

## THE SPIRITUAL SELF

### Meaning in Movies

Led by Rev. Neal Jones

Traditional religions typically rely on a sacred text for direction, such as the Bible, the Torah, or the Koran. Unitarian Universalists look for guidance wherever wisdom may be found, not only in religious texts, but also in the words and deeds of prophets and teachers past and present, nature, history, literature, art, reason, science, personal experience, conscience, and even movies. This fall our own Rev. Jones will show movies to spark discussions about the meaning and purpose of life. The series began in September with *Good Will Hunting* and will continue through the fall with *One True Thing* in October; *About Schmidt* in November; and *Last Holiday* in December.

### Monday Morning Meditation Study Group

Mondays 7:00 - 8:00 a.m.

This group meets weekly to discuss a book, one or two chapters at a time, and meditate together. The book this session is *The Five Invitations: Discovering What Death Can Teach Us About Living Fully* by Frank Ostaseski. Limited to 10 participants.

### Conscious Aging

Wednesdays October 17, 24, 31; November 7, 21, 28; December 5, 19 1:00 - 3:00 p.m.

Conscious Aging is an emotional wellness program designed to offer seniors hope and meaning to better cope with the stresses of aging, and to harvest the opportunities of aging to grow in wisdom, depth, and creativity. This is a research-based, time-tested 8-week workshop with a conversational cafe style where everyone can speak. Each participant will purchase the \$15 workbook provided at the first class. We'll skip second Wednesdays so as not to interfere with Lecture Luncheons. Participants must register by October 14. Limit of 50 participants.

## RELIGION

### Vespers

Second Wednesdays, 7:00 - 8:00 p.m.

Led by Dawn Star Sarahs-Borchelt

Each monthly Vespers Service will provide a contemplative introduction to a spiritual practice or world faith tradition through worship and engagement; all ages welcome.

### Finding Meaning (or Something) in Stories in the Bible

Thursdays, October 25 and November 1 & 8 10:30 a.m. - 12:00 p.m.; Led by Rev. Dave Hunter

Join the always erudite and entertaining Rev. Hunter for an exploration of some of the more interesting stories from the Jewish and Christian sacred texts. What do they mean? For whom?

### Theology Explorers

Second Wednesdays, 10:00 a.m. to Noon

Led by Stephen Hughes

This group searches for truth and meaning and spiritual growth by discussing life's big questions. By listening and sharing, we hope to gain wisdom and place our faith and ideals into practice. No registration required.

### Rise Up and Call Her Name

Third Wednesdays, 7:00 - 9:00 p.m.

Led by Eileen Andrews and Nuala Carpenter

This UU Women & Religion course offers a fascinating journey into the sacred feminine around the world and throughout time. Rise Up travels through Africa, Asia and the Americas to meet goddesses and explore their earth-based traditions. The curriculum includes both artistic and intellectual tools to help women develop fresh perspectives and deeper spirituality inspired by their diverse fore-mothers. Each session features a variety of activities such as story-telling, ritual, hands-on crafts, personal sharing, music, dance and chants. **This class is full. If you are interested in participating in a future group email dawnstar@mluc.org.**

## SEEKING JUSTICE

### Book Discussion: Small Great Things

Sundays, October 7 & 21 11:45 a.m. - 1:00 p.m.

Interested church and community members will meet to discuss Jody Picoult's novel *Small Great Things*. The goal of the discussions is to deepen attendees understanding of racism in America.



### Unjust Sentencing - Documentary "The Sentence"

December 1, 11:30-1:45 p.m., McGinness Room

The MLUC Racial and Social Justice committee will host a screening and discussion of the documentary *The Sentence* with special guests from FAMM Foundation and the Coalition to Abolish Death by Incarceration (CADBI). Please join us for the film, discussion, and actions that we might take on this topic.

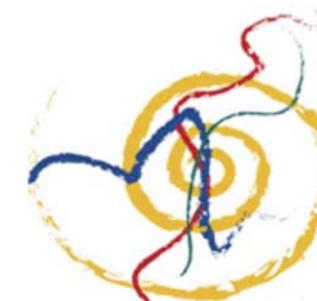
### Interested in Becoming a Member?

Our next Pathway to Membership class will take place in 2019. Contact Membership Coordinator, Jessica Hirsch Lynn (jessica@mluc.org) to RSVP or learn more.

