

# Adult Religious Exploration Offerings

## Church Year 2020-2021

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### Fall Class Offerings



#### **The Power of Forgiveness**

##### *A Spiritual Exploration for Unitarian Universalists*

*Tuesday Morning Class: Sept 22, 29 and Oct 6, Oct 13<sup>th</sup>, 20<sup>th</sup> from 10am – 11:30 am*

*Thursday Evening Class: Sept 24, and Oct 1, 8, 15, 22 from 7:00-8:30 pm*

Facilitated by Rev. Tim Kutzmark,



Join Rev. Tim to explore the complexity of forgiveness. This five-part workshop will spark spiritual conversation and contemplation. We'll examine the nature of forgiveness (of self and others), come to better understand the journey to forgiveness, consider how we (and others) forgive the unforgivable, and discover how our Unitarian Universalist faith can change our understanding and experience of forgiveness. Tim offered this class in the winter of 2016, and your first time or repeat participation is welcomed. *Registration is required:*

<https://forms.gle/YgV79usKDNzr5CrC8>

A required packet of related readings/reflections will be available as a PDF for you to print at home or for \$20.00 for us to print and mail to you.

#### **Experiencing Transcendentalism in Modern Life**

Oct. 27<sup>th</sup>, Nov. 3<sup>rd</sup>, Nov. 10<sup>th</sup> at 10am or Oct. 29<sup>th</sup>, Nov. 5<sup>th</sup>, Nov. 12<sup>th</sup> at 7pm

Facilitated by Harold Wood



This series of interactive discussions and activities invites a re-connection with Nature and the spirit that lives within us all. Using the American Transcendentalists and comparative texts as our setting, we will engage in self-culture by experimenting with the spiritual practices of the Transcendentalists. Registration Required:

<https://forms.gle/YgV79usKDNzr5CrC8>

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## Fall Workshops

### **Introduction to Mantras and Chants**

*From the Kundalini Yoga Tradition*

Wed, September 16 from 7:00-8:15 pm

Facilitated by Rev. Tim Kutzmark

Join Rev. Tim for an introduction to powerful mantras, meditations and chants from the Kundalini Yoga Tradition. You'll leave with easy-to-use techniques to deepen your spiritual life. Registration is requested. <https://forms.gle/5CoV6fHfedATDCuz8>

### **Ikiru Discussion Group**

Wed. Oct. 21 at 7pm or Sunday Oct. 25<sup>th</sup> at 1pm

Facilitated by Robert Mitchell

One of the great films of Japanese director Akira Kurosawa, *Ikiru* tells the story of an aging bureaucrat, Kanji Watanabe, who learns that he has terminal cancer and determines that his final days will have meaning. Kurosawa's film is a thoughtful meditation on life and death.

Participants will receive a link to the film and will view it at their leisure before the meeting.

Registration Required. <https://forms.gle/5CoV6fHfedATDCuz8>

### **An Autumn Spiritual Retreat with Rev. Tim**

Saturday, Nov. 14 10 am – 2:30 pm

Led by Rev. Tim Kutzmark

Do you wish you felt more connected to your spirituality, but aren't exactly sure what that means? Would you like to have a slow, gentle day to think about your life, but your schedule is just too full to do that on your own? Do you wish you had a chance to spend time with other people looking for the same things? Then join Tim for this

nurturing day of renewal. Please wear loose and comfortable clothing, bring **TWO** cozy blankets for relaxation periods, and plan to sit in a comfy chair or on floor with pillows and/or meditation bench. Please plan a simple bag lunch for our food break. We'll be creating simple personal altars during this retreat, and suggestions will be sent in advance. *Registration is required.* <https://forms.gle/5CoV6fHfedATDCuz8>



## Winter/Spring Class Offerings

### **Art That Makes You Feel**

#### ***An exploration of Visual Art, emotion, and resilience***

Facilitated by Katherine Smart

Sunday at 5pm January 17<sup>th</sup>, 25<sup>th</sup>, and Feb. 7<sup>th</sup>



Join artist Kate Smart for an exploration and spirituality of visual art and an examination of physical, created, and emotional landscapes. Share art that speaks to your heart, and observe and learn about artist and their work.

