



**Adult  
Enrichment  
Program**

## 2012 Winter Catalog

### SPECIAL FEATURED EVENTS

#### **The Devil is in the Details**

Prof. John Friedman presents a profusely illustrated talk about the devil in the late Middle Ages and early Renaissance in Western Europe. While the devil was of interest to moralists and theologians throughout Medieval times, only at the end of the Middle Ages and the beginnings of the Renaissance did this image begin to resonate with artists and the general population. Fear of the devil and correspondingly, highly visual renditions of him and his threat to mankind became common and he took his place in the general trend towards centralized royal and ecclesiastical government and control of populations through fear and intimidation. This talk will explore the different solutions artists took to the problem of representing an abstraction of such complexity.

Facilitator: Professor John Friedman, johannes@raex.com  
Wednesday, March 21 7:00-9:00 pm

#### **Ecological Spirituality- "Thank God for Evolution"**

This event introduces and screens the documentary, "Journey of the Universe", by Brian Swimme and Mary Evelyn Tucker, which is currently being nationally and internationally throughout the winter - in addition to being broadcast on PBS. A brief discussion may follow screenings; however, a more comprehensive discussion of the documentary will ensue on the last event date (see below). Specifics about the documentary can be found at: <http://www.journeyoftheuniverse.org>.

Facilitator: Wanda Hambrick, 614-433-0363  
Sundays, February 12 & March 4 1:05 pm; By reservation only, please contact Wanda Hambrick if interested

### NEW AEP OFFERINGS

#### **The Artist's Way: A Practical Path to Creativity**

Deb Baillieul, fiber and mixed media artist and teacher, will present 8 classes based on An Artist Way by Julia Cameron. We will look at creativity, inspiration, motivation, blocks, fears, adventure, risk, and PLAY. You will have the opportunity to try many kinds of media-paints to play dough, collage to fiber. No talent, expertise or proficiency is needed- "We will just PLAY!" Book readings will be from: "Walking in this World," by Julia Cameron (2003; likely available at library/Half-Priced Books).

Facilitator: Deb Baillieul, debbsyc@yahoo.com  
Wed 6:30-8:30pm; Start 3/7, End 5/2 (no class on 4/4)

## **Lively Writing**

One of the things we miss in the Internet age is the flow of written conversation. How long has it been since you got an actual letter in your mailbox? How long has it been since you chewed the end of a pen or pencil in the act of writing a two page letter? This class will offer some work in the personal essay, a kind of nonfiction expository prose based on personal experience rather than on books. Its aims are clarity, simplicity, and wit in writing. Along with the personal essay we will examine some traditional forms of the familiar letter and also keep a journal that will serve a place to develop material for the essay. If a diary is a record of events, a journal is a record of thought. Led by professor of English, John Friedman

Facilitator: Professor John Friedman, johannes@raex.com  
2<sup>nd</sup> & 4<sup>th</sup> Wed 7:00 pm; Start 2/8; minimum 6 sessions, possibly more

## **The Knitter's Circle**

Fellowship and creativity in needle arts is shared and encouraged.

Facilitator: Joanne Wiggins  
1st Thur 7:00-8:30 pm; Start 1/5, End 6/7

## **This Month in Science**

This monthly discussion group explores current topics in science drawn from the popular press, the Internet, or one of several science journals. After a brief review of the science behind the story, participants will discuss the implications of the research in question – its moral, ethical, social, practical, spiritual, and “gee whiz” dimensions. Examples of recent topics include: discovery of two new human ancestors; the latest research on global climate change and the implications for human civilization; hydraulic fracturing - “fracking” - , for natural gas exploitation- what is it and is it safe?; does the Higgs Boson exist? and can neutrinos actually travel faster than light?; and scientists create a deadlier version of the Avian Flu virus, raising the question about who should place limits on certain types of research.

Facilitator: Tom Baillieul, tbaillieul@gmail.com  
2nd Tue 7:00 pm; Ongoing

## **THEO/ALOGY & SCRIPTURAL STUDIES**

### **Atheists/Agnostics/Skeptics**

This is a monthly discussion forum focusing on topics of interest to atheists and agnostics within the community.

Facilitator: Len Powlick, lpowlick@columbus.rr.com  
4th Tue 7:00 pm; Ongoing- no registration required

### **Men's Spirituality**

Explore in a non-threatening, spiritually sensitive environment, what it means to be a male in the 21st century.

Group Contact: Greg Houston, (740) 369-8356

## **UU Humanists**

Contact facilitator for details.

Facilitator: Earl Wurdlow, 614-263-1193  
3rd Wed 7:00 pm; Ongoing

## **Women's Spirituality**

Exploring, supporting, sharing lives, and questioning the meaning of spirituality.

