 12, 19, 26,

Mar. 5, 12, 19, 26, and Apr. 2; 5:30 – 6:30 p.m.

Spring Session—Eight Mondays: Apr. 9, 16, 23,

30, May 7, 14, 21, and 28; 5:30 – 6:30 p.m.

Meets at ÉYÈM Studio at 1034 SW Taylor St.

Fee: \$64 per Session (\$12 drop-in per class)

Reference #: Winter Session—C1WS18

Spring Session—C22WS18



## T'ai Chi Chih: Joy Through Movement

T'ai Chi Chih is a series of nineteen movements and one standing posture that help circulate and balance the intrinsic energy (Chi) within all of us. These easy to learn movements will be taught in one-hour classes and have a cumulative effect. T'ai Chi Chih is beneficial for all body types and abilities. We will also learn a seated version of the practice.

**Facilitators:** Neal Roy is an accredited T'ai Chi Chih teacher since 1996. Currently he leads a practice at the Chinese Garden the second Saturday of each month.

**Banks Upshaw** is an accredited T'ai Chi Chih teacher, lifelong Unitarian and member of First Unitarian Portland.

**Details:** Eight Tuesdays: Feb. 27 (free trial session), Mar. 6, 13, 20, 27, Apr. 3, 10, 17; 6 – 7 p.m.

**Fee:** \$25

**Reference #:** C7WS18



## Qigong: Relax and Renew

Qigong is rooted in the ancient Chinese practice of life force (qi) and work (gong). The essence of Qigong is gathering and moving subtle energy through slow, graceful, embracing, and meditative movements. This helps to circulate qi, both internally and externally, bringing together movement, intention, and breath. Don offers positive affirmations and encourages participants to bring their own in order to enhance the vitality of body, mind, and spirit.

**Facilitator:** Don Liedel is a certified level one Qigong instructor and a longtime member of First Unitarian Portland. He is a leader with the Men's Community and serves on the Adult Programs Committee.

**Details:** Six Thursdays: Apr. 5 (free trial session), 12, 19, 26, May 3, and 10; 7:15 – 8:15 p.m.

**Fee:** \$20

**Reference #:** C19WS18

**Sign up online:**

<http://tinyurl.com/1stCh-Registration>

## Breema: The Art of Being Present

Breema® bodywork and Self-Breema® exercises are simple and effective ways to harmonize the body, mind, and feelings, and live in the present moment. Nurture your self-understanding and explore tools for participating fully in daily life. Wear loose, comfortable clothing and wear or bring socks; we'll be working on carpet. Feel free to bring a yoga mat and sitting cushion; there will be some mats available. Breema is easy and playful, an expression of life in harmony. We invite you to join us for a taste of Breema. For more info, see [www.breema.com](http://www.breema.com).

**Facilitators:** Ruth Lane has been a Certified Breema Practitioner, Self-Breema Instructor, and Oregon LMT for over 15 years. She's been a member of First Unitarian Portland for a year and appreciates the diversity, inclusion and the many ways we nurture our spirits here. Linda Livermore is an LMT, a CPA, and has been a student of Breema since 2001, "I practice Self-Breema along with a daily yoga practice to quiet my mind and rejuvenate my body."

**Details:** Three Alternating Tuesdays: Apr. 24, May 8, and 22; 10 a.m. – 12 p.m.

**Fee:** \$10

**Reference #:** C27WS18

## TRANSITIONS AND GROWTH

### Write an Ethical Will

*"Before you tell your life what truths and values you have decided to live up to, let your life tell you what truths you embody, what values you represent."* –Parker Palmer

We are all familiar with the need to write a will to pass on financial assets, but isn't passing on a written legacy of values just as important? In this class, guided exercises and small and large group discussions will help you discern and write about your formative experiences and articulate the values that have guided your life. In writing your ethical will you are distilling the wisdom accumulated in your life and ensuring that your most cherished values will be lovingly passed on as a spiritual legacy. By the end of class you will have crafted a document you can share with your family, now or later. You may even find that your ethical will helps you live a more meaningful life right now.