### **Love & Death & The Meaning of Life**

#### ***A Spiritual Exploration for Unitarian Universalists***

Rev. Tim Kutzmark, Facilitator

Feb. 16<sup>th</sup> and 23<sup>rd</sup>, Mar. 2<sup>nd</sup>, 9<sup>th</sup>, and 16<sup>th</sup> at 10am

or Feb. 18<sup>th</sup> and 25<sup>th</sup>, Mar. 4<sup>th</sup>, 11<sup>th</sup>, and 18<sup>th</sup>



No matter our how young or old we may be, most of us wonder how we find meaning in life, especially in the face of the reality that our life will end, as will the lives of all those we love? What does it mean to live, and love, and die? If religion is our human response to the dual reality of being alive and having to die, how can our Unitarian Universalist faith provide us with guidance, comfort, and strength? Tim offered this class in the fall of 2015, and your first-time or repeat participation is welcomed. Required text: the short and quite powerful *Love & Death: My Journey Through the Valley of the Shadow* by Forrest Church (\$15 for paperback), available through the UUA bookstore ([www.uuabookstore.org](http://www.uuabookstore.org)) and Amazon.com. Please note: The first session reading assignment will be chapters 1 – 4. Please come to the first class having read this short section of the book. Please also bring a notebook and pen with you. *Registration is required.*

### **D’oh God!**

#### ***An Ethical and Theological Exploration for Unitarian Universalists through the work of “The Simpsons”***

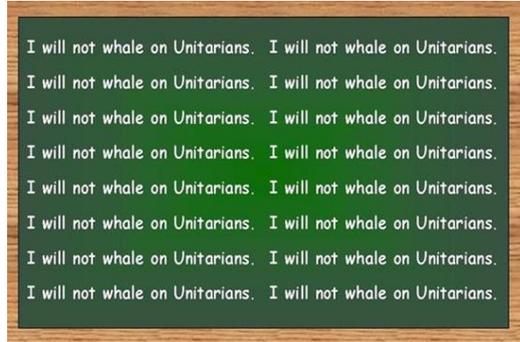
This program is for ages 12-112

Facilitated by Dani Livesey

April 28<sup>th</sup>, May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> at 7pm

or April 30<sup>th</sup>, May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>





The *Simpsons* is unique in that its characters are often seen attending church. In fact, religion is a dominant theme of this popular show. The family is often seen praying to God, and the show seems to be acutely aware of the significant place religion has in the American landscape. The show satirizes religion, but is not seen as anti-religious, as the *Simpsons* themselves are Christian and some are spiritual in nature. Most episodes call for a sensible, tolerant and less fanatical religious

devotion. Although the show mocks religion, it is not dismissive of faith, and has wide acceptance among those that practice religion, probably because the show targets all kinds of hypocrisies, not just religious ones.

D'oh, God! uses episodes of *The Simpsons* as the basis for in-depth discussions of a wide variety of religious topics. At each class, an entire episode is viewed, a distinct advantage when discussion is the intention. After viewing, the class engages in discussion and activities, designed to encourage deep contemplation of issues.

Registration is required

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### Winter/Spring Workshops

#### **Sharing Poems that Speak to Our Hearts**

Wednesday January 21 at 7pm and Friday the 24 at 1pm

Facilitated by Robert Mitchell

Sometimes we read a poem, and it has little meaning for us. Maybe it's too abstract or it just doesn't make sense to us. However, at other times, we read a poem that touches us deeply and speaks directly to us. It gives us a new vision. Join Robert Mitchell for a poetry sharing circle in which we will each share a specific poem and the way it speaks to us. Email Dani at [growspiritually@uufresno.org](mailto:growspiritually@uufresno.org) for registration and information.

#### **Evil: A Unitarian Universalist Perspective**

Wednesday, Jan. 13 at 10:00 AM or 7 pm

Facilitated by Rev. Tim Kutzmark

Join Rev. Tim for this exploration of what Unitarian Universalism says about evil. Has our focus on the worth and dignity of all people caused us to miss the mark when it comes to understanding evil and those who perpetuate it? A short reading will be sent in advance so you are prepared for this one-time class. Registration is required. Email Dani at [growspiritually@uufresno.org](mailto:growspiritually@uufresno.org) for registration and information.

