

## Trip to Newark Public Library in Honor of African-American History Month

In partnership with the Undoing Racism Committee of UUCM

Saturday, February 6  
11:00 am – 2:00 pm

Where: Newark Public Library  
5 Washington Street, Newark, NJ  
Donation: \$10

Join a curator-led tour of a new exhibit: "Fiat Justitia, Let Justice Be Done: The History, Struggles and Civil Rights Accomplishments of African American Lawyers and Judges" from 11 a.m.-12 noon and view a video on Judge Robert L. Carter, who served as chief legal assistant to Thurgood Marshall at 12 noon. The film will be followed by Q&A and refreshments.

## Introduction to Taoism

Leader: Stephen Bryant

Wednesday and Thursday, March 10 and 11  
7:30 p.m.  
Donation: \$10

"Tao" can be roughly translated into English as *path*, or *the way*. It is basically indefinable. It has to be experienced. It refers to a power which envelopes, surrounds and flows through all things, living and non-living. The Tao regulates natural processes and nourishes balance in the Universe. It embodies the harmony of opposites (i.e. there would be no love without hate, no light without dark, no male without female.)

## Parents of Coming of Age Students

Leader: Rev. Judy Tomlinson  
Thursdays, Jan. 7, Feb. 4, Mar. 4 and Apr. 1  
7:30 -9 p.m.

Parents of our 9<sup>th</sup> grade Coming of Age candidates will meet to support each other, while supporting their teens, as both youth and parents go through this important life transition. Using covenant group structure, we will begin and end with a reading, with lots of time for discussion and through-provoking questions in-between. We will talk about parenting (past, present and future), assessing parent/youth relationships, the meaning of this transition, and how to prepare for it.



## Senior Lunch Bunch

Leaders: Rev. Charlie Ortman  
& Judy Tomlinson  
2<sup>nd</sup> Wednesday of the month,  
Noon to 1:30 p.m.

Join the self-defined senior citizens of the congregation for a brown bag lunch and lively conversation on topics of the day picked by group. On occasion we have invited outside speakers. Join us for food and fellowship.

## New UU Classes

Leader: Rev. Charlie B. Ortman  
Winter: Wed., Feb. 10, 17, 24, March 3  
Spring: Wed., May 19, 26, June 2 and 9  
7:30-9:30 p.m.

Are you new to our congregation? Or, have you been around for a while and want to know more about who we are, where we've come from, and what we're about? In these four-session workshops (you can join in either the winter or the spring section) we share our faith journeys, explore the history of the Unitarian and Universalist traditions in an enjoyable format, and learn about this congregation's life from members and leaders who are involved in making it work. On the Sunday following the final class, those who so choose will be welcomed into membership with the congregation during the service.

## Kurt Vonnegut

Leader: Catherine Ashman  
Wednesdays, April 7 & 14  
7:30 p.m.  
Donation: \$5 per session

Vonnegut novices and devotees alike are welcome! Catherine Ashman will discuss excerpts from the canon of this writer and humanist, examining how his life and works relate to UU values. No pre-reading is required but you may wish to review his novel – *Cat's Cradle* and/or his collection of essays, *A Man without a Country*.

## Spiritual Cinema

Fridays, Jan. 15, Feb. 19 and Mar. 19  
7:30 p.m., Donation: \$5 per film

Come join us at the UUCM for a Friday Night Movie each month – popcorn will be provided!

We will be showing a variety of inspirational films from the *Spiritual Cinema Circle* ([www.spiritualcinemacircle.com](http://www.spiritualcinemacircle.com)). The movies are compelling, uplifting stories about courage, love, family, and truth seeking. *Spiritual Cinema Circle* travels to film festivals all over the world and encourages submissions from undiscovered filmmakers to seek out the stories that deserve an audience.

What better way to spend some time each winter month with family and friends than watching some movies to uplift us all!

## Ethical Eating

All programs moderated by Karen Yagnesak, certified holistic health counselor and coach and founder of The Path to Vitality ([www.ThePathToVitality.com](http://www.ThePathToVitality.com))  
Donation: \$5 per session or film

**Sinfully Sweet: How to Satisfy Your Sweet Tooth without Sacrificing Your Health**  
Sunday, February 7, 12:30 – 1:30 p.m.

Sugar is ubiquitous, it is addictive and it is dangerous. We will look at what sugar is, how the body utilizes it, where you find it and, thankfully for all of us with a sweet tooth, we will discuss some natural alternatives.

## Ethical Eating Movie & Chat Series

### “Food Matters”

Tuesday, February 2, 7:15-9:15 p.m.

With nutritionally depleted foods, chemical additives and a reliance on pharmaceuticals, it's no wonder we are getting sicker. This documentary dissects the trillion dollar worldwide “sickness industry” and offers scientifically verifiable solutions for overcoming illness naturally, including interviews with experts in nutrition and natural healing.

### “Simply Raw: Reversing Diabetes in 30 Days”

Tuesday, February 16, 7:15-9:15 p.m.

This independent documentary chronicles six Americans with 'incurable' diabetes who switch their diets and get off insulin. We witness each one's journey and the medical, physical, and emotional transformations brought on by this lifestyle change.

### “Food, Inc.”

Sunday, March 7, 12:30-2:30 p.m.

This film reveals surprising and often shocking truths about what we eat and how it's produced. It examines how our nation's food supply is controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers, and our own environment.



# Adult Religious Education

at the Unitarian  
Universalist  
Congregation at  
Montclair



## Winter/Spring 2010

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TO REGISTER FOR A CLASS (if you need childcare, let us know when you register):  
**E-mail:** [secretary.uucm@verizon.net](mailto:secretary.uucm@verizon.net)  
**Phone:** 973-744-6276, ext. 18  
**In person:** RE table at Coffee Hour

If registration is five or less for a class, it will be cancelled, and you will be notified.