**Facilitators:** Patty Clement is a member of First Unitarian Portland where she serves on the Adult Programs Committee and as chair of Friends of the Labyrinth. She is an author, poet, and Spiritual Director.

**Details:** Three Tuesdays: Feb. 13, 20, and 27  
6:30 – 8:30 p.m.

**Fee:** None

**Reference #:** C2WS18

## Wabi Sabi Love:

### Creating Mindful Relationships

Wabi Sabi is an ancient Japanese aesthetic that honors the fading, the weathered, the humble and misshapen. It is a beautiful and embracing art that can be practiced in relationship. Those of us in long term partnership or other family relationships are aware of the hidden dance of quirks and imperfections between two people and the struggle to stay on the positive side of these challenges. When we relinquish rigid and idealistic views of ourselves and our partners, we can see one another through a forgiving lens of compassion, humor and generosity. We can find delight and endearment in those rough places, moving from annoyed to enjoyed. Using discussion and experiential approaches, we will explore these ideas in a supportive and fun environment.

**Facilitators:** **Mariah Ureel** has studied Transpersonal Psychology and has had a private practice in the greater Portland area for over 20 years. She is a long time Unitarian.

**Details:** Two Sundays: Feb. 25 and Mar. 4; 1 – 3 p.m.

**Fee:** None

**Reference #:** C6WS18

### A Year to Live

Stephen Levine, author of the best-seller Who Dies?, teaches us how to live each moment, each hour, each day mindfully –as if it were all that was left. On his deathbed, Socrates exhorted his followers to practice dying as the highest form of wisdom. Levine decided to live this way himself for a whole year, and now he shares with us, in A Year to Live, how such immediacy radically changes our view of the world and forces us to examine our priorities. Levine provides us with a year-long program of intensely practical strategies and powerful guided meditations to help with this work, so that whenever the ultimate moment does arrive for each of us, we will not feel that it has come too soon. Please start the book before the first session.

**Facilitator:** **Christopher Doo** (né Kirschbaum) is an active member of First Unitarian Portland and a teacher trainee in the Mindfulness Based Stress Reduction (MBSR) program through the UMass. Medical School's Center for Mindfulness.

**Details:** Three Tuesdays: Feb. 27, Mar. 27, and Apr. 10  
7 – 9 p.m.

**Fee:** None; book available in our Beacon Bookstore.

**Reference #:** C8WS18

## Writing Our #MeToo Stories

In the ongoing effort to provide a spiritual response to First Unitarian Portland congregants regarding the #MeToo movement, this class for women will provide a confidential, supportive circle in which to safely write the experiences that need to be told. The focus of the first session will be to create a safe place within which to begin writing. Meditation techniques will be utilized for self care. Opportunities will be given to read personal stories, but but no one will be required to read, only to write, to listen deeply, and to hold others' stories with loving regard. With self care, self expression and the support of beloved community, our intention is that participants will begin the process of spiritual healing and empowerment that will enable them to support themselves and others in their quest towards full humanity. Together we can learn to hold ourselves and each other in the cupped hands of our beloved community.

**Facilitators:** **Patty Clement** is a member of First Unitarian Portland where she serves on the Adult Programs Committee and as chair of Friends of the Labyrinth. She is an author, poet, and Spiritual Director. **Sheryl Eldene** is a therapist (retired) who specialized in treatment of trauma, a Wellspring facilitator, and is a member of First Unitarian Portland. Her skills can support healing and provide ways to look at our wounds and to heal the pains without re-wounding by what we hear and/or what we remember.

**Details:** Three Saturdays: Mar. 10, 17, and 24; 1 – 3 p.m.

**Fee:** None

**Reference #:** C12WS18

## Survival Lessons:

### Reclaiming Your Life After Loss

When we've lost someone we love or experienced another significant loss, we are changed. This four session class will focus on telling our stories and identifying ways to experience healing and transformation. Using group discussion and educational support, participants will explore attitudes toward grief, understanding the grief process, coping and expectations, identifying resources, and finding a spiritual path to healing. Whether you are grieving a recent loss or a loss of years ago, we welcome you.

