

REGISTERING FOR ADULT RE

Unless otherwise noted, there is a \$5-\$10 suggested donation for Adult RE programming

There are several ways to register for Adult Religious Education classes at UUCM:

- Sign up at the RE Table after services on Sunday mornings
- Call or email the UUCM offices with your intent to participate
- Contact the program presenter listed in the brochure.
- Fill in, the following forma and leave in the RE Mail box outside the RE Offices.

If you need child care, the RE office must know at least two weeks in advance.

Name: _____

Address: _____

Phone: _____

Email: _____

Circle the class(es) you are signing up for

- Pathway to Membership
- Dances of Universal Peace
- Aging as a Spiritual Practice
- Oneness Blessing
- Men's Group
- Women's Group
- Soulful Concepts and Journeys
- FELIS Fitness

Are you currently a member of UUCM? Yes No

Do you need child care: Yes No

To reach the UUCMM RE Office: 973-744-6276, ext. 23 recoord@uumontclair.org

**Adult Religious Education
and
Partners**

**at
the Unitarian Universalist Congregation at
Montclair**



Spring 2016

**67 Church Street
Montclair, NJ 07042
Phone: 973-744-6276
Fax: 973-744-0131
www.uumontclair.org**

**Registration for the following classes are limited.
Please confirm your registration with the RE Office.**

Pathway to Membership

Sundays, February 21st, 28th, March 6th, 13th at 10:00 AM in the Alliance Room

Are you new to UU Montclair? Are you interested in what it means to be a member? You are invited to our Pathway to Membership classes, formerly known as New UU, to learn more about Unitarian Universalism and our congregation. In these sessions, we share our faith journeys, explore the history of UU traditions, and gain an orientation to this congregation's life by members and leaders who are involved in making it work. Those who choose can become members at the last session.

Dances of Universal Peace - Leader: Uwais Andre Bernard

March 13, 2016, 2:30 to 4:00 PM, in the Rotunda

Contact: Susan Krcmar skrcmar@ieee.org

Spiritual practice brings us face to face with Life and Truth, prior to the concepts and beliefs of the person, opening to our true nature - authentic, unguarded, beyond form and imbued with the spaciousness and love that connects all and put spiritual practice in motion. Drawing on the sacred phrases, scripture, and poetry of the many spiritual traditions of the earth, the Dances blend chant, live music and evocative movement into a living experience of unity, peace and integration.

Aging as a Spiritual Practice - Leader: Claudia Sanders

Starts on March 17 at 7:30 PM and will meet every other Thursday, except for April 14th.

This adult RE course is based on the book "Aging as a Spiritual Practice", by Lewis Richmond, a Buddhist priest and meditation teacher. Although the author has a Buddhist background, in his introduction he says, "And if you are Christian, Jewish, Muslim, Hindu, or some other religion, or profess no religious affiliation at all, I believe that these reflections will speak to you too, and be of use to you." This very thoughtful book is useful and worthwhile for Unitarian Universalists who are exploring their personal spiritual journey and its relationship with aging. The group Our first meeting is in the Mortensen Room. We will meet 6 times for discussion and to participate in exercises at the end of each chapter. We will share feelings and thoughts about aging, retirement, non-retirement, and other age related issues we choose to explore. For more information, please email: claudiasanders18@gmail.com

ON-GOING PROGRAMS

The Oneness Blessing - Leader: Brad Hyson (giantsmileb@gmail.com or 401-575-9973)

Meeting the 2nd and 4th Tuesdays of the month in the Rotunda, 7:00 to 9 PM

The Oneness Blessing is a beautiful, relaxing and sacred meditation experience based on the teachings of Oneness University in India. The Blessing is a transfer of Sacred energy which helps to liberate receivers from the ceaseless chatter of the mind, bringing you more into the present moment to experience greater peace, joy, and connection with all life. There will be a brief introduction and teaching, followed by a guided meditation and balancing of the Energy Centers, followed by the Oneness Blessing. The Blessing is transferred as the Blessing Givers place their hands on your head for approximately 1-2 minutes. Following the blessing, there will be time for rest and integration of the experience.

Men's Group

2nd Saturday of the month in the Alliance Room, 8:30 -10:30 AM

Are you a man? Are you a UU man? Would you enjoy getting together with other UU men? All UU men are welcome to join a thoughtful, mutually supportive group. Friendly, fraternal conversations provoke reflection, insight and more than a little uplifting humor. To learn more, visit <http://groups.yahoo.com/group/uucammen/> or ask any current member.

Senior Lunch Bunch

Leaders: Rev. Dr. Justin S. Osterman & Rev. Judy Tomlinson

2nd & 4th Wednesdays of the month 12:00pm-1:30 pm

Contact: Gary Sanderson: gwsanderson@verizon.net

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

UU Women's Group

Meeting the 1st Friday of the month in the Rotunda, 7:00 – 9:00 PM

This is intended to be a social group (mostly) free of agenda and structure. Come as you are; feel free to bring your dinner if you're coming straight from work, and of course liquid refreshments are encouraged. Contact Mary Moriarty at (973) 800-0575, marymoe.55@gmail.com for more info.

Soulful Concepts & Journeys

Leader: Laura Kushner (tennwil@verizon.net)

Meeting the 1st & 3rd Tuesday of the month in the Alliance room, 7:30-9:30

Soulful Concepts & Journeys is an energetic, spiritually-oriented group. Book discussions have included *Conversations With God*, *The Four Agreements*, and *Many Lives, Many Masters*. Occasionally we invite speakers and presenters from outside the congregation, from time to time we take field trips such as visiting a, *past life regression guide*. Please join us as we explore spiritual topics through a variety of activities.

Fitness through FELIS UU

Leader: Steven Crooks (scrooks@felis.com)

Meeting every Saturday in the Peierls Room, 9:30 AM

Stephen Crooks, a participant in the life and energy of our congregation and a longtime personal trainer certified by the National Academy of Sports Medicine, is bringing the essence of his innovative, well-received FELIS Fitness method to the UUCM. The class, called FELIS UU, is built on the 'FELIS Attributes' of a healthy body, mind and motivation: Flexibility, Energy, Life, Inspiration, and Strength. Creating physically invigorating and mentally inventive routines around both these FELIS attributes and Unitarian Universalist principles, FELIS UU trades the vanity and narcissism of normal fitness culture for a true UU ethic, preparing us for a world that needs our help and our inspiration; that needs us at our best and most energetic. As with embarking on any new fitness program, be sure to check with your physician first and get their approval. In addition, be sure to make your instructor aware of any specific limitations and needs you may have, so adjustments or adaptations can be made to ensure you get maximum benefit from the program. Participants are advised to bring water, towels and to dress appropriately for comfortable movement.