

The Unitarian Church of Harrisburg
1280 Clover Lane
Harrisburg, PA 17113

Unitarian Church of Harrisburg Adult Religious Growth & Learning

Programs for Fall 2010



Fall Programs

- A variety of interesting programs
- Explore your beliefs
- Share interests with other members
- Participate

Unitarian Church of Harrisburg
1280 Clover Lane
Harrisburg, PA 17113
(717) 564-4761

<http://www.harrisburguu.org>

The purpose of UCH's **Adult Religious Growth & Learning Program** is to stimulate and enhance fellowship as well as religious and personal growth of the adult church community and the community at large by creating a haven for the nurturing of individual beliefs and by offering a wide range of educational opportunities that can help each of us:

- Fulfill our potential to develop intellectually, emotionally, spiritually, and ethically;
- Learn how to deal with and transcend the problems and stresses of adulthood
- Share life's problems by fostering attitudes and actions of mutual support
- Convey and practice our Unitarian Universalist heritage and values

For more information about the Adult Religious Growth and Learning Committee, contact Warren Hardman at deephought@paonline.com

LOCATION: All programs are held at the Unitarian Church of Harrisburg, Clover Lane, unless otherwise noted.

CHILDCARE: If you need childcare while attending these programs, please email childcare@harrisburgUU.org at least one week prior to the start of the course. Childcare cannot be guaranteed with less than one week notice.

Schedule of Programs

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The Book of Job: a Tale of Loss, Faith, and Redemption

Rev. Howard N. Dana, Facilitator

Tuesdays, 7:00-9:00 pm



The book of Job is one of the most relevant and annoying parts of the Bible. And yet its lessons play out in our own lives. We are Job more often than we like. Bad things do happen to good people. Come wrestle with the Bible, God, and the unfair realities of life. Please be sure to have read the Book of Job before class. (This will take roughly an hour.) Come to all or any of the sessions.

September 28: Movie— “A Good Man”

October 5: Book of Job—Part One

October 12: Book of Job—Part Two

October 19: Book of Job—Part Three

October 26: Movie— “Trouble the Water”

Contact Sandy Wilbern at 564-4761 or office@harrisburgUU.org

The Great Story

JD Stillwater, Facilitator

Mondays, October 4-November 8, 2010,

6:30-8:30 pm



The most profound revelation of our time is the Great Story, the story of how it all came to be, from the Big Bang to yesterday’s headlines. The Great Story of our origins comes to us from the global, verifiable collaboration we call Science. We are the very first generation even *able* to tell a creation story that’s evidence-based, and it is changing everything, starting with our deepest experience of the sacred.

“Big History” is an exploration of that story, with Professor David Christian of San Diego State University giving a series of recorded lectures. We will view the lectures and discuss the material and its implications. Science teacher and UCH member JD Stillwater will facilitate, with periodic help from experts like geologist Don Hoskins and others.

Contact JD Stillwater at 561-1699 or jdstillwater@gmail.com

Seeing With New Eyes

Helen Marie Szollosy, Facilitator

Tuesday, October 5, 2010, 7:00-8:30 pm

Inspired by an “Ah! Ha!” moment and mantra: “I choose to feel what I need to heal; I choose to face what I need to replace.” Helen will talk about reaching a point of moving from victim status to Living Life! status by shifting perception and personal awareness. Class includes open discussion and activities to initiate one’s own shift in personal life perception and awareness. All you need to bring is an open mind and warm heart.

Contact Kelly Cain at 512-4819 or Lotusn21@vzw.blackberry.net

Reiki

Mary Pat FitzGibbons, RN MS, Facilitator
 Wednesday, September 15, 2010, 7:00-8:30 pm



Reiki is a Japanese “Laying on of Hands” technique that reduces stress, promotes relaxation, pain relief and healing. Reiki comes from two Japanese words: Rei and Ki. “Rei” means Universal Wisdom or God Consciousness. “Ki” means life force or life energy. Together, “Rei-Ki” means spiritually guided life energy.

Reiki is not taught in the way other healing techniques are taught. Reiki is transferred to a student from a master in an attunement process. You can learn and be attuned to give Reiki. In this class, we will explore Reiki I. Here you will learn about the Human Energy System, meditation, assessment of the aura, and how to do a Reiki Healing Session. There will be demonstration and practice. You will also receive the Reiki I Attunement.

