

**Unitarian Universalist Church Urbana Champaign**  
**Adult Education Offerings**  
**January to May 2021**



Volume 1. Updated January 14, 2021

*The list of offerings will grow as new ones are created.  
Please continue to check in with <https://uucuc.org/learning/adults/> to see new additions to the 2021 adult religious education program. You can also watch the eNews for new updates.*

# Welcome!



Dear UUCUC Friends,

Hey Look! New adult religious education opportunities for 2021. Last year was an exciting year for adult religious education. We rolled out the new programs in January 2020 and met an enthusiastic response. Then, when we sheltered-in-place, the interest grew. This new series continues the enthusiasm. We hope you will take advantage of the many offered opportunities.

Since 2020 has recorded more challenges than we can count, I understand folx have high expectations for 2021. I do as well. There seems to be a hope that the new year will bring us quickly back to a pre-pandemic way of being. However, there will continue to be many societal roadblocks for these beginning months. It may be a while until we are able to be together at the church again for education or worship. That is why I am glad we have these online opportunities. It may not be the same as our in person learning but it does give us the opportunity to gather, explore and share with each other. I look forward to seeing you at one (or more) of our many learning opportunities.

Here are some important things to note:

1. All of our classes are held via zoom video conference. Even with the hope for a COVID-19 vaccine, we are still meeting in a way that maintains as much safety as possible. If this changes, we will let you know.
2. The offerings listed here are continually updated. This is a beginning list and many opportunities are in the design stage. You are going to love these and upcoming opportunities.

Keep coming back to

<https://uucuc.org/learning/adults/>

to see new additions to the adult learning program

3. We have new leadership for UUCUC's religious education council and adult religious education team. Soon, you will hear more from them. We are excited about all the growing leadership and their willingness to share their ideas and talents. The adult religious education team is strong and the program is a reflection of their efforts.
4. This is also the last year of a three-year interim religious education process. As the congregation reflects and discerns your lifespan religious education vision, you all will

also discern the best religious education leadership to join the staff team. Even though this is my last semester, I am still fully engaged with UUCUC and looking forward to many times together with you and with religious education classes.

Thank you in advance to the class leaders, participants, and design team. I am warmed by their commitment to this congregation and the advancement of Unitarian Universalism. If anyone has any questions, please reach out to me. I always enjoy a conversation.

Michele Grove  
[re-director@uucuc.org](mailto:re-director@uucuc.org)  
605-237-1319

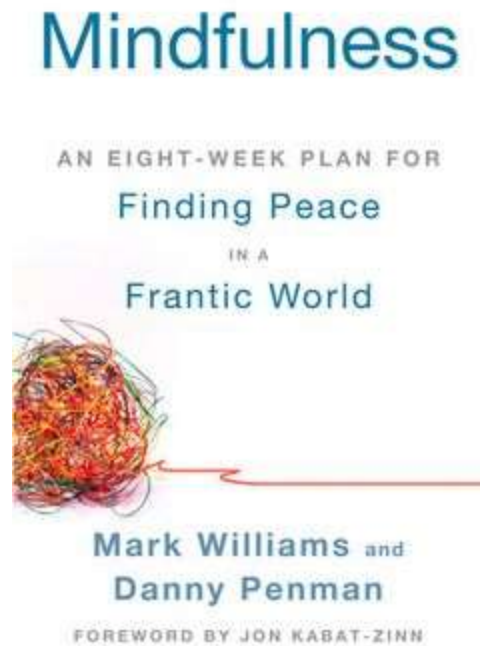
### **The Professional Religious Education Team**

I am consistently grateful for the religious education staff! Emily McKown is in her 3rd year as the youth coordinator and Kendra Gibson just began as the new religious education assistant. Emily and Kendra bring creativity and vitality to UUCUC's lifespan religious education. Watch the [www.uucuc.org](http://www.uucuc.org) webpage and UUCUC's eNews for opportunities for **children, youth and families!** Great opportunities are coming your way for the entire community to live into UUCUC's mission and vision.

Thank you, Emily and Kendra for the creativity and enthusiasm you bring to UUCUC religious education.