### **Salvation: A Unitarian Universalist Perspective**

Wednesday, April 14 at 10:00 AM or 7 pm

Facilitated by Rev. Tim Kutzmark

Join Rev. Tim for this exploration of what Unitarian Universalism says about salvation. Has our focus on love caused us to miss the mark when it comes to understanding wrongdoing? Do we need to re-introduce the idea of sin into our theological language? A short reading will be sent in advance so you are prepared for this one-time class. Registration is required.

### **The Poets of Unitarian Universalism**

Wednesday April 21<sup>st</sup> at 7pm or Sunday April 25<sup>th</sup> at 1pm

Facilitated by Robert Mitchell

Join Robert for a deep dive into Poets closely associated with Unitarian Universalism. Learn about their work and their connections to our Faith. Featured poets will include Sylvia Plath, e.e. cummings, May Sarton, and more.

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## **Workshop Series**

### **Introduction to Unitarian Universalism**

Facilitated by Rev. Tim and Patty Bennett

Each hour-long workshop in this engaging and interactive series stands alone as an introduction to a different aspect of our faith. The workshops are designed for newcomers and the series of four workshops is recommended for those considering membership in the Unitarian Universalist Church of Fresno. In addition, all workshops are open to anyone who is interested in refreshing their understanding of Unitarian Universalism. All workshops are on Sundays at 12 noon. Registration is requested. Email Dani at [growspiritually@uufresno.org](mailto:growspiritually@uufresno.org) for registration and information.

**Introduction to Unitarian Universalist History:** October 25, January 3, or March 14

**Introduction to What Unitarian Universalists Believe:** November 1, January 17, or April 11

**Introduction to the Six Sources of Unitarian Universalism:** September 6, November 15, February 7, or May 2

**Introduction to Unitarian Universalism: Spiritual Journey:** October 4, December 13, February 21, May 16

## **Faith and Film Series**



With Rev. Tim Kutzmark

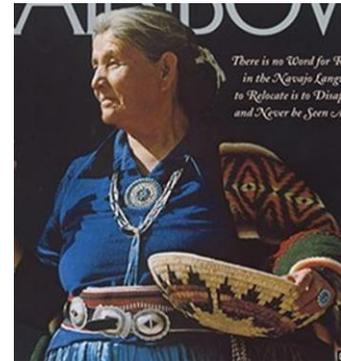
(Second Sunday of Every Month at 6:30 pm)

Registration is Requested <https://forms.gle/5CoV6fHfedATDCuz8>

**Sunday, September 13 at 6:30 pm**

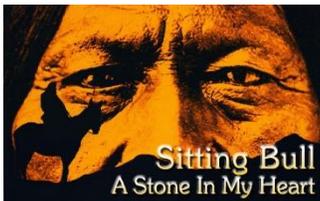
### **“Broken Rainbow”**

This Academy Award winning documentary presents a scathing and unsettling overview of the shameful treatment of Native Americans during the 1970s. The forced relocation of 12,000 Navajo Indians from their lands in northeast Arizona was set in motion by the greed of energy consortiums eager to have access to the oil, gas, uranium, and coal on the sacred lands of these peoples. This harrowing incident was another in a long string of efforts by the United States government to break the spirit of Native Americans by seizing their property. Both the Hopis and the Navajos, have a tradition of seeing themselves as caretakers of the Earth, which makes their forced migration an act of spiritual violence.



**Sunday, October 11 at 6:30 pm**

### **“Sitting Bull: A Stone in My Heart”**

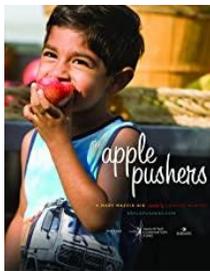


This acclaimed documentary will introduce you the Sitting Bull few people know. The film-maker spent four years of research to develop an oral history, the story of Tatanka-Iyotanka (Sitting Bull) in his own words. We bear witness as one of Native-America’s most famous leaders talks about his life on the Northern Plains, the Battle of the Little Big Horn and finally, his complicated views of Euro- American culture.

