



Unitarian Universalist
Church of Sarasota

Adult Programs

3975 Fruitville Road, Sarasota, FL. 34232-1614
Tel: 941-371-4974 Fax: 941-377-4897
Email: adultprograms@uusarasota.org
Web: www.uusarasota.org

Adult Programs Committee

Co-Chair: Kelly Six **Co-Chair:** Nancy Thomas

Members:

David Ryan
Louise King
Marcia Ryan
Shells
Shirley Foss
Suzie Brucklacher
Wilda Meier

Information for this catalog was prepared by members of the Adult Programs Committee.

Please pass along suggestions for future classes to any of the above committee members.
Many thanks to our volunteers!

This document was last updated: 9/5/2013 1:08 AM

PROGRAMS AT A GLANCE*

*(Not all programs are listed)

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Artisans				10:00 A			
Basic Audio Engineering	Sept 22 1:00 P						
Beginning Crochet			10:30 A				
Brain Fitness				1 st , 3 rd 10:30 A			
Bridge for Fun		1 st , 3 rd 1:00 P					
Cinema Talk				1 st 7:00 P			
Do The Right Thing							
Forum	AM						
French Conversation		7:00 P					
Friday French Conversation							
Get Together Dinners							4 th Evening
Interweave		3 rd 12:30P		3 rd 6:30 P			
Kai			5:00 P				
The Movie Was Good Too!							Monthly 7:00 P
Qigong For Health And Vitality					10:00 A		
Rainbow Club Movie Night						4 th 7:30 P	
Sage Aging			2 nd 10:00 A				
Short Story Group		4 th 2:00 P					
The Study And Practice Of Zen	7:00 P						
Writing Group				2 nd , 4 th 2:00 P			
Writing Your Life Story		1:00 P					

ADVOCATES FOR RELIGIOUS LITERACY AT UU SARASOTA

David Ryan, Enabler

Email: d2mryan@verizon.net

Phone: 941-365-4027

The purpose of this program is to increase religious literacy by creating and promoting attendance at religious literacy events. Our major event is sponsoring the annual Westar Institute's Religious Literacy Seminar in early February featuring nationally known evidence-based scholars. In addition we create and promote seminars throughout the year. Our broad definition of religion is the Life Explanation which people trust for their decisions and actions. In this sense we see everybody as religious. By literacy we mean understanding the meanings behind others' Life Explanations, the language and symbols we all use to explain what we trust. If you are interested in religious literacy, you may want to add your name to our email list.

ARTISANS

Chair: Nancy Sciore

Wednesdays, 10:00 to noon - Jefferson Room

Donations appreciated

Create articles to sell at the Holiday Craft Fair.

BASIC AUDIO ENGINEERING

Facilitator: Don Bryn

Email: don@donbryn.com

Sunday, Sept 22nd 1:00 p.m - 3:30 p.m. Please Bring: Notepad and Pencil No Fees.

Take this workshop and learn the ins and outs of the Church's audio equipment. Be able to operate and troubleshoot the complete audio system. Learn how to smoothly facilitate rehearsals, sound checks, performances, and Services.

Thorough introduction of audio engineering, including: The Science of Sound, Manipulation of Sound, Components of a Sound System, Troubleshooting, Working with Musicians, and a practicum with hands-on work.

BEGINNING CROCHET

Facilitator: Lynda Hill

Phone: 941-586-2828

Email: LyndaBlockHill@gmail.com

Tuesdays 10:30 - noon - Library Oct 1 through Dec 3

Fees: \$5 per semester, and \$5 to cover the cost of a crochet hook and materials.

Learn the basics of crochet for fun and creativity. Participants will learn the most common stitches and techniques, along with how to read a pattern. This class is really for beginners!

BRAIN FITNESS

*Facilitator: Nancy Thomas Phone: 941-355-8069 Email: nancyethomas@msn.com
First and third Wednesday of the month - 10:30 a.m. to noon - West Wing
Fees: \$5 for the series Oct 2 through Nov 13 Class size 6-12 participants*

There is increasing evidence that there are ways to protect and even increase your capacity to remember. Participants in this group will view DVDs offering some data from research studies along with practical information and techniques from experts on enhancing your ability to retain new experiences.

BRIDGE FOR FUN

*Facilitator: Betty Baker Phone: 941-355-9282
First and third Mondays of every month at 1:00 p.m. - Jefferson Room. Donations appreciated
You must call to sign up.*

All our members, regular and substitute, have experience playing bridge. We have a wonderful blend of players who enjoy playing with other members who may play at another level of experience, and we are always trying to learn from playing. Some members are advanced players who have played bridge for many years. Other members, who played in the past, have found a group to play with again.

CHALICE GROUPS: Deep Thinking, Deep Listening

*Chair: Gordon MacMahon Email: gfmahon@gmail.com Donations appreciated
Groups are offered on different days and times.*

Chalice groups provide a way for members, friends and newcomers to join together in a small group (6-10 people) and discuss topics that the group members have selected. Each person shares her/his thoughts and the group members simply listen providing the participants the freedom to explore their inner thoughts.

