

Allen Avenue Unitarian Universalist Church

*We are growing a community that transforms lives
through the power of love.*



*We celebrate diversity, encourage spiritual growth,
and promote social responsibility,
as we walk with on this earth.*

*We empower our members to share their gifts
to build a world of compassion,
equality and freedom.*

Adult Enrichment Programs Winter 2012

Adult Enrichment at Allen Avenue

Adult Enrichment offerings strive to help participants explore their own spiritual growth, build skills to be agents of social change, and to encourage church members to constantly challenge and deepen their understanding of diversity and community.

COST

All programs and offerings are free unless otherwise specified. We do encourage you to make a donation of \$3 to \$5 a session in recognition of the utility costs of opening the church.

REGISTRATION

If you would like to participate in one of the offered Adult Enrichment programs, you may register by any of the ways listed on the registration form in the brochure. If other sign up information is included in the course description you may follow that. Registration insures that you will be contacted if a course is postponed or canceled.

ACCESSIBILITY

All rooms at the church are wheelchair accessible. Please contact the program organizer if you have other accessibility needs so that arrangements can be made in advance. Our hope is to be fully accessible and able to accommodate everyone.

INTERESTED IN LEADING AN
ADULT ENRICHMENT PROGRAM?
OR IN JOINING THE COMMITTEE?

We have a number of ideas about future programs. Here are just a few:

- **Book Discussion:** Have a book you would love others to read, and discuss with you?
- **Dance/Movement/ Exercise:** Are you someone who could teach or work with a favorite video as leader?
- **Films:** Do you have an educational or fun or social action topic film you'd like to show and facilitate a following discussion?
- **Art/Creativity Workshops:** Do you have a gift for inspiring others to write, meditate, draw, or use their hands or bodies, along with their minds?
- **What other course might you like to lead?**

We would LOVE more members on our committee, too.

Contact a member of our committee with your willingness to lead a course/workshop/series such as suggested above, or share your ideas of what you would like to see offered .

Committee members:

Beth Fitzgerald, Minty Hyslop, Carol Larson, Glenn Turner and Caroline Loupe (Chair)

New Epiphany Revival
Featuring UU Musician Nick Page
Friday ~ January 6th ~ 7 to 8:30 PM **
Hosted by Tirrell Kimball

Share a delicious and joyous evening with friends, at a Pot Luck Dessert Buffet, followed by the DVD of an inspiring event, featuring UU Musician Nick Page, from the 2011 UUA General Assembly in Charlotte, NC.

Nick calls the ***New Epiphany*** “the unlimited magnificence of an inter-dependent, self-organized universe.” He combines songs and sing-along, and some philosophizing, with humor and thoughtfulness. Nick and other UU musicians will revive our spirits, remind us to live in wonder and love, and to share our gifts of compassion. Come sing, laugh and enjoy an uplifting evening!

Tirrell Kimball has been a member of A2U2 for over 30 years and was a long time Director of Religious Education . She and her husband Rick write and publish curricula for UU churches and have been attending General Assembly every year for some time. She is active in social action, the choir and enjoys being a leader in the religious education middle school groups. We are grateful that they bring back some of GA to share with all of us.

**** Snow date January 13th**

Unitarian Universalist “Common Read”

Sunday ~ January 15th ~ 12:30 to 3:30 PM **

Facilitated by Carol Larson

[Eboo Patel's memoir Acts of Faith](#), a Beacon Press book originally published in 2008, has been selected as the 2011-12 Unitarian Universalist Association (UUA) Common Read. A 2008 speaker at the UUA General Assembly, Patel is founder and executive director of the [Interfaith Youth Core](#) (IFYC), an international, nonprofit, youth service leadership organization. Ten years after 9/11, the book describes the vulnerability of youth to violent, fundamentalist influences and makes a case for all of us, particularly youth, to promote pluralism by engaging in interfaith dialogue and social justice work.

