



AEO

2018-2019

Adult Education Opportunities

We are people of all ages, people of many backgrounds, and people of many beliefs. We explore spirituality beyond boundaries; we work for more justice and more love in our own lives and in the world. We come together in discussion for the joy of dialogue and the treasures found in each other's thoughts and hearts.

Come join us. We look forward to interesting content and stimulating and fun discussions.

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(AEO)	<p align="center">Adult Education Opportunities UMPQUA UU CHURCH Winter 2018-2019 2167 Watters St., Roseburg, OR</p> <p>To help those not driving at night most classes unless stated otherwise are on Wednesdays from 2:30 pm to 4:30 pm. Those highlighted in yellow are at 6:00 PM or Saturday</p>
28-Nov 2:30 PM	<p>Social Justice Explored Within the UU Tradition Rick Staggenborg</p> <p>"The desire to work for social justice doesn't occur in a vacuum; it arises out of deeply held moral convictions and beliefs. How does the relationship between spirituality and social conscience play out for you?" Discussion here will center on what a UU Social Justice committee might be and do, how its mission fits into the UU tradition and the special role that the faith community can play in the larger community of activists.</p>
5-Dec 2:30 PM	<p>Hello Game (Brought back from 2017 with Adam Jones)</p> <p>Hello is a conversation game of thought-provoking questions to help us start important conversations with families and friends when tough decisions have to be made regarding aging, care, and end of life decisions. It is an excellent way to begin opening dialogue.</p>
12-Dec 2:30 PM	<p>Falling - Learn What You Can Do to Prevent Falls and Keep Safe - Adam Jones</p> <p>Falls are not an inevitable part of aging. Did you know that 1 in 4 older adults fall each year!? More than 7 million of those falls required medical treatment or restricted activity for at least a day. More than 27,000 older adults died as a result of falls – that's 74 older adults every day, Come and stay upright.</p>
19-Dec 2:30 PM	<p>Wise Altruism and Compassion in the Era of Ego - Doug Eckstein</p> <p>The Dalai Lama teaches that altruism is the root of happiness and must be cultivated along with love and compassion. In this class, we will explore the variety of ways we can nurture these positive attributes and to respond more effectively when they are exploited harmfully by others.</p>
No Wksp	All Holidays Break – No Workshops

9-Jan 2:30 PM	<p>As Above - So Below Workshop - Michele Avanti</p> <p>This workshop will reveal how the ancient metaphysical axiom, "As Above - So Below." is reflected throughout our world. From the stars to the trillions of cells in the human body, the secrets of the universe are reflected everywhere. Join in this journey exploring the clues of wisdom hidden within and without, everywhere you place your attention. Once you take this workshop, the world will never look the same again; now you will see Spirit in everything.</p>
9-Jan Week 1 6:00 PM	<p>6pm - A Course in Self-Inquiry with Meditation – Ryan Zeedyk</p> <p>What is the "Self"? What is the "Ego"? Why are we here?</p> <p>This course provides depth to discussions about truth, consciousness, reality, and love with emphasis on understanding truth by following the personal, inner journey of meditation (self-inquiry), or mindfulness. Each session includes discussion, a practice of self-observation, and Q&A.</p>
16-Jan 2:30 PM	<p>Exploring Our Spiritual Selves Through Our Sixth Sense – Lillene Fifield</p> <p>Together we will share and explore our Sixth sense experiences (as in ESP, Intuition, Precognition, Out of Body, Near-death Experience, Reincarnation, etc.), identifying and demystifying those unique occurrences that take us deeper into our knowing of self. We will also discuss "Why does this happen to me? or Why doesn't this happen to me?" Bring your thoughts and experiences.</p>
16-Jan Week 2 6:00 PM	<p>6pm - A Course in Self-Inquiry with Meditation – Ryan Zeedyk</p>
23-Jan Week 1 2:30 PM	<p>Past Lives and The Soul's Infinite Life - Donna Smith and Elaine Balderston (4 weeks)</p> <p>Literature on the topic of past lives and soul infinite life will be considered. Suggested Readings: <i>Many Masters, Many Lives</i> by Brian Weiss, and <i>Journey of Souls</i> by Michael Newton. (Description follows for each week)</p>

23-Jan cont Week 1 Smith 2:30 PM	MYSTERIOUS LIFE EXPERIENCES (Part 1) – Donna Have you had confusing and scary experiences in your life that defy your human understanding of how things are and how they work? I invite you to share your experiences in a safe, supporting environment, and to share information that may help us look deeper and broaden our thoughts and understandings about these experiences.
23-Jan Week 3 6:00 PM	6pm - A Course in Self-Inquiry with Meditation – Ryan Zeedyk
30-Jan Week 2 2:30 PM	IF THERE IS A SOUL, WHAT IS IT? (Part 2) – Donna Smith Do you believe you are a soul or have a soul? If there is a soul, is it our higher self and divine guide? If you believe there is no soul, what do you believe you are and what does death mean to you? We will discuss these age-old questions by exploring our beliefs, experiences and the research.
30-Jan Week 4 6:00 PM	6pm - A Course in Self-Inquiry with Meditation – Ryan Zeedyk
6-Feb Week 3 2:30 PM	"Being Caregivers of Our Soul, of Our Inner Teacher" (Part 3) - Elaine Balderston A presentation along with discussions will focus around the tasks of bringing our inner life of soul and the outer influences into harmony. What is harmful to the blossoming of the soul? What nourishes, what protects? How can we foster soulfulness in our everyday lives?
13-Feb Week 3 2:30 PM	"Destiny and Free Will" (Part 4) - Elaine Balderston and Donna Smith We will examine the age old questions surrounding destiny, karma, and free will choices. What are they? Are there potential lessons learned from each that will offer us new perspectives of the challenges in our lives?

