

## THE SPIRITUAL SELF

### Learning More:

#### A DAY OF MINDFULNESS & MEDITATION

Saturday, May 5, 10:00 a.m. – 4:00 p.m.

Led by Lelia Calder

This retreat will include a variety of approaches to meditation and mindful movement.

Appropriate for all levels, the retreat will offer something for those new to meditation, as well as those with an established practice. Advanced registration requested. Same day registration available without lunch. Childcare available. \$20 Suggested donation | \$10 Optional lunch | No one turned away due to lack of funds. Print a registration form at [tinyurl.com/mlucetreat](http://tinyurl.com/mlucetreat).

#### BOOK DISCUSSION: THE SOUL OF MONEY

Wednesday, May 23 & 30, 7:00–9:00 p.m.

Led by Rich Fritzson

*The Soul of Money: Transforming Your Relationship with Money and Life* by Lynne Twist is a liberating book that shows us how examining our attitudes toward money—earning it, spending it, and giving it away—offers surprising insight. Through personal stories and practical advice, Lynne Twist asks us to discover our relationship with money, understand how we use it, and by assessing our core human values, align our relationship with it to our desired goals. In doing so, we can transform our lives. Register at [tinyurl.com/soulmoney](http://tinyurl.com/soulmoney)

### Going Deeper:

#### MONDAY MORNING MEDITATION STUDY GROUP

Mondays 6:30–7:30 a.m.

Led by Katrina Ogilby

This group meets weekly to discuss a book, one or two chapters at a time, and meditate together. The book this session is *Grace in Aging: Awake as You Grow Older* by Kathleen Dowling Singh. Limited to 10 participants. Email [katrinaogilby@gmail.com](mailto:katrinaogilby@gmail.com) to register.

## RELIGION

### Getting Started:

#### CROSSING PATHS

Led by Carr Everbach, Kent Zehner, Mark Chandler, and Dyann Roth

Sundays April 15 and May 13, 11:30 a.m.

Crossing Paths celebrates the values religions share, but it emphasizes their uniqueness. Every faith tradition was born in response to a distinct human struggle. We honor religions best when we work to understand these challenges and aspirations. Learn about Islam in April and the Quaker Friends in May, followed by optional field trips to congregations on the following Sundays with the 6th & 7th grade class. Register: April: [tinyurl.com/crossingapril](http://tinyurl.com/crossingapril) May: [tinyurl.com/crossingmay](http://tinyurl.com/crossingmay)

#### BELIEVERS DISCUSSION GROUP

Second Thursdays, 10:00 a.m. – Noon

Led by Carl Stevens

Among UUs, there are a wide range of theological beliefs. We bring agnostic, theist, atheist, humanist, Buddhist and many other traditions to our shared search for meaning. Some of us refer to this greater entity as God, which has a different meaning to each individual. Honoring this perspective, our discussion group will recognize both aspects of spirituality. No registration is required.

### Learning More:

#### INTRODUCTION TO THE PHILOSOPHY OF RELIGION

Wednesdays, April 4, 11, 18 & 25, 7:00–9:00 p.m.

Led by Rev. Dave Hunter

Is there a God? What happens after you die? What about ethics? Why bother with religion? Explore the big questions in religious thought. Register at [tinyurl.com/philosophyrel](http://tinyurl.com/philosophyrel)

## SEEKING JUSTICE

TBA

There are many opportunities for personal and spiritual growth and learning outside of official Faith Development offerings here at MLUC. Please also consider:

- Joining a small group
- Attending a book group
- Volunteering on a Sunday morning
- Joining a committee
- Joining a social action project
- Joining a choir or sharing musical talent
- Helping organize an annual event



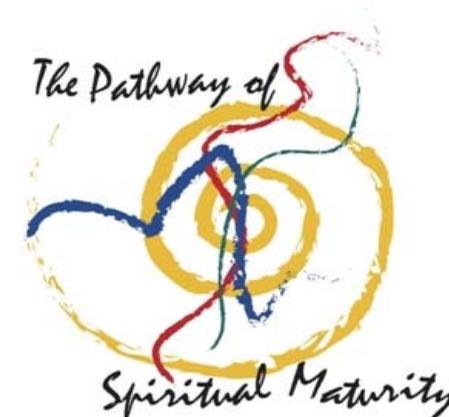
#### Interested in Becoming a Member?

