

Adult Religious Exploration Offerings

Church Year 2020-2021

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 17th, 24th, and Feb. 7th

Registration Requested:

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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 (in the Midst of a Pandemic) **A Spiritual Exploration**



Rev. Tim Kutzmark, Facilitator

Tuesday Feb. 16 and 23, Mar. 2, 9, and 16 at 10 am

or Thursday, Feb. 18 and 25, Mar. 4, 11, and 18 at 7 pm

What does it mean to live, and love, and die? How can Unitarian Universalism provide guidance, comfort, and strength in this time of Covid-19? Tim offered an earlier version of this exploration half-a-decade ago, and invites you to discover anew in the light of the

altered world we face in 2021 and beyond. 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 (<https://www.uuabookstore.org/Love-and-Death-P17058.aspx>) 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.

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iewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSfLyAOVR9FSM8erO831vwxlEngPqr3ik4owrdMi7fThEEraUQ/viewform?usp=sf_link)

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 28th, May 5th, 12th, 19th and 26th at 7pm

or April 30th, May 7th, 14th, 21st, and 28th at 10am

Registration Requested:

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iewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSfLyAOVR9FSM8erO831vwxlEngPqr3ik4owrdMi7fThEEraUQ/viewform?usp=sf_link)



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.

Winter/Spring Workshops

Evil: A Unitarian Universalist Perspective

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

Facilitated by Rev. Tim Kutzmark

Registration is Required at: <https://forms.gle/zm7sEWs9byVrdji4>

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.

Sharing Poems that Speak to Our Hearts

Wednesday January 20 at 7pm and Friday the 24 at 1pm

Facilitated by Robert Mitchell

Registration is Required at:

[https://docs.google.com/forms/d/e/1FAIpQLSfLyAOVR9FSM8erO831vwxlEngPqr3ik4owrdMi7fThEEraUQ/v
iewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSfLyAOVR9FSM8erO831vwxlEngPqr3ik4owrdMi7fThEEraUQ/viewform?usp=sf_link)

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.

Travels with Rev. Tim: Iraq – Into the Cradle of Civilization

Wednesday, April 7 at 7 pm

Join Rev. Tim for pictures and stories from his time traveling throughout Iraq just days before the country exploded into religious civil war. He'll take you from the ancient Gardens of Babylon to Saddam's Palace Swimming Pool. Registration requested

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Salvation: A Unitarian Universalist Perspective

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

Facilitated by Rev. Tim Kutzmark

Registration is Required at:

[https://docs.google.com/forms/d/e/1FAIpQLSfLyAOVR9FSM8erO831vwxlEngPqr3ik4owrdMi7fThEEraUQ/v
iewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSfLyAOVR9FSM8erO831vwxlEngPqr3ik4owrdMi7fThEEraUQ/viewform?usp=sf_link)

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 wrong-doing? 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.

The Poets of Unitarian Universalism

Wednesday April 21st at 7pm or Sunday April 25th at 1pm

Facilitated by Robert Mitchell

Registration is Required at:

https://docs.google.com/forms/d/e/1FAIpQLSfLyAOVR9FSM8erO831vwXlEngPqr3ik4owrdMi7fThEEraUQ/viewform?usp=sf_link

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.

Travels with Rev. Tim: Uzbekistan, Kazakhstan, and Kyrgyzstan: Travelling the Silk Road

Wednesday, May 12 at 7 pm

Join Rev. Tim for pictures and stories from his travels along the ancient trading route known as The Silk Road. He'll include a visit to The Silk Road's starting point in Xi'an, China. Registration requested, all ages welcome. https://docs.google.com/forms/d/e/1FAIpQLSfLyAOVR9FSM8erO831vwXlEngPqr3ik4owrdMi7fThEEraUQ/viewform?usp=sf_link

Workshop Series

Introduction to Unitarian Universalism Crash Course

Facilitated by Rev. Tim and Patty Bennett

Join Rev. Tim and Patty Bennett for an engaging and informative two-hour introduction to Unitarian Universalist history and beliefs. This Zoom workshop is designed for newcomers but it is equally valuable to anyone who wants a refresher about our roots, stretching back more than 2000 years. Registration requested. If you have questions, contact Patty Bennett, Coordinator of Congregational Life, msc@uufresno.org.

Choose one of the following dates:

Saturday, February 6, 10 am-12 noon

Saturday, April 3, 10 am-12 noon

Saturday, June 5, 10 am-12 noon



Faith and Film Series

With Rev. Tim Kutzmark

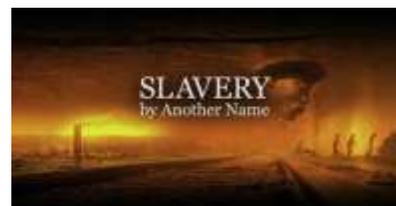
(Second Sunday of Every Month at 6:30 pm)

Registration is Required at:

https://docs.google.com/forms/d/e/1FAIpQLSfLyAOVR9FSM8erO831vwXlEngPqr3ik4owrdMi7fThEEraUQ/viewform?usp=sf_link

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 is Required at:

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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?

Feb. 17th at 7pm or 21st at 1pm

As Tranquil Streams that Meet and Merge: Consolidation

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 23rd at 1pm

Mirages and Oases: Idealism and Utopianism

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 is Required at:

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iewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSfLyAOVR9FSM8erO831vwXlEngPqr3ik4owrdMi7fThEEraUQ/viewform?usp=sf_link)



Wikstrom

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 By Erik Walker

Wednesday March 17th at 7pm or Sunday March 21st 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 23rd at 7pm or Sunday June 27th 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.

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

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.