## MAIN LINE UNITARIAN CHURCH

816 South Valley Forge Road  
Devon, Pennsylvania 19333  
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## FAITH DEVELOPMENT FOR ADULTS



Winter 2018-2019

All Are Welcome

Adults



MAIN LINE UNITARIAN CHURCH  
WWW.MLUC.ORG

## THE PATHWAY OF SPIRITUAL MATURITY

The goal of the Main Line Unitarian Church Faith Development program is lifetime learning that enhances knowledge and creativity, informs values, and enables us to live lives of wholeness and hope. The Pathway of Spiritual Maturity is the Adult branch of the Faith Development Program. Classes are offered in four general areas:

- **Being a UU:** includes UU history, heritage and identity and leadership development
- **The Spiritual Self:** includes spiritual practices, self-development, and life stages
- **Religion:** includes Jewish & Christian scriptures, world religions, and theology
- **Seeking Justice:** includes learning about social justice topics and how to do social justice work

Everyone brings their own personal, religious, and spiritual experiences to the process of faith development. Some of us are just getting started (in one area or another) while others are ready to learn more or go deeper. Classes are planned with an eye to offering opportunities to meet these stages of development (Getting Started, Learning More, and Going Deeper) in each topical area.



### Registration and Childcare

Registration is required for most classes EXCEPT Meditation Groups I and II and Yoga.

For most events, email [register@mluc.org](mailto:register@mluc.org) to sign up. Occasionally, events will have unique signup instructions included in the description. If a class you signed up for is cancelled, you will receive an email and phone notification one week in advance.

Childcare is available. Please contact Childcare Coordinator, Laura Lilick ([childcare@mluc.org](mailto:childcare@mluc.org)) at least seven days in advance.

Please see the MLUC Calendar (online or posted at the entryway) for room assignments.

**More information about the Faith Development Program can be found at:**

**[www.mluc.org/faith-development](http://www.mluc.org/faith-development)**

## BEING A UU

### Pathway to Membership

#### Fall/Winter Session

*November 10, 8:30 a.m. to Noon*

*February 2, 8:30 to 11:45 a.m.  
(snow date: February 9)*

*February 24 - Joining Ceremony at 10:00 a.m.  
Sunday services*

#### Winter/Spring Session

*February 23: 8:30 a.m. to 12:00 p.m.  
(snow date: March 2)*

*April 27: 8:30 a.m. to 11:45 a.m.*

*May 12: Joining Ceremony at 10:00 a.m. service*

*May 18: New Member Dinner for both classes*

Joining a church is an important life decision, and one we take seriously. Membership at MLUC means being a part of a diverse community of UUs who practice their faith in myriad meaningful ways. Please consider joining us for one of two sessions this year that will start you on your way toward getting to know this welcoming, active and caring community.

Each session meets twice and covers the topics of UU history, Social Justice activities, volunteer opportunities, learning and spiritual growth programs for children and adults and much more. There will be time to get to know staff, volunteer church leaders and each other during this process of discovery.

Participants will be paired with a Member Mentor who will serve as a guide through the exploration process. Email Membership Coordinator Jessica Hirsch Lynn to register.

## THE SPIRITUAL SELF

### Meditation Group I

*Every Sunday, 8:30-9:45 a.m.*

New participants from the church and the larger community are welcome. Sessions typically include readings and materials related to mindfulness, sharing amongst participants, 20–30 minutes of meditation, and a closing. No registration required.

### Meditation Group II

*Every Sunday, 11:30 a.m.-12:00 p.m.*

New participants from the church and the larger community are welcome. This group is open to everyone, beginners and experienced meditators alike. We gather, greet each other, and take a few minutes to center ourselves. Then we share a short reading to enhance our practice and sit for 20 minutes. At the end, we share any insights, experiences, or concerns. No registration required.

### Yoga

After a respite this fall, MLUC's Saturday Donation Yoga Class will return in January 2019. The class will be structured in 2 sessions of 6 classes each. Held on Saturday mornings from 9:30-10:45 a.m. in the Children's Recreation Room on the church's lower level, the class will be appropriate for all levels. No experience is necessary, and everyone is welcome! Wear comfortable clothes and bring a yoga mat (we have some if you don't). Email Noelle ([noellemh@verizon.net](mailto:noellemh@verizon.net)) with questions or to be added to our email list.

Session 1 dates: 1/26, 2/2, 2/9, 2/23, 3/2, 3/9  
Session 2 dates: 4/27, 5/4, 5/18, 6/1, 6/8, 6/15