Except for a few lines of dialogue invented for cohesion, it is Sitting Bull s first-person account of his life and times.

**Sunday, November 8 at 6:30 pm**

### **“The Apple Pushers”**



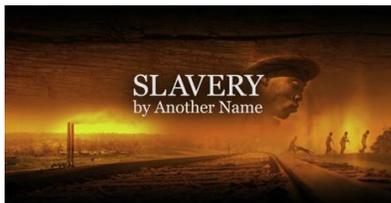
This documentary follows the inspiring stories of five immigrant pushcart vendors who are rolling fresh fruits and vegetables into the poorer neighborhoods of New York – neighborhoods where finding a ripe, red apple is a serious challenge and where obesity rates are skyrocketing. Through the lens of their powerful and deeply personal stories, the film examines such hot-button issues as the obesity crisis, immigration, entrepreneurship, and what it really takes to achieve the American Dream.

**Sunday, Dec 13 at 6:30 pm**  
**“Rent – Live on Broadway”**



“Rent” was the “Hamilton” of its generation. When it opened off-Broadway in 1996, this musical electrified New York with its depiction of a group of impoverished young artists struggling to survive and create a life in Lower Manhattan's East Village in the thriving days of bohemian Alphabet City, under the deadly shadow of HIV/AIDS. Much of the musical takes place at Christmas-time. This film captures the final live performance from Broadway.

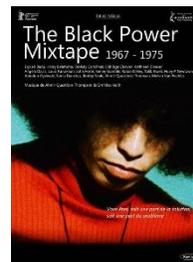
**Sunday, January 10 at 6:30 pm**  
**“Slavery by Another Name”**



Did Slavery really end with the Civil War? This documentary explores how in the years following the Emancipation Proclamation, systematic approaches were taken to re-enslave newly freed Blacks in the United States. This system included new brutal methods of forced labor in which men were arrested and forced to work without pay, bought and sold, and coerced to do the bidding of masters. Spanning the 60 years following the Civil War, this 90-minute documentary includes interviews with key Black history scholars like Khalil Muhammad, Mary Ellen Curtin, Risa Goluboff and Adam Green.

**Sunday, February 21\*\* (note, third Sunday of the Month)**  
**“The Black Power Mixtape 1967-1975”**

*The Black Power Mixtape* tells the story of the Black Power Movement. Drawn to America in the late 1960s by stories of revolution and urban unrest, Swedish journalists recorded interviews with many of the leaders of the Black Power Movement, including Stokely Carmichael, Bobby Steale, Angela Davis and Eldridge Cleaver. The filmmakers captured them in intimate moments and moments of unguarded candor.



**Sunday, March 14 at 6:30 pm**  
**“Underwater Dreams”**

## underwater DREAMS



This documentary follows a group of high school students who are all sons of undocumented Mexican immigrants as they participate in an underwater robotics contest against fierce competition. Due to scarce resources, the team has to use their ingenuity to finish the project with low-cost materials. We see the challenges and disadvantages they have to wrestle with and how their hard work and discipline pay off. Underwater Dreams offers powerful lessons about curiosity, perseverance, and teamwork and shows kids what you can achieve if you never stop dreaming.

### **Sunday, April 11at 6:30 pm** **“Soundtrack for a Revolution”**

Taking a fresh approach to the story of the American Civil Rights Movement, *Soundtrack for a Revolution* features the powerful music from the movement. Focusing on the freedom songs sung by protesters on picket lines, in mass meetings, in paddy wagons and in jail cells, this film celebrates the vitality of the music and the infectious energy that it provided. Freedom songs evolved from slave chants, the labor movement, and from the Black church, and were a vital tool as protestors stood up against adversity. They energized and empowered them, enabled them to sing the things they couldn't say, and allowed them to meet aggression with dignity and non-violence. This documentary brings songs of the movement back to life again through new performances by top artists, including John Legend, Joss Stone, Wyclef Jean, and The Roots.