A Common Read invites participants to read and discuss the same book in a given period of time. Here at Allen Avenue we will be reading the book during December and early January. On January 15th we will join together for a soup luncheon followed by a group discussion of the book. Books will be on sale between services in December. Participants are asked to sign up on the Adult Enrichment bulletin board, or by any of the ways listed on the registration page of the brochure.

Carol Larson, a former Director of Religious Education and a lifelong UU, has devoted most of her adult life to social activism. She is a Licensed Clinical Counselor currently working with individuals suffering from substance abuse and/or mental illness. She hopes that this workshop will raise awareness of the difficulty of being a Muslim in the U.S. especially after 9/11 and will stimulate more interest in and involvement with the Muslim community in Portland.

**** Snow date January 22nd**

“Before I Go, You Should Know”

Thursday ~ February 2 ~ 10 am to 12 Noon

Facilitated by Lee Shenton

We don't really want to contemplate our deaths, but it happens - sometimes suddenly and much too soon, at other times it can be foreseen. Whichever way it comes to us, it will help our families if we can leave them the information they need to cope with the practicalities at a time when they are emotionally vulnerable.

This program will help you organize the information your family needs. We will use the Funeral Consumers Alliance kit which includes the booklet, "Before I Go, You Should Know". Write a narrative of your life, leave vital statistics, fill out the Maine Advance Directives; who is your lawyer, your banker or financial advisor, your assets, where your will is and other items you haven't thought about.

Charge: \$5 to cover cost of materials

Lee Shenton has been a UU all her adult life, and a member of the Funeral Consumers Alliance Board for the last four years, serving as Secretary, Treasurer, Newsletter Editor, Database Manager and Website Administrator.

Registration required. Minimum participants 6.

**** Feb 9th snow date – or second session if we choose.**

“8: The Mormon Proposition”

A Documentary Film

Friday ~ February 3rd ~ 7 PM to 9PM

Hosted by Dick Hall

A scorching indictment of the Mormon Church's historic involvement in the promotion & passage of California's Proposition 8 and the Mormon religion's secretive, decades-long campaign against LGBT human rights.

The Mormon Church, with its front-group THE NATIONAL ORGANIZATION FOR MARRIAGE, has been coordinating, financing and leading the effort to stop the advancement of marriage equality for more than three decades. As an organization worth hundreds of billions of dollars, the Mormon Church has been able to wage this war in secret. Not until the California Fair Political Practices Commission launched an investigation into the Mormon's involvement in Proposition 8, did the secrets of the Mormon effort become a matter of record. Through never-before seen documents, recordings & insider-interviews, 8: THE MORMON PROPOSITION, exposes the efforts of the Mormon Church and its members to halt nearly every piece of LGBT legislation on the desks of lawmakers, including efforts that heavily contributed to the defeat of ME's Marriage Equality in 2008.

Dick Hall was raised as a Mormon and was active in the LDS church until leaving in the mid 1970's. In 1988 he became a Unitarian Universalist at A2U2. He has been involved with our Welcoming Congregation training and attended New England District Weekend Welcoming Congregational workshops held at Ferry Beach Conference Center several years ago.

Registration required. Minimum participants 6.

Dementia/Alzheimers Caregivers

Do You Know the Three Rules?

Wednesday ~ February 22nd ~ 6 to 8 PM

Facilitated by Ann Quinlan

Caring for a loved one with short term memory loss is one of the most stressful of all care-giving roles. The goal of this 90 minute class is to put some new tools into the caregiver's kit. With dementia/Alzheimer's a loved one's behavior is always a form of communication. Understanding how to translate the language of these behaviors will help reduce stress for both the loved and caregiver. There will be a Q&A time.

With over 20 years experience in elder care management and dementia/Alzheimer's care education, Ann Quinlan offers a compassionate, skillful and solutions oriented approach in helping families navigate the ever increasing labyrinth of health care. Colleagues and clients alike express admiration and appreciation for Ann's calm, compassionate and professional expertise in coaching toward crises intervention. Ann works as a Senior Care Advisor with Beach Glass Transitions based in Portland, Maine.