**Facilitators:** **Rev. Wendy Fish** is a retired Unitarian Universalist (UU) minister who served two congregations and was a hospital chaplain. **Kristin Guest** is a lifelong UU, now a member of First Unitarian Portland. She has survived significant deaths in her own life and co-facilitates an adult grief group at Portland's Dougy Center.

**Details:** Four Sundays: Apr. 8, 15, 29, and May 6  
10:45 a.m. – 12:15 p.m. (no class Apr. 22)

**Fee:** None

**Reference #:** C21WS18

# SPIRITUALITY AND PHILOSOPHY

## Spirituality 101

The UU Traditions say that we live out the Seven Principles within a “living tradition” of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience. Well, how do we do that? In Spirituality 101, that is what we together try to do. In three sessions we will explore the common elements of secular and religious spiritualities and simple practices derived from them.

**Facilitator:** **Jim Gillin** is a member of First Unitarian Portland where he has taught a variety of classes on spirituality and religion.

**Details:** **Three Tuesdays: Feb. 20, 27, and Mar. 6**  
7 – 8:30 p.m.

**Fee:** \$15

**Reference #:** C3WS18

## Gnostic Gospels

The discovery in 1945 in Naghamadi Egypt of the so called Gnostic Gospels is considered by many as one of the most important developments in Christian theology in centuries. Written in Coptic and dating from the 2nd century C.E., these writings let us hear directly from long silenced voices that offer very different views on Christ, salvation and the nature and origins of this world. This class will explore how the early Church settled on the official canon that we know today as the Bible and what some of these competing voices had to say that challenged that canon. The class will use Elaine Pagel’s *Gnostic Gospels* as a discussion guide as well as handouts of some of the Gnostic writing including the *Gospel of Thomas*, *Dialogue of the Savior*, *The Gospel of Mary Magdalene*, and the *The Secret Gospel of John*.

**Facilitator:** **Ron Hall** has taught World Religions for First Unitarian Portland and Portland State University. Ron is a member of the Adult Programs committee.

**Details:** **Four Wednesdays: Feb. 21, 28, Mar. 7, and 14**  
7 – 9 p.m.

**Fee:** \$20

**Reference #:** C4WS18



**Sign up online:**

**<http://tinyurl.com/1stCh-Registration>**

## Twilight Zone: The Dimension of Imagination Discussion

There is a fifth dimension beyond that which is known to man. It is a dimension as vast as space and as timeless as infinity. It is the middle ground between light and shadow, between science and superstition, and it lies between the pit of man’s fears and the summit of his knowledge. This is the dimension of imagination. It is an area which we call the *Twilight Zone*. Unitarian Rod Serling created The Twilight Zone series in 1959 stemming from his belief that his role as a writer was to “menace the public conscience.” He viewed his scripts as “vehicles of social criticism,” and used imaginative science fiction and fantasy to address broad social concerns such as conformity, authoritarianism, war, etc. This series will engage different episodes of The Twilight Zone and reflect on the social implications they have for our lives today.

**Facilitator:** **Crystal Zerfoss** is Intern Minister at First Unitarian Church-Portland.

**Details:** **Four Sundays: Mar. 4, 11, 18, and 25; 1 – 3 p.m.**

*To support Crystal’s preparation for this class, please register by Feb 25<sup>th</sup>.*

**Fee:** None

**Reference #:** C11WS18

## Four Expeditions in Ethics

Advancements in medical care raise new ethical questions. This class will explore four scenarios, one per session. Readings will be provided.

1. Are the requirements of professional ethics—legal ethics, medical ethics, etc.—ever inconsistent with the requirements of “ordinary morality”? If professionals may have to violate moral rules, is it wrong to become a professional?
2. Are there any situations in which medical euthanasia is excusable?
3. In the United States, prison inmates alone have a Constitutional right to health care. Should this be so?
4. Today, expert witnesses testify in ethics-related court cases and clinical ethics consultants work in hospitals. Can ethics “experts” have justifiable moral authority?