Our next Pathway to Membership class will take place in winter 2018. Contact Membership Coordinator, Jessica Hirsch Lynn ([jessica@mluc.org](mailto:jessica@mluc.org)) to RSVP or learn more.

#### MAIN LINE UNITARIAN CHURCH

816 South Valley Forge Road  
Devon, Pennsylvania 19333  
610-688-8332 | [www.mluc.org](http://www.mluc.org)

## FAITH DEVELOPMENT FOR ADULTS



### Courses for Spring 2018

### All Are Welcome

### Adults



MAIN LINE UNITARIAN CHURCH  
[WWW.MLUC.ORG](http://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

### Getting Started:

#### PATHWAY TO MEMBERSHIP CLASS

DATE TBA

Jessica Hirsch Lynn, Membership Coordinator

Are you considering MLUC membership, but not sure if you should take the plunge? Attend this class to meet other prospective members, current members, and staff. You'll learn more about Unitarian Universalism and the benefits and opportunities membership brings. Email [jessica@mluc.org](mailto:jessica@mluc.org) to RSVP. Childcare provided upon request.

#### PRINCIPLES & PRAYER BEADS

Saturday, May 19, 2:00–4:00 p.m.

Led by Dawn Star Sarahs-Borchelt,

Director of Lifespan Religious Education

This workshop for all ages introduces our Principles and provides an opportunity for participants to make a set of 'prayer' beads to help them remember them. Suitable for ages 3 – 103 (nursery care will be available for the youngest family members). Register at [tinyurl.com/prayerbds](http://tinyurl.com/prayerbds)

### Learning More:

#### CREATING THEOLOGY TOGETHER

Sunday, May 6, Noon–6:30 p.m. and Thursdays

May 10, 17 & 24 7:00–9:00 p.m. Led by Rev.

Neal Jones and Dawn Star Sarahs-Borchelt

What do you believe? How is what you believe influenced by this church community, and how might it change through deep listening to others' values, needs, and ideas? We are pilot testing this curriculum offered by the Fahs Collective at the Meadville Lombard UU Seminary, beginning with a mini-retreat on a Sunday afternoon and followed by weekly classes during the month of May. Register at [tinyurl.com/creatingtt](http://tinyurl.com/creatingtt)

## THE SPIRITUAL SELF

### Getting Started:

#### MEDITATION GROUP I

Every Sunday, 8:30–9:45 a.m. Led by Rob Eames  
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.

#### MEDITATION GROUP II

Every Sunday, 11:30 a.m.–12:00 p.m.

Led by Usha Srinivasan

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.

#### YOGA

Saturdays, 10:30–11:45 a.m. Led by MLUC

members: Leslie Wright-Riley, Noelle Hammerbacher, Ashley Sonson, and Mary Mayer

All church members and friends aged 16+ are welcome. Bring a yoga mat if you have one. Send an email to [noellemh@verizon.net](mailto:noellemh@verizon.net) to receive weekly reminders and info about classes.

#### SPIRIT IN PRACTICE

Wednesdays May 9 and June 13, 7:00–9:00 p.m.

Led by Dawn Star Sarahs-Borchelt

Spirit in Practice helps Unitarian Universalists develop regular disciplines, or practices, of the spirit—practices that help you connect with the sacred ground of your being, however you understand it. April focuses on Soul practices, May on Life practices, and June on Justice practices. Register for one or more at any time:  
April: [tinyurl.com/sipapril](http://tinyurl.com/sipapril)  
May: [tinyurl.com/sipmayy](http://tinyurl.com/sipmayy)  
June: [tinyurl.com/sipjune](http://tinyurl.com/sipjune)