Facilitator: Jeanni Ray, 614-985-6176  
Wed 7:30-9:00 pm; Ongoing

## **☯ Zen Meditation**

Zen Columbus Sangha invites you to participate in a traditional Zen sit. The practice of meditation can be described as physically and mentally stepping back from all involvements, activities and considerations; letting judgments concerning good and bad, right and wrong fall away, abandoning ideas about outcome; and simply resting in our own fundamental awareness. Each sit includes two 25-minute periods of silent meditation (cushions and chairs are provided), walking meditation, chanting and prostrations.

Facilitator: Tom Tucker, 614-263-9275  
Tue 7:00-8:00 pm; Sat 8:30-9:45 am; Ongoing

## **Arts and Creativity**

### **Book Bites**

This is a monthly book group focused on exploring and discussing existing literature on various topics. The topics are chosen by consensus; and then each reader chooses a book based on the topic. Brief reviews are shared, followed by lively discussion. Passionate readers welcome!

Facilitator: Kathleen Boston, 614-262-4025  
3rd Tue 7:00 pm; Ongoing

### **Easy Movement**

This rather unstructured, non-competitive, non-demanding, and (relatively) non-instructional class is about easy movement to music. Participants are invited to simply engage with the music and move.

Facilitator: Barbara Taylor, btaylor1787@gmail.com  
2nd & 4th Sat 11:00 am - noon; Ongoing

### **Expressive Collage**

It has been said, "a picture can say a thousand words." This forum enables those interested to make a picture soul collage, a pleasing and meaningful picture that can be created using only scissors, paper, and glue!

Facilitator: Jeanni Ray, 614-985-6176  
2nd & 4th Thur 7:00-9:00 pm; Ongoing

## **First UU Visual Artists**

This is a gathering of those who have an interest or practice in the visual arts. Discussion topics are suggested by the group, and opportunities are developed to show "works in progress."

Facilitator: John Dickinson, 614-888-7677  
4th Sun after service; Ongoing- No registration required

## **⌘ Improvisational Dance**

Guided free dance.

Facilitator: Jane Foss; can be contacted through the Church office  
Thur 9:30 am; Ongoing

## **Memoir Groups**

Contact facilitators for more information.

Facilitators: Kathleen Boston, 614-262-4025; Wanda Hambrick, 614-433-0363

## **Social Justice and Ecology**

### **Feminism 3.0: Feminist Literature Reading Group**

This group meets monthly to discuss chosen reading topics of feminist literature, exploring the background of each author and related subjects.

Facilitator: Nancy McDonald, mcdonaldkenworthy@gmail.com  
2nd Tue 7:00 - 9:30 pm; Ongoing

### **First UU Green Team**

A UU Board-appointed team with the mission to help make church operations more sustainable and cost effective, educate members about greener lifestyles, and join in common cause with local environmental groups.

Facilitator: Tom Baillieul, tbaillieul@gmail.com  
3rd Sun 12:30-2:30 pm; Ongoing

## **Personal Development and Healing**

### **⌘ Parents of Infants and Toddlers**

Informal monthly gatherings are intended to be a safe space for parents, infants, and toddlers to share stories and celebrate milestones. New and first time parents are especially welcome.

Facilitator: Nancy Powlick, lpowlick@columbus.rr.com  
2nd Sat 11:00 am-1:00 pm; Ongoing

## ☞ The Central Ohio UU Walkers

This is a weekly walking group currently at Highbanks Metro Park, for the purpose of exercise; and appreciating nature, the changing seasons, and the web of life. The walks are led by experienced Highbanks volunteers.

Facilitator: Erica Scurr, [escurr@juno.com](mailto:escurr@juno.com) or 740-549-1518

Fri 1:00-2:30 pm; these are winter hours- will revert to 9:30am in mid-March

Join us on Facebook at: <http://www.facebook.com/pages/Central-Ohio-UU-Walkers/122260227873494>

## Women's Sharing Circle

Contact facilitators for more information.

Facilitators: Deb McGuire, 614-799-8625/614-571-4663; Alice Rathburn, 614-895-2109

## Yoga with Terry LeMaster

Kripalu Yoga is a meditative approach combining breath work (pranayama) and physical movement (hatha yoga) for inner attunement to the body's needs. Each session will also include deep relaxation (yoga nidra-yogic sleep), chanting (mantra), and meditation (jnana). Terry is a Certified Advance Kripalu Yoga teacher with over 30 years teaching experience. Bring a mat, blanket, and sitting cushion if needed; and wear comfortable clothing.

Facilitator: Terry LeMaster, 614-218-2855 (after 5pm)

Wed 7:30-9:15 pm; Ongoing

Minimum \$10 donation requested for winter session

## REGISTRATION INFORMATION

Visit us at the AEP Information Table next to Fellowship Hall, or register from the church website at [www.firstuucolumbus.org/adult-enrichment-classregistration-form](http://www.firstuucolumbus.org/adult-enrichment-classregistration-form)

*Deadline for Spring Program  
Submissions– February 27!*

*Fill out a proposal now!*