# Ten-Week Online Mindfulness Class: Finding Peace in a Frantic World



**Mindfulness Instructors: Laura Haber, David Sharpe, & Christopher Menard**

Day/time: Tuesdays 12 – 1:15

Start date: 1/5/2021

End date: 3/9/2021

[Register Here](#)

This 10-week class is an adaptation of the University of Illinois Psychology Department's Mindfulness Training (MT) curriculum (<https://mindfulness.illinois.edu/>). While the class is largely experiential in nature (guided mindfulness exercises and discussion), it is also very important to read assigned chapters weekly from [Mark Williams's](#)

[book, \*Mindfulness: Finding Peace in a Frantic World\*](#) to support learning. Participants will need to purchase this book or they can borrow a limited number of copies from the UUCUC library. Participants are also provided with [guided mindfulness MP3 audios](#) to use daily between weekly classes to build their mindfulness skills.

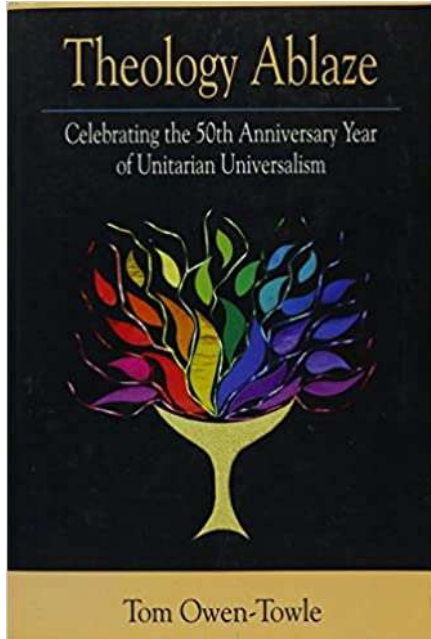
**If you have questions, email Laura Haber: [lhaber200@gmail.com](mailto:lhaber200@gmail.com)**

Register for this program here: <https://uucuc.breezechms.com/form/4e9f7951>

(keep going....there are more offerings on the next pages....)



# Theology Ablaze Part II



**Facilitator: Jenny Hunt**

Day/Time: 7-9 PM on the 1st and 3rd Wednesdays

Beginning Date: January 6

End Date: April 7

[Register Here](#)

Whether or not you participated in Part I this fall, come join us for in depth conversations around the Short chapterettes in the book **Theology Ablaze** by Rev. Tom Owen-Towle. Each session explores the different themes from a UU perspective. Join us in figuring out what a UU identity means for each of us individually. This spring some of the topics we will look at are: peace and non-violence, hospitality, love, evil, faithfulness and God, plus others. All viewpoints are encouraged to participate, the more diversity of perspective, the richer the exploration.

Date		
January 6	The Sacred (p163)	Mystery & Wonder (p239)
January 20	Peace & Non-violence (p115)	Hospitality (p275)
February 3	Death (p294)	Evolution (p303)
February 17	Evil (p72)	Suffering (p150)
March 3	Sabbath (p51)	Faithfulness (p94)
March 17	God (p83)	Love (p183)
April 7	Joy (p226)	Class wrap-up

If you wish to obtain a copy of the book, contact Jenny Hunt at [jennyh57816@gmail.com](mailto:jennyh57816@gmail.com) or UUCUC religious education assistant Kendra Gibson at [re-assistant@uucuc.org](mailto:re-assistant@uucuc.org)

Useful Links:

Link to register for Theology Ablaze: <https://uucuc.breezechms.com/form/ddc5fa87626483>

To learn more about the author: <https://tomo-t.com/>

# Popcorn Theology!



**Facilitators: Emily McKown, Aggie Reiger and Michele Grove**

**Dates:** Varies each month. At least two movies a month are shown as a part of the Popcorn Theology program.

If you are interested in being a part of this and future movie nights, [register using this link](#).

All ages welcome! January's Theme is Imagination.

## Upcoming Features:

- Saturday, January 9th 6-9 PM  
*Captain Marvel*
- Sunday, January 17th 6-9 PM  
*The Black Panther*
- Saturday, February 13<sup>th</sup> 6-9 PM  
*True Justice* (in collaboration with UUCUC's Racial Justice Project)



Movies are entertaining and educational. This year, UUCUC will sponsor several movie nights for varying audiences. Since we are unable to gather at the church, we will use the following method.

## How we watch movies together, social distance style:

- First, we gather on a Zoom call to light the chalice, say hello to each other and introduce the movie.
- Second, everyone watches the first half of the movie in their own home (you pop your own popcorn). Most of the movies we will watch are widely

available on streaming platforms like Netflix. If you do not have a Netflix account, the church has one you can borrow.