You can sign up for a Chalice Group by contacting Gordon.

Visit the Chalice Groups web page at <http://www.uusarasota.org/activities/chalice-groups.php>

CINEMA TALK

*Chair: Judy Helgager
Contact: Louise King Phone: 941-379-0849 Email: lking@comcast.net
First Wednesday of the month at 7 PM - Lexow Wing. Donations appreciated*

View the selected film at a local theater and then join us for a lively and informative discussion.

DO THE RIGHT THING

*Facilitator: Phyllis Prager Phone: 941-966-3472
4 weekly sessions in Oct. - 7:30 p.m.*

*Email: praqerlp@verizon.net
Cost: \$5*

An interactive discussion on how an individual determines 'what is the right thing' to do or not do. At the first meeting the facilitator will present a specific issue or event for the group to discuss. The group members develop their personal criteria for making decisions and develop their response to this issue. During future meetings participants will examine specific instances and events in their own lives using the same process.

FORUM

*Chair: Fredric Sirasky Phone: 917-282-3246 Email: fsirasky@gmail.com
Meets every Sunday morning 50 minutes prior to church service - Jefferson Room
Donations appreciated*

Presentations (by a church member or invited guest) are limited to 15 minutes followed by 30 minutes for questions or brief comments from attendees. Attendance ranges from 40 to 75 or more. The Seven Principles of Unitarian Universalism serve as a guide for the conduct of the discussions and selection of topics that include local, national and international issues, social justice, the arts, and more.

FRENCH CONVERSATION

*Eva Frank Phone: 941-925-4643
Mondays - 7:00 p.m. to 8:30 p.m. - Church Library*

*Email: evita618@verizon.net
Donations appreciated*

A group of students of the French language interested in improving their fluency in the language meets every Monday evening in the Church Library from 7 to 8:30 pm to speak French with one another. Most of the participants have studied the language for at least 3 or 4 years or have lived in a French speaking country, and are able to understand and speak it to a certain level. We correct and encourage one another to overcome our hesitancy with conversation as well as grammatical exercises and explanations. We not only do serious work, but we also have fun doing it!

The facilitator is Eva Frank, a native professor of French with many years of teaching experience. For more information as well as assessment of your capabilities, please contact Eva prior to a meeting.

FRIDAY FRENCH CONVERSATION

Bill Dandie: 941-739-2899

Donations appreciated

The Friday French Conversation Group meets to discuss items of current interest to members. Good fluency is required to understand and participate in discussions. There is no reading or grammar component to the sessions.

GET TOGETHER DINNERS

Facilitators:

*Joan Evans, Nancy Reger, and Sara Slate 941-487-7086 Email: dsslate@comcast.net
Fourth Saturday of each month - evening Sign-up is required. Wait list available.*

Pot-luck dinners in members' homes are a great way to get to meet new friends at the church and/or reacquaint with old friends. The dinners (usually 6 to 12 people) are held in people's homes.

Every Quarter- held year round. Jan, Feb, Mar; April, May, June; July, Aug, Sept; Oct, Nov, Dec
Deadline to sign-up is before the end of the previous quarter.

HEALTH CHALLENGES: *A Virtual Journey*

Facilitator: Kelly Six

Email: adultprograms@uusarasota.org

Anytime - Anywhere

Fees: \$5 per challenge

See [website](#) for available challenges.

This program offers individuals the opportunity to track their exercise activity using a virtual trip. As a person exercises or is active, they convert that effort to Activity Miles. The Activity Miles are used to allow the participant to progress along the virtual trip. As they reach various points of interest along the way, they can read about those points and view pictures.

Participants will be further motivated by stickers for their name tags, a newsletter, and visual displays of progress on a map. There are two types of challenges: Community Journey Challenges and Individual Challenges.

Specific Objectives of this Program:

- Provide an exercise program that any UUCS member can join, regardless of ability, interest, or location
- Provide motivation to UUCS members to be more active
- Provide a means for UUCS members to join in community toward a common goal
- Provide a means for UUCS members to be more social (e.g. all the mall-walkers might get to know each other and walk together)

INTERWEAVE

Facilitator: Ron Brown

Email: tmovers1@comcast.net

Third Sunday of the month - 12:30 p.m. - Potluck and meeting at a member's home

Third Wednesday of the month - 6:30 p.m. - Potluck and movie at a member's home

Interweave Sarasota is part of a nationwide group of straight and gay people who celebrate diversity and campaign to foster understanding and to bring a halt to hate crimes and prejudice. We continue to explore diverse issues and extend our efforts beyond GLBT issues toward consciously becoming inclusive and welcoming of all diversity.

The group has monthly meetings and potlucks, supports Gulfcoast Affirming Interfaith Network (GAIN), provides a monthly movie on some aspect of diversity, participates in Aids Walk, locates speakers for meetings, supports actions to protect individual rights and co-sponsors the Aids Day remembrance service.