20-Feb Week 1 2:30 PM	The Life Map- A Review of Our Succession of Life Experiences (Part 1) – Lillene Fifield (2 Weeks) In this workshop we look at each decade from birth to our current year for the influential people, events, situations, and experiences that helped in shaping us today. (Another repeat request from 2017)
Feb 24 Saturday 10:00 AM	10am-1pm SoulCollage® An Intuitive Exploration Into Self-Discovery – Bonnie Anderson SoulCollage® allows a deeper understanding of self and a way into the inner wisdom that guides your important life decisions. It's a fun, creative time for personal reflection, insight and the self-expression that comes from the soul and the heart.
27-Feb Week 2 2:30 PM	The Life Map- A Review of Our Succession of Life Experiences – Lillene Fifield (Part 2) By looking deeper into those our meaningful experiences, we gain a full appreciation of the person we are today. Our Life Map reflects back the principles, values and beliefs we hold close and live by.
6-Mar 2:30 PM	Money Has A Mysterious, Magical Quality To Alter Human Behavior - Jacie Pratt and Sharon Haag Considering Money as a functioning system that serves the common good, in this workshop we explore a topic of new thinking – Sacred Economics
13-Mar 2:30 PM	Dreams-Communication from Your Divine Self or other Levels of Consciousness? -Michele Avanti Everyone Dreams; not everyone remembers their dreams. We will discover why you dream, how to remember your dreams, how to interpret your dreams, and gain an understanding of the types of dreams that humans have.

<p>20-Mar 2:30 PM</p>	<p><i>This I Believe</i> or the "Ethical Will" in Jewish Tradition – Lillene Fifield, Doris Heyman Maturity and Aging brings opportunity for thinking and reflecting on what we've learned from our lived experience. An "<i>Ethical Will</i>" reflects the "voice of the heart", a love letter of what matters and what you believe for sharing with your loved ones, family, friends, community, and perhaps your words at your Celebration of life. It is about what we have given to our life, and what life has given us back. A not to be missed workshop repeated from 2017.</p>
<p>27-Mar Week 1 2:30 PM</p>	<p>"ORIGIN"– Dan Brown's Premise Life Originated Naturally; Where Is It Going? (2 Weeks)-Jacie Pratt Brown's concept that "the universe functioned with a single directive/One goal-to spread energy" will be the focus for those who have read this book and are drawn to talk about the theory Edmund puts forth and our personal ideas about where we come from. In session 2 we consider where we are going and how that looks for each of us day by day.</p>
<p>27-Mar Week 1 6:00 PM</p>	<p>6:00pm The Way of Transition: Embracing Life's Most Difficult Moments (Part 1) - Lisa Hubbard (2 Weeks) Change is what happens to us; transition is the internal shift that happens in the midst of life changes. It's something deeper- - and can feel very uncomfortable. Using William Bridges' book and model for transition, we'll explore the stages we go through in transition and examine things we can do keep moving when we feel lost.</p>
<p>3-Apr Week 2 2:30 PM</p>	<p>"ORIGIN" – Dan Brown's Premise Life Originated Naturally; (Part 2) - Jacie Pratt</p>
<p>3-Apr Week 2 6:00 PM</p>	<p>6:00pm The Way of Transition: Embracing Life's Most Difficult Moments (Part2) - Lisa Hubbard</p>

<p>10-Apr Week 1 2:30 PM</p>	<p>The Seven Principles and Diverse Sources of Our Faith Part1)- Lillene Fifield & Congregants (3 weeks) Unitarian Universalist congregations affirm and promote seven Principles, which we hold as strong values and moral guides. We live out these Principles within a "living tradition" of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience. Join with Congregants of years' experience to explore with each other the beauty of our Faith.</p>
<p>17-Apr Week 2 2:30 PM</p>	<p>Seven Principles and Diverse Sources of Our Faith – Part 2 – Lillene Fifield & Congregants</p>
<p>24-Apr Week 3 2:30 PM</p>	<p>Seven Principles and Diverse Sources of Our Faith – Part 3 – Lillene Fifield & Congregants</p>
<p>2-May 2:30 PM</p>	<p>Hear Me Out–Unleash Your Inner Storyteller–Jacie Pratt We each harbor an inner storyteller who continually shapes the experiences of our life into our life's story, or our mythology. Stories, launched years ago still shape today's experiences. By looking at truths we have learned as we mature, we can unleash our story teller and bring forth a new story, the one about our real self and soul in this day.</p>