**Facilitator:** **Kenneth Kipnis** is a former professor who has spent decades working in healthcare ethics. He has explored situations from an ethical perspective in the classroom, the hospital, and the courtroom. He has delved deeply into medical ethics and written “field reports” on what he has learned, which he is eager to share.

**Details:** **Four Thursdays: Mar. 22, 29, Apr. 5, and 12**  
1 – 3 p.m.

**Fee:** \$20

**Reference #:** C15WS18

## Topics in the Philosophy of Religion

Philosophy in the West and religion in the West have often been entwined and sometimes stood in opposition. We will take up a selection of topics typically included in college-level Philosophy of Religion classes. Over four weeks we'll discuss: 1) Reason in the service of Belief: arguments about the existence of God. 2) Religion in the Age of Reason: Deism and Pantheism 3) 20th Century skepticism and doubt: Russell and Kurz. 4) Beyond Patriarchy: the feminist challenge to traditional theology. Class meetings will include lectures and discussions. Reading material will be provided.

**Facilitator:** **Andy Simon** is a First Unitarian Portland member and a retired professor of western philosophy and ethics.

**Details:** Four Tuesdays: Apr. 3, 10, 17, and 24; 7 - 9 p.m.

**Fee:** \$20

**Reference #:** C18WS18

## ACTING FOR JUSTICE

### Veganism as a Spiritual Practice: Practical Strategies for Success

Discover the intersectional justice component of veganism and how it is relevant to our UU Principles. At a time when the desire to create *sanctuary* in our lives is at an all-time high, it's not a surprise that more individuals are shifting towards a plant-based diet. Making this change successfully starts with a strong foundation. Learn how to set up your plant-based pantry, make sauces and dressings for a variety of dishes, and discover the steps that will gratify the palate's need for savory tastes while learning versatile and efficient recipes for any budget. This approach moves from the pantry forward, so both new and experienced cooks can become acquainted with common elements and find the inspiration to play with ingredients in new and interesting ways, while utilizing seasonal produce for fresh and satisfying meals.

**Facilitator:** **Sabrina Louise** is a lifelong Unitarian Universalist who has volunteered for the UUA since she was 11 years old. She is the Office Administrator for the UU Ministry for Earth and has been actively involved with UU youth, young adult, regional and continental gatherings, events and conferences. Sabrina currently teaches vegan cuisine at Portland Community College and the Multnomah Athletic Club.

**Details:** Two Tuesdays: Mar. 13 and 20; 6 - 9 p.m.

**Fee:** \$15; includes food samplings.

**Reference #:** C13WS18

## Engaging Race *with Cameron Whitten*

Engaging Race is a four week, dynamic learning experience that leverages a peer-based, popular education model to address racial inequality. Through interdisciplinary activities and collaborative strategy, we help participants challenge themselves and build their power as organizers for justice.

**Facilitator:** **Cameron Whitten** is a civic entrepreneur, storyteller, and a community activist. He has almost a decade of leadership with nonprofit, civic, and political causes, such as Occupy Portland, Know Your City, and Portland's Resistance. He currently works as an Advocate with the East Portland Action Plan. He has provided trainings and workshops for staff and volunteers with organizations such as Oregon Student Association, PFLAG Portland Black Chapter, Upstream Public Health, Oregon Climate, Economics of Happiness, Coalition for a Livable Future, Reedies Against Racism, Reconciling Works NW, Portland State University Queer Resource Center, the Bridge PDX, and the Oregon Center for Human Rights.

**Details:** Five Tuesdays: Mar. 27, Apr. 3, 10, 17, and 24  
6:30 - 9 p.m.

**Fee:** \$75

**Reference #:** C16WS18

## Intersectionality

The work of justice requires that we develop the ability to use more than one lens, because we all have more than one identity, and understand the lenses that we are familiar with and those we are not. Together we will explore how to use the reality of intersectionality as a resource in our work for justice and as we build the beloved community. We all have more than one identity. Race, Gender, Age, Ability, Orientation and other identities all shape who we are. Justice work that uses only one identity (race, for example, or gender) can make the lived experience of many of us invisible. Together we will explore how to use the reality of intersectionality as a resource as we work toward the Beloved Community.