- Third, we gather at intermission and talk about what we viewed and learned to this point.
- Fourth, we watch the rest of the movie.
- Fifth, we gather to discuss the movie in greater length

Some of the movies will be for all ages. Some for adults. Some for youth and adults. The multi-generational opportunities are endless.

Ready to try it with us? It is enjoyable for all ages and has some excellent discussion elements for those of us facing change and transition. And, let us face it – we are all facing change and transition.

To view most movies, we use Netflix, Hulu or Disney Plus from the comfort of our home. The Popcorn Theology Design Team set up a crowdsourcing system for sharing Netflix, Hulu and Disney Plus. **Please take a few minutes to fill out this survey (it is quick and easy) to share and to request access to share with someone.** <https://forms.gle/XM4nbzaq77EsmYGq6>

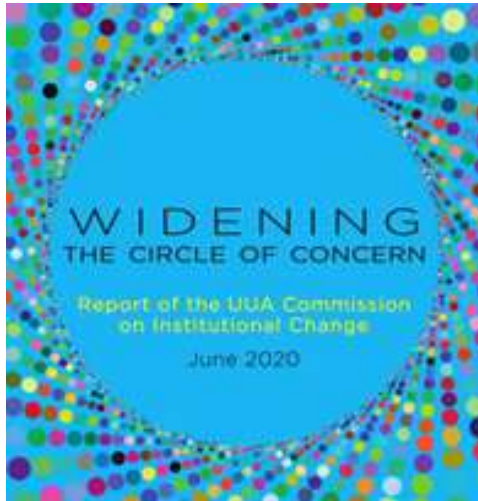
Michele will send you more information about how we engage in this online, safe, socially distanced, and entertaining learning event. If you want to be reminded of these and upcoming movies, [sign up on our Popcorn Theology email list.](#)

Link to Popcorn Theology email list: <https://uucuc.breezechms.com/form/ddc5fa>

(but wait....there's more...keep reading...)

# Widening the Circle of Concern

**Facilitators: Florence Caplow, Sally Fritche, Michele Grove and the ministers/ religious educators from the Central Illinois Unitarian Universalist congregations.**



Day/Time: Thursdays 7:00-8:30 PM

Beginning Date: January 21

End Date: April 1 (no foolin')

[Register Here](#)

The Unitarian Universalist Church of Urbana-Champaign will join Abraham Lincoln UU Congregation of Springfield, Unitarian

Universalist Church of Urbana-Champaign, the Unitarian Universalist Fellowship of Decatur, and the UU Congregation of Peoria in a weekly study and action workshop focused on *Widening the Circle of Concern: Report of the UUA Commission on Institutional Change*. This report represents thousands of hours by the Commission on Institutional Change as they heard testimony from UU People of Color and other UUs, analyzed data, and explored how White Supremacy Culture lives in our Unitarian Universalist institutions. This collaboration asks its participants to read, reflect, discuss and act. This is a great opportunity to meet Unitarian Universalists from neighboring congregations.

We will meet via Zoom on Thursday evenings from 7:00-8:30pm.

**Register here until January 10th.**

**The entire report can be accessed here.** A print friendly version, or paper copy, will be sent after January 10. Michele Grove also has copies of the book if you wish to borrow or purchase for \$16.00 each. Any borrowed books can be returned after the study to the UUCUC's library.

This is some of our most important work and a priority for our congregation. We hope you will join us. For more information, contact Michele Grove, interim



director of religious education at [re-director@uucuc.org](mailto:re-director@uucuc.org) or Florence Caplow, lead minister at [minister@uucuc.org](mailto:minister@uucuc.org).

Useful links:

Register for class no later than January 10:

<https://docs.google.com/forms/d/e/1FAIpQLScz0FNjpvJ0NXxGlkOCMuyM1rZbf0beKLywY6KxxXOw8oBysw/viewform>

Access the full Widening the Circle Report:

<https://www.uua.org/uuagovernance/committees/cic/widening>

## Living Our Principles In Times of Uncertainty



**Facilitators: Michele Grove and Jenny Hunt**

Day/Time: 2nd and 4th

Wednesdays 7:00-8:30 PM

Beginning Date: January 27th

End Date: May 12th

[Register Here](#)

Things are different. Life is not easy. How can our church home and Unitarian Universalism guide us through challenging times? When we live in times of uncertainty, we can find strength in the basics. For Unitarian Universalists, the seven principles guide us in our individual and community journey. We invite you to join us for a time of learning, reflection and discussion.