### **Faith Like A River**

*Faith Like a River Themes from Unitarian Universalist History*

Facilitated by Dani Livesey

Registration Requested <https://forms.gle/5CoV6fHfedATDCuz8>

Faith Like a River explores the dynamic course of Unitarian, Universalist, and Unitarian Universalist (UU) history—the people, ideas, and movements that have shaped our faith heritage. It invites participants to place themselves into our history and consider its legacies. What lessons do the stories of our history teach that can help us live more faithfully in the present? What lessons do they offer to be lived into the future?



### **Nov. 18<sup>th</sup> at 7pm or Nov. 22<sup>nd</sup> at 1pm** **Swimming in the Stream Together-**

For I say—whether you ever heard, directly, of this little event in Dedham or not—to understand in any depth our liberal free church tradition, or to make much sense of

deeply rooted everyday realities of Unitarian Universalist churches now, today, you must understand in your bones the historical importance of the spirit of love manifest in the doctrine of covenantal organization, as this little group of people in Dedham understood it in New England in 1637. — Alice Blair Wesley

This workshop considers the history and meaning of covenant in our religious tradition. It explores the difference between a covenant and a statement of belief and examines the importance of covenant in the free church tradition as it pertains to both freedom of thought and freedom of governance.

**Feb. 17<sup>th</sup> at 7pm or 21<sup>st</sup> at 1pm**

**As Tranquil Streams that Meet and Merge: Consolidation**

If, recognizing the interdependence of all life, we strive to build community, the strength we gather will be our salvation... If we join spirits as brothers and sisters, the pain of our aloneness will be lessened, and that does matter. — Marjorie Bowens-Wheatley

This workshop explores issues and events in the consolidation of the AUA and the UCA into a single entity, the Unitarian Universalist Association of Congregations. The workshop highlights important cooperative work done by the youth movements and religious educators of both denominations, which smoothed the way for the consolidation. Participants learn about some of the achievements of the young Association and its influence on the wider culture. They consider how the dual heritages of Unitarianism and Universalism have shaped our movement

**May 19<sup>th</sup> at 7pm or 23<sup>rd</sup> at 1pm**

**Mirages and Oases: Idealism and Utopianism**

Humanity must ever reach out towards a New Eden. Succeeding generations smile at the crude attempts, and forthwith make their own blunders, but each attempt, however seemingly unsuccessful, must of necessity contain a germ of spiritual beauty which will bear fruit. — Clara Endicott Sears, founder of the Fruitlands Museum

A vibrant stream of idealism runs through Unitarian Universalist history. This workshop introduces Transcendentalism, spiritualism, and Utopianism, three 19th-century movements which perhaps represent a high point of idealism in the United States as well as in both Unitarianism and Universalism. Participants explore the reasons for these expressions of idealism, examine how these movements shaped our faith, and identify strains of idealism in Unitarian Universalism today.

## **Spirit in Practice**

Facilitated by Dani Livesey

Registration Requested <https://forms.gle/5CoV6fHfedATDCuz8>



Spirit in Practice was created to help Unitarian Universalists develop regular disciplines, or practices, of the spirit—practices that help them connect with the sacred ground of their being, however they understand it. Spirit in Practice affirms religious diversity while seeking unity in our communal quest for meaning and wholeness. Whether participants follow a path they identify as Humanist, Jewish, Christian, Pagan, Theist, Atheist, Agnostic, Mystic, and/or any of the other paths we follow in our diverse congregations, the Spirit in Practice workshops

offer a forum for learning, sharing, and growth that can enrich their faith journeys. Written by Erik Walker Wikstrom

**Wednesday December 16<sup>th</sup> at 7pm or Friday the 18<sup>th</sup> at 10am**

### **Personal Spiritual Practice**

There is guidance for each of us, and by lowly listening, we shall hear the right word.

Certainly there is a right for you that needs no choice on your part. Place yourself in the middle of the stream of power and wisdom which flows into your life. Then, without effort, you are impelled to truth and to perfect contentment. — Ralph Waldo Emerson

This workshop looks at the solitary component of the practice of spirituality. There is a Zen saying that no one else can eat your food for you, no one else can go to the bathroom for you, and no one else can live your life for you. And, of course, no one else can do your practice for you.