**Facilitator:** **Rev. Bill Sinkford** is senior minister at First Unitarian Church-Portland.

**Details:** Two Sundays: Apr. 15 and 22; 1 - 2:30p.m.

**Fee:** \$10

**Reference #:** C24WS18



**Sign up online:**  
<http://tinyurl.com/1stCh-Registration>

## Racial Justice Study Groups

Once again, Adult Programs and the Social Justice Program together offer several opportunities to further our knowledge, skill, and understanding of white supremacy culture and the work we are called to do to create beloved community.

Each facilitator of a Book Discussion Group has chosen a racial justice themed book to read and discuss. Several groups are planned as noted. One group will meet for the first time at the church, then decide how to proceed.

There are also several more opportunities to deepen your understanding of white supremacy and the role of race in our culture. In addition to classes and presentations, we are partnering with Cameron Whitten as he brings his wisdom and experience to an exploration of the history of white supremacy and how it carries into the present (see previous page).

### Book Discussion Group on The Fire Next Time

James Baldwin's classic on race in America will be the focus of two evening discussions. *The Atlantic* described the book as, "So eloquent in its passion and so scorching in its candor that it is bound to unsettle any reader. . . James Baldwin plunges to the heart of the matter." Baldwin's book will be followed by the best-selling book it inspired, The Fire This Time (see below). Take one or both classes!

**Facilitators:** Eric Terrell and Isabel Sheridan have been leading Adult Programs classes and talk-backs on plays by August Wilson and contemporary Black playwrights for five years.

**Details:** Two Thursdays: Feb. 22 and Mar. 1; 7 – 8:30 p.m.

**Fee:** None; book available in our church Beacon Bookstore.

**Reference #:** C5WS18

### Book Discussion Group on The Fire This Time

Jesmyn Ward's acclaimed book on race in America today will be the focus of two evening discussions. The *New York Times Book Review* described the book as "A stirring anthology that takes more cues from Baldwin than just its title. . . Every poem and essay in Ward's volume remains grounded in a harsh reality that our nation, at large, refuses fully to confront." This class follows James Baldwin's The Fire Next Time (see above), but may be taken independently.

**Facilitator:** Eric Terrell and Isabel Sheridan have been leading Adult Programs classes and talk-backs on plays by August Wilson and contemporary Black playwrights for five years.

**Details:** Two Thursdays: Mar. 15 and 22; 7 – 8:30 p.m.

**Fee:** None; book available in our church Beacon Bookstore.

**Reference #:** C14WS18

### Book Discussion Group on Cuz: The Life and Times of Michael A.

This is a book both personal and scholarly as Danielle S. Allen explores why her 15-year-old cousin found himself in prison and what the prison-industrial complex looks and feels like. This is a story of coming of age, for the author and her cousin, and how we as a nation have lost a generation of young people.

**Facilitator:** Shirlee Geiger teaches philosophy at Portland Community College. She identifies as a lesbian, feminist, Unitarian-Universalist (with special appreciation for our Universalist legacy), and a white mother of a mixed-race son.

**Details:** Thursday, Mar. 29; 7 – 8:30 p.m. Group may plan subsequent sessions together if desired.

**Fee:** None; book available in our church Beacon Bookstore.

**Reference #:** C17WS18

## Daring Democracy

Daring Democracy by Frances Moore Lappe and Adam Eichen was written to counter the despair felt by many activists at this stressful time in US history. It's recommended reading for all UU congregations as the Common Read for this year. To prepare for this two-hour discussion we'll read only Part One, which consists of the first two chapters. We'll explore our deepest personal beliefs about the importance of democracy in our lives. We'll draw from some of our shared UU Principles and Purposes as one framework. Our goal will be for each participant to articulate and reconnect with the hope at the core our activism, and to appreciate that true democracy is the means we have to bring about the changes we seek. Please complete the assigned reading before the class takes place. After this meeting, the group will decide about continuing together to complete the book.