FMI: www.BeachGlassTransitions.com

Registration required. Minimum participants 6.

Film Series

Peter Sellers ~ The Human Chameleon Fridays in February and March at 7 PM

Hosted by George Hixon

Peter Sellers was a brilliant comedic actor who had an uncanny ability to immerse himself completely in a variety of roles – often in the same movie. The first four movies in the series will present several of his most memorable characters – Inspector Clouseau, Dr. Strangelove and Chance (the Gardener). The fifth and final film, a bio-pic, reveals the price that Sellers paid for his brilliant talent.

February 17th ~ The Pink Panther (1963) Directed by Blake Edwards. Starring David Niven, Peter Sellers, Robert Wagner. Running time: 115 minutes

February 24th ~ A Shot in the Dark (1964) Directed by Blake Edwards. Starring Peter Sellers, Elke Sommer and George Sanders. Running time: 102 minutes

March 9th ~ Dr. Strangelove Running (1964)
Directed by Stanley Kubrick. Starring Peter Sellers, George C. Scott, Sterling Hayden. Running time: 93 minutes

March 16th ~ Being There (1979) Directed by Hal Ashby. Starring Peter Sellers, Shirley MacLaine, Melvyn Douglas. Running time: 130 minutes

March 23rd ~ The Life and Death of Peter Sellers (2004)
Directed by Stephen Hopkins. Starring Geoffrey Rush, Charlize Theron, Emily Watson. Running time: 122 minutes

George's earliest movie memory is of skipping school to see "The African Queen" with his mother. His favorite song is "Movies are A Mother to Me" by Loudon Wainwright III.

Owning Your Religious Past

Wednesdays ~ March 7th 14th 21st 28th ~ 7 to 9 PM

Facilitated by (the Rev.) Kitsy Winthrop

It's been reported that 80-90% of adults who come to our Unitarian Universalist congregations tell us (if we ask) that they grew up in another denomination or faith - or none at all. While some folks who come to us feel pretty okay about their past religious experiences, others may speak of feeling spiritually abused or left cold by what they experienced - and prefer not to look back. Historically, UU congregations have not been proactive in helping new, long-time or prospective members address what really is a major religious/spiritual transition - especially not in gently searching to find what, if anything, might still be of value to them today.

This program does just that. Developed decades ago by a lay member of a fellowship, "Owning Your Religious Past" has been one of the most powerful adult religious programs Kitsy has ever facilitated - even for herself, born into a UU family.

The first session is open to those who know they want to sign up for this program as well as to those who want to know more about it. Sessions 2-4 will be open to those who make the commitment to attend every session, as each session builds on the ones preceding.

A minimum of 8 participants is required to proceed past session 1. 12 maximum.

Kitsy has been in Parish Ministry for 35 years and was a Hospice Chaplain for 10 years. She is a feminist, an activist and an ardent protector of the earth and all its inhabitants.

THERE ARE SEVERAL WAYS TO REGISTER

- Click on <http://www.a2u2.org/contact.aspx?e=60> , list the programs you wish to attend, and the hosts or facilitators will receive your registration.
- Contact facilitator or host by phone or email. (Use Church DB or Directory for information)
- Contact church at office@a2u2.org or 797-7240.

Name: _____

Phone: _____

E-Mail: _____

I AM REGISTERING FOR THESE COURSES:

- *'COMMON READ' BOOK DISCUSSION ~ SUNDAY 1/15*
- *NICK PAGE SING-A-LONG ~ FRIDAY ~ 1/27*
- *BEFORE I GO, YOU SHOULD KNOW ~ THURSDAY 2/2*
- *8:THEMORMON PROPOSITION ~ FRIDAY 2/3*
- *THE THREE RULES OF CAREGIVING ~ WEDNESDAY 2/22*
- *FILM SERIES ~ FRIDAYS 2/17-24, 3/9-16-23*
- *OWNING YOUR RELIGIOUS PAST ~ WEDNESDAYS 3/7-14-21-28*

Please register so that you may be contacted should a course be cancelled or exceed registration.



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