Also, since the Unitarian Universalists Association has called the Article II commission to evaluate our current Unitarian Universalist principles, then a better understanding of the current principles will aid UUCUC in being a part of future conversations. [You can learn more about the Article II commission here.](#)

Useful links:

To register for this 7 Principles Class: <https://uucuc.breezechms.com/form/999184>

To read more about the Unitarian Universalist Principles: <https://www.uua.org/beliefs/what-we-believe/principles>

To read more about the Unitarian Universalist Associations Article Two Commission: <https://www.uua.org/uuagovernance/committees/article-ii-study-commission>

## Human Rights and Immigration

**Speaker: Lauren R. Aronson, Associate Clinical Professor, Director, Immigration Law Clinic, University of Illinois College of Law**

Day/Time: Monday, January 25, 7-9 PM

Professor Lauren R Aronson, Director of the Immigration Law Clinic at University of Illinois will lead a discussion on the right to seek political asylum and how current United States' policies on immigration are affecting the rights, health, welfare, and safety of migrants fleeing violence and seeking political asylum here in the U.S.



Join us using this link:

<https://us02web.zoom.us/j/81058842295>

## Antiracism Reading Group



**Facilitators: Priscilla Kron and Millie Davis**

Day/Time: First Monday of each Month

Beginning Date: February 1

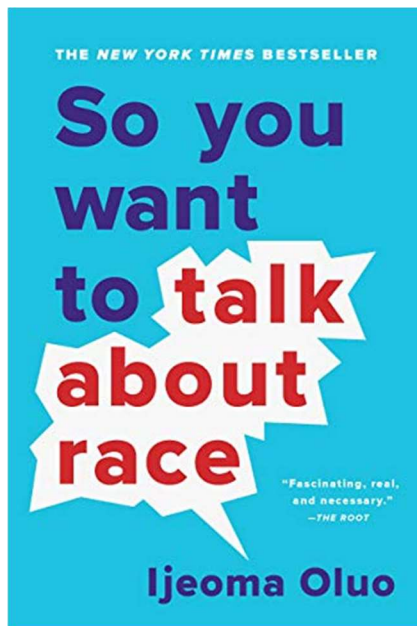
End Date: May 3

[Register Here](#)

Priscilla Kron and Millie Davis invite you to join us in reading to learn more about

#BlackLivesMatter, institutionalized racism, and how we can work as antiracists to be better supporters of our black and brown neighbors and live up to the UUA's revolutionary report, *Widening the Circle of Concern*, and our own *UUCUC's Statement on Black Lives Matter*.

This is suitable for high school -- adults. For information and registration please see:



Our discussions will be guided by a Covenant and we'll be reading Ijeoma Oluo's *So You Want to Talk about Race* (2019, 272 pages). and discuss it on the first Monday evenings of February (1st), March (1st), April (5th), and May (3rd), from 6:30-8pm on Zoom

Discussions will be held on Mondays from 6:30-8p.m. on Zoom

February 1: Introduction--Chapter 3

March 1: Chapters 4--7

April 5: Chapters 8-12

May 3: Chapters 13-17

#### Antiracism Reading Group Covenant

- We agree to create and maintain a safe discussion space by:
- Honoring confidentiality of personal information brought into the discussion
- Listening carefully with an open, non-judgmental mind to the words and ideas of others
- Centering responses on personal experience without judgment of others and their experiences
- Engaging in the reading in advance to focus the discussion on common ideas and language

#### Useful Links:

To Register for the Antiracism Reading Group: <https://uucuc.breezechms.com/form/ddc5fa8762> (if you were a part of the Fall 2020 reading group, it is best to register again so we know you are interested in this one as well)

About the book: <https://www.sealpress.com/titles/ijeoma-oluo/so-you-want-to-talk-about-race/9781580056779/>

The Religious Education office will order a couple of copies for the UUCUC library in case anyone wishes to borrow a copy.

## Watch for more information on these upcoming learning opportunities:

**Emotional Resilience for Children, Youth, Adults and Families**

Offerings by the LGBTQ Hospitality Team, Green Sanctuary, Racial Justice Project and many more.