**Facilitator:** Stan Jewett is a long-time First Unitarian Portland member whose interests include denominational affairs. He loves working with UUs from many different congregations. **Rev. Katherine Jesch** is a community minister affiliated with First Unitarian Portland. She serves on the leadership team of the Social Justice Council and works with the Community for Earth and the Immigrant Justice action groups of First Unitarian Portland.

**Details:** Thursday: Apr. 19; 7 – 9 p.m.

**Fee:** None; book available in church Beacon Bookstore.

**Reference #:** C25WS18



*Save the date!*

Annual Sewell Lecture

**Jacqueline Keeler**

**Thursday, Apr. 12, 7 p.m.**



Jacqueline Keeler is a Diné and Dakota writer living in Portland. She is the editor of the new anthology [Edge of Morning: Native Voices Speak for the Bears Ears](#) and the author of the upcoming book [Standing Rock to the Bundy Standoff: Occupation, Native Sovereignty, the the Fight for Sacred Landscapes](#). Her articles and essays can be found in *The Nation*, *Salon*, *Yes! Magazine*, and many other publications.

# UNITARIAN UNIVERSALIST LIFE

## Path to Engagement

This informal class, led by one of our ministers, is offered frequently and includes a tour of our campus. If you're new to our faith, this is a good place to begin your journey. If you are a long-time Unitarian Universalist, this is a chance to get to know more about this particular congregation, its history, and what it means to be a member. This is a chance to meet other newcomers and learn more. Be sure to bring your questions.

**Facilitator:** First Unitarian Church-Portland Minister

**Details:** This one-time class is available on:

Sunday, Feb. 4, 11 a.m.

Sunday, Mar. 11, 1 p.m.

Sunday, Apr. 22, 1 p.m. *or*

Wednesday, May 30, 7 p.m.

**Fee:** None. Register at the Newcomer's Table in Fuller Hall on Sundays or drop-in.

**Reference #:** n/a

## Building Community at First Unitarian Church

Are you new to First Unitarian and not yet feeling connected? Are you a regular attender and want to make more connections? This group is designed for just that! We will explore our spiritual needs, have group discussions, and strengthen our connections to First Unitarian Portland. We hope to build group bonds such that the group will continue after the class is over.

**Facilitator:** Lil Hosman has facilitated many Covenant groups at First Unitarian Portland and has many years experience with group facilitation as well as a pretty good sense of humor, too.

**Details:** Six Fridays: Apr. 6, 13, 20, 27, May 4, and 11  
1 – 2:30 p.m.

**Fee:** None

**Reference #:** C20WS18

## Spiritual Practices for UU Lent

In Christian tradition, Lent is a forty day period before Easter (not counting Sundays) in which Christians rededicate themselves to the faith by seeking to imitate Jesus' withdrawal into the wilderness. It is a time of reflection, repentance, renewal and preparation for the future.

In this four week course, we will explore the Lenten themes in a UU context. Opening ourselves to the wisdom in all faith traditions, we will use silence and reflective reading to cultivate our heart attention. We will experience a different spiritual practice each session: The Examen, Write Your Own Psalm, Contemplative Prayer, and Developing a Rule of Life. We will experience how our spiritual practice can help us find peace in times of loss, anger, or worry.

**Facilitator:** Rev. Connie Yost is an affiliated community minister of First Unitarian Church-Portland. She is the founder of Friends Stay Warm which provides cash assistance and advocacy to farm and other low-wage workers, and she is the co-President of Farm Worker Ministry Northwest. She is a spiritual director and facilitates spirituality groups at the Franciscan Center.

**Details:** Four Wednesdays: Feb. 28, Mar. 7, 14, and 28  
10:30 a.m. – 12 p.m. (no class Mar. 21)

**Fee:** None

**Reference #:** C9WS18



**Sign up online:**  
<http://tinyurl.com/1stCh-Registration>

# On-going opportunities for spiritual practice:

## Contemplative Practice Group

Second and fourth Tuesdays, 6:30 – 8 p.m., room A301.

Offers a regular opportunity for building community through silent meditation, mindfulness poetry, and deep discussion on Church themes. Questions? Contact Ron Walker at [ronjw@me.com](mailto:ronjw@me.com).