KAI: a mind-body-spirit movement practice.

Facilitator: Isabel Oake

Phone: 941-525-7423

Email: ijooke@hotmail.com

Tuesdays at 5:00 p.m. to 6:00 p.m. - Jefferson room - Oct 8 through Dec 10

Cost: \$5 per 1 hour class

Find your joy through this mind-body-spirit movement form which incorporates yoga, martial arts and dance moves. Created by Sarasota fitness expert, Kelly Atkins, Kai movements are designed to stimulate the brain dynamically. In addition to the many traditional benefits of exercise programs (weight loss, strength, flexibility, balance), Kai participants develop mindfulness, focus, better sleep, stress reduction, and self healing on many levels. Kai is appropriate and adaptable for a wide range of fitness levels.

Comfort is important to your Kai practice: Yoga, dancewear, or exercise clothes are ideal. It is not necessary to get a special outfit – any clothes that allow full movement will work. Kai is practiced barefoot, but shoes are fine for those who are more comfortable in shoes. Cool downs at the end of class may be done in a chair or on the floor. Yoga mats are helpful if you have one.

Isabel has studied Nia and Kai with Kelly for five years. She is a member of the first class of certified Kai instructors and holds a Nia white belt.

LGBTQ MOVIE NIGHT

Facilitator: Kelly Six

Email: rainbowclub@uusarasota.org

Fourth Friday of the month - 7:30 p.m. - Church Sanctuary

Fees: Donations Appreciated

When was the last time you had a "Family Night" at the movies with your rainbow family? The Rainbow Club is a get together for all LGBTQ people inside and outside of our church community. Join us every 4th Friday for an evening of fun! The movie starts at 7:30 p.m. sharp; the doors open at 7:10 p.m. Each month we will feature a different movie with an L, G, B, T, or Q theme. This event is open to everyone.

THE MOVIE WAS GOOD TOO!

Facilitator Renee Contratto

Email: rmcontratto@gmail.com

Group limited to 8 people.

Fees: \$5 per semester

Meets on a Saturday evening from 7pm to 10 pm

CHANGE: Group will now meet on September 14, October 12, November 9 and December 7.

For this book group, members will read a book that received excellent reviews and was also made into a movie that was a hit with critics and audiences alike. Group members will read the book on their own and meet one evening a month in a member's home to watch the movie together. Discussions about the book and movie will follow. Snacks and/or dessert will be served. A well-researched book/movie list is provided for group members to choose titles from.

QIGONG FOR HEALTH AND VITALITY

Facilitator: Nancy Saum Phone: 703-297-1749

Email: nancy.saum@gmail.com

Thursdays - 10:00 a.m. to 11:00 a.m.

Cost: \$5 drop-in fee (with first introductory class free)

Oct 3 - Nov 21

Dec 12 - Jan 30

Qigong is an ancient self-care practice from Traditional Chinese Medicine, sometimes described as 'Chinese Yoga'. We will practice breathing, meditation (moving and still) and self-applied massage. These gentle mind-body practices are simple and relaxing and accessible to all at any level of fitness and physical ability. With practice you will notice improvement in managing stress, along with better sleep and mood. Physically you will notice increased flexibility, balance, endurance and improved immune function.

Drop in sessions will be offered Tuesday at 10:30 a.m. by Nancy Saum a holistic nurse certified in Qigong and Tai Chi Easy. Your first class (an introduction to Qigong) is free. Future classes are \$5 per session.

SAGE AGING

*Facilitator: Maia Rubin Phone: 941-358-1164 Email: maiasculpture@gmail.com
Second Tuesday of the month from 10:00 a.m. to 12:00 p.m. - Church Library
Donations appreciated*

The group's participants discuss issues regarding the aging process which the facilitator presents and/or participants suggest.

SEE SARASOTA AND MORE

*Kathy Cook Phone: 941-923-1909
Lois Lee Phone: 941-925-3140*

"See Sarasota and More" is a social group with monthly adventures from November through April to places of interest in and around Sarasota. Activities include tours, performances, events, arts and culture, science and historical sites. Events are typically on a week day and include a group lunch before or after the event. This is a great way to meet new people and to see old friends.

SHORT STORY GROUP

*Facilitator: Joanne Curtis Phone: 941-929-0578 Email: jcurtis@comast.net
Fourth Monday of each month at 2:00 p.m. - Church Library Donations appreciated*

The group is currently discussing stories from two anthologies, *American Short Story Masterpieces* and *The Art of the Story: An International Anthology of Contemporary Short Stories*. We purchase our own books and read the selected stories on our own prior to meeting. If you enjoy short stories and sharing your thoughts about them with other readers, we hope you'll join us.

THE STUDY AND PRACTICE OF ZEN

*Don DeMaio Phone: 941-371-8118 Email: dondemaio@gmail.com
Paul Lewis Phone: 941-379-9854 Email: janeandpaul1@comcast.net
Sundays - 7:00 p.m. to 8:30 p.m