**Wednesday March 17<sup>th</sup> at 7pm or Sunday March 21<sup>st</sup> at 1pm**

### **Mind Practices**

We can sometimes get the impression that "spiritual" and "intellectual" are mutually exclusive characteristics, or that we need to "get out of our heads" to experience spiritual growth. Yet throughout time and across cultures, it has long been recognized that reason and rationality are among many paths to the discovery of deep truth.

While it may indeed be true that many people can get "stuck in their heads" and miss out on what Margot Adler calls "the juice and the mystery," it is by no means a direct correlation that the use of the intellect requires one to be blinded to the miraculous.

Consider Albert Einstein, who said that he knew his special theory of relativity was correct not because all of the equations added up but because it was so "beautiful," and who opined that "the most beautiful thing we can experience is the mysterious." Many of the world's most rational thinkers find that the more they learn, the more their appreciation for the majesty and magnificent mystery of life grows as well

**Wednesday June 23<sup>rd</sup> at 7pm or Sunday March 21<sup>st</sup> at 1pm**

**Soul Practices:**

Our creative souls need nurturing and understanding. How do we remain creatively open? Where does our inspiration come from? How can we embrace our negative selves? What can we say to our internal judges and critics? How can we best share our creativity? I believe that we are each highly creative with important gifts to share, words to speak and write, lights to shine on ourselves and others. In order to do this work we need tending, planting, weeding, nourishing. This is all work we must do in our interior gardens. — Sark, *Living Juicy: Daily Morsels for Your Creative Soul* (Celestial Arts, 1994)  
"Soul practices" are those spiritual practices that engage our creative selves This workshop encourages engagement in creative expression for the purpose of the engagement itself. Time spent immersed in clay, paint, or pencil on paper can be just as profound and powerful as time spent in prayer. Creativity can be a spiritual practice.

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**Year Round Offerings**

**Chalice Circles-** Meet twice a month (except holidays).

If you are looking for a way to make connections and build deep rooted community, Chalice Circles are it. A longtime tradition of Unitarian Universalist congregations; the role of small group ministry is to create space for each individual to explore their own inner thoughts and spirituality. To facilitate these spiritual practices, each group is intentionally small with only 8-10 participants in order to provide ample time for each person.

Small groups are a great place to get to know people and to get to know yourself. Over time, participants have the opportunity to practice listening deeply to one another. You will also have the opportunity to be heard and supported on your spiritual journey (to the level which you are comfortable sharing) with respect for who you are without pretentious expectations of 'who you should be. The time together is structured: Groups begin and end with centering readings and often include a time of silence before sharing begins.

To join a Chalice Circle email Dani at [growspiritually@uufresno.org](mailto:growspiritually@uufresno.org)

**Sarayu Yoga**

Facilitated by Jenny Rohan

Hatha Yoga Mondays at 6pm and Chair Yoga Tuesdays Noon and Fridays at 1pm

Zoom Link: <https://zoom.us/j/97768989369>

Certified instruction in the techniques and spiritual practice of Sarayu Yoga. Designed for all ability levels. Includes brief meditation, breathwork, energization exercises, and hatha yoga asanas.



### **UU Buddhist Fellowship**

Every Wednesday at 3pm

<https://zoom.us/j/94225906754>

The Dharma Without Dogma Sangha is an inclusive meditation and study group in which the participants feel an affinity with UU principles and Buddhism. All Buddhist practices are welcome, as well as all interested individuals. Democratic decision-making is followed in this peer-led group in order to create a safe and accepting environment.

### **UU Humanists of Fresno**

Third Sundays of the month

<https://zoom.us/j/94339993291>

UUHF gathers monthly to connect with other Humanists and expand our understanding of our Humanist beliefs. Guest speakers are invited who have knowledge and expertise in particular areas. All are welcome.

### **Spend Time with Rev. Tim Spiritual Reflection Drop in Group**

Tuesdays at 7pm and Thursdays at 11am (first Thursday of the Month at Noon)

Facilitated by Rev. Tim

Zoom Link: <https://zoom.us/j/94599824478>

Take the time to connect and join Rev. Tim for spiritual nourishment and togetherness.