## Meditation Group

Wednesday Night Meditation Group continues every Wednesday, 7 – 8:30 p.m., Eliot Chapel. Beginners welcomed. Questions? Mary Ann Harman at [maharman1@msn.com](mailto:maharman1@msn.com).

## Sunday Morning T'ai Chi Chih Practice

Sunday morning T'ai Chi Chih, 8:15 – 9 a.m.; check the sign board in the Buchan building for meeting locations. Questions? Email Betsy Riddell at [bet\\_ter@yahoo.com](mailto:bet_ter@yahoo.com).

## **SPECTRUM:**

## LGBTQIA Spirituality Discussion Group

Meets 2<sup>nd</sup> and 4<sup>th</sup> Thursdays beginning Jan. 11, 7 – 9 p.m. Room B101 (will be in B301 on 2/8, 2/22, 3/8)

Recognizing that folks in the LGBTQIA community have varied and unique experiences with spiritual journeying, this ongoing discussion group aims to provide a welcoming, safe forum for exploration and deepening. **SPECTRUM** is an opportunity to engage with such topics and questions as:

How does our individual process of self-realization, coming out, and living authentically inform our spiritual growth, values, and beliefs?

What complex relationships do folks who identify as LGBTQIA have, or have had, with organized religion and faith communities, and how do these color our spiritual journeys today?

How do we talk about faith and spirituality with other LGBTQIA folks?

Please note: In order to create a safe space for folks to share openly, this group is reserved for those who identify as LGBTQIA. Friends and allies, we respectfully request this space be held so. Thank you.

Facilitator, Crystal Zerfoss, is Intern Minister at First Unitarian Church

## Nourishing the Spirit:

## Spiritual Practice for the Long Haul

Last Saturday of each month, 10:30 a.m. – 12 p.m. (may be the 4<sup>th</sup> or 5<sup>th</sup> Saturday).

In a world of violence, injustice, and loss, the spirit struggles to stay hopeful. Many practices such as meditation, journaling, and exercise, help us stay strong, but many of us feel burned out, discouraged, and exhausted. In this workshop we'll experience collective practices to strengthen the bonds among us. In community we reawaken the hope, imagination, and passion that sustains us as we work to build the world we see in our dreams.

Facilitator, Rev. Katherine Jesch, is a community minister affiliated with First Unitarian Church-Portland, primarily focusing on environmental and social justice issues in the congregation and the larger community. She serves on the leadership team of the Social Justice Council and works with the Community for Earth and the Immigrant Justice action groups of First Unitarian Portland. She also coordinates the environmental justice campaign for Oregon Unitarian Universalist Voices for Justice, our statewide action network, focusing on climate change legislation and protecting the rights frontline communities in a "just energy transition."



**Sign up online:**  
<http://tinyurl.com/1stCh-Registration>

# **Adult Programs Forums: Talk To Us!**

**Sunday, Feb. 18 at 1 p.m. in Buchan Reception Hall**

**Sunday, Mar. 11 at 1 p.m. in Buchan Reception Hall**

We're interested to hear what will help you grow spiritually, nourish your soul, strengthen your practice, and deepen your connection to community. We also want to hear what can fit into your busy and full lives, and what you can commit to and support. We will have some open ended questions for you to contemplate and some models of programs for you to consider.

If you are unable to participate in a forum, we'll have an option for you to share your thoughts. Stay tuned to the e-news and bulletin for more information.

Child care can be arranged with prior notice.

Please provide ten days advance notice and contact Mary or Cassandra at 503-228-6389, ext. 132 or 232.

Hosted by Rev. Tom Disrud and Mary Gear



## Parking

As a downtown church, we compete with many other activities for on-street parking. We encourage congregants to use Portland's transit system (the streetcar stops one block from the church), carpool (a great way to build community), or ride your bike (it's good for your heart).