Mary Pat FitzGibbons, RN MS is a Master Healer. Mary Pat started with Therapeutic Touch in 1983 and she is trained in Healing Touch as practitioner (1996) and instructor (1999). She is a graduate of the Brennan School of Healing (2000). Mary Pat has been a Reiki Master since 2000. She holds classes in energy medicine and healing in New York, Pennsylvania and Puerto Rico. Mary Pat has been an RN since 1973, working in critical care as well as home care and hospice.

Contact Kelly Cain at 512-4819 or Lotusn21@vzw.blackberry.net

Encountering God: An Exploration of World Religions

Rev. Suzanne Marsh, Facilitator
 Mondays, 7:00-9:00 pm

Join me for a discussion series based on the book “Encountering God: A Spiritual Journey from Bozeman to Banaras” by Diana Eck. Through the lens of Eck’s very personal spiritual journey, we will explore several non-Christian traditions, primarily Hinduism, Buddhism and Islam. I will occasionally use some readings from Huston Smith’s book “The World Religions.” Together we will discover ways in which our understanding of our own spiritual tradition(s) can be enriched and enlightened through reading and discussion of other world religious traditions.



The group will meet for six sessions; attendance at all six is encouraged, but not required.

Session dates:

September 20th and 27th
 October 4th, 11th, 18th, and 25th

Contact Sandy Wilbern at 564-4761 or
 office@harrisburgUU.org

Mindfulness Meditation Group**New Years Day Soup and Meditation Supper**

Please join on us Saturday, January 1, 2011 at 6:00 pm in the Sanctuary. We will begin with an abbreviated meditation followed by a time of celebration and healthy food a wonderful way to ring in the New Year as beginners together.

Contact Jeanne Shellman at 774-1479 or
 mmg_of_uch@comcast.net

Harrisburg Area Humanists Fall 2010 Series An Ethical Diagnostic

Fritz Williams, Facilitator

Wednesday, September 22, 2010, 7:00-8:30 pm

We are humanists. Our goal is to improve the quality of human lives, and we rely exclusively on human judgment and human powers to do it. Still, within this larger humanistic framework, we have different ways of distinguishing between right and wrong, and we follow different moral paths. Fritz Williams, who has worked as an Ethical Culture Leader for 20 years, explores the ethical perspectives and insights that guide us.

The Problem of Knowledge

Mary Henninger-Voss, Facilitator

Wednesday, October 27 2010, 7:00-8:30 pm

How do we develop and expand our world view? We form our knowledge of the world from limited empirical experience, which means that trust in other authorities fills in a good deal of our world view. Explore how it is we consciously and unconsciously decide how to get knowledge, and what to believe in. We will especially look at science as one answer to the problem of knowledge, and explore the benefits and limitations of that solution. Mary is a UCH member and a lecturer at Messiah College.

Ishmael, by Daniel Quinn—Book Discussion

John Forest and David Spear, Facilitators

Wednesday, November 17, 2010, 7:00-8:30 pm

This novel examines mythology, its effect on ethics, and how that relates to sustainability. It uses a style of Socratic dialogue to deconstruct the notion that humans are the end product, the pinnacle of biological evolution. It posits that human supremacy is a cultural myth and asserts that modern civilization is “enacting” that myth. Winner of the Turner Tomorrow Fellowship Award.

Contact David Spear at 731-9688 or spear130@gmail.com

What's Universalism Got To Do With It? : Judith Sargent Murray and Revolutionary Era Women's Rights

David Humphrey and Susan Rimby, Facilitators

Thursday, November 18, 2010, 7:00-9:00 pm

Judith Sargent Murray is best known as the wife of John Murray, the minister who brought Universalism to America. Judith Sargent Murray, however, was also among the earliest women's rights advocates in the new United States. What did Murray believe? How did Universalism influence Murray's women's rights theories? How did she influence later women's rights advocates? Come to this fascinating presentation and find out. This presentation is based on the research of David Humphrey, graduate student at Shippensburg University and member of the Gettysburg Unitarian Universalist Church.



Contact Susan Rimby at 545-6716 or srimby@verizon.net

UCH 101

Mondays, 7:00-9:00 pm



Are you new to UCH? Have you been around for awhile but would like to know more about what goes on around here? Join various church leadership for a three-part discussion about the historical view of Unitarian Universalism

and the Unitarian Universalist Association, Unitarian Church of Harrisburg governance, and an overview of the activities and ministries offered at UCH.

November 1, 2010: Rev. Suzanne Marsh, facilitator

November 8, 2010: Rev. Howard Dana, facilitator

November 15, 2010: Warren Hardman, facilitator

Contact Bart Carpenter at 234-3844 or

a.bart.carpenter@gmail.com