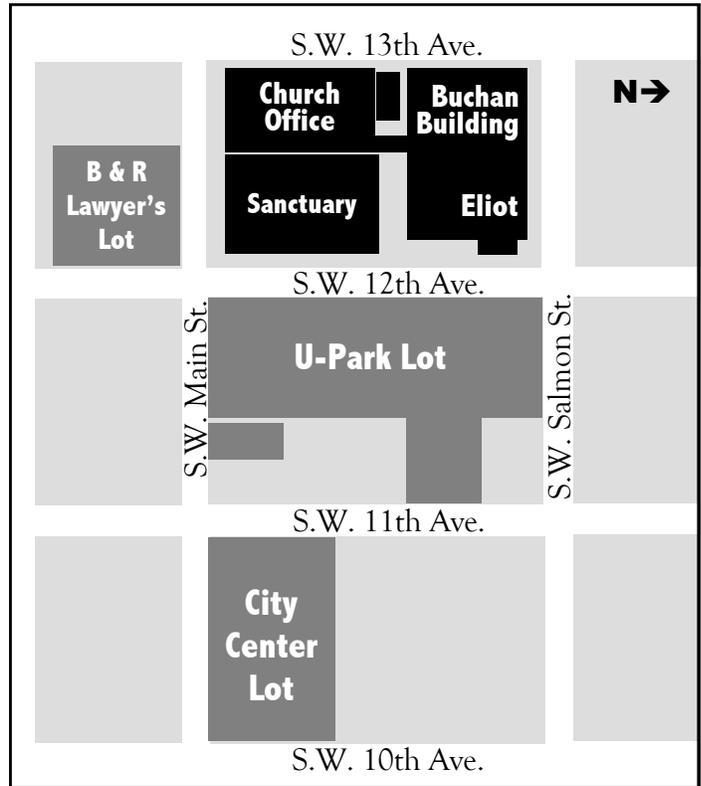
### Sunday Parking

- **U-Park** – S.W. 12<sup>th</sup> between Main and Salmon:  
No charge Sundays, 8 a.m.–4 p.m.
- **City Center** – S.W. 11<sup>th</sup> and Main:  
No charge Sundays, 8 a.m.–2 p.m.
- **Lawyer's Lot** – S.W. Main between 12<sup>th</sup> & 13<sup>th</sup>:  
No charge Sundays, 8 a.m.–2 p.m. This lot is never available weekday evenings.

### Monday–Thursday Evenings

**U-Park** – S.W. 12<sup>th</sup> and Main:

No charge 5:30–10:30 p.m. with a parking permit. Permits are \$30 per each half church year (Sept.–Jan. and Feb.–June) and may be obtained from the church office (Mon.–Thurs.), 9 a.m.–4 p.m. Questions? 503-228-6389, ext. 212. Please be respectful of these parking arrangements or we risk losing them. Thank you.



Keep this for your records or post it on the fridge as a reminder! **Questions?** Call 228-6389, ext. 132 or 215

Date you registered: \_\_\_\_\_ Paid  Cash  Charge  Check # \_\_\_\_\_

Class: \_\_\_\_\_ Date of first class \_\_\_\_\_ Reference # \_\_\_\_\_

Class: \_\_\_\_\_ Date of first class \_\_\_\_\_ Reference # \_\_\_\_\_

Class: \_\_\_\_\_ Date of first class \_\_\_\_\_ Reference # \_\_\_\_\_

**Adult Class Registration Form** *Payment must accompany your registration in order for us to reserve your space.*

Mail payment with form to: **First Unitarian Church Office - 1034 S.W. 13<sup>th</sup> Avenue, Portland, OR 97205**

Name \_\_\_\_\_ Date Registered \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

➤ Class/Retreat \_\_\_\_\_ Ref. # \_\_\_\_\_ Fee \$ \_\_\_\_\_

➤ Class/Retreat \_\_\_\_\_ Ref. # \_\_\_\_\_ Fee \$ \_\_\_\_\_

➤ Class/Retreat \_\_\_\_\_ Ref. # \_\_\_\_\_ Fee \$ \_\_\_\_\_

**Total \$** \_\_\_\_\_

Check enclosed. Make check payable to *First Unitarian Church*. **Include class reference # on check.**

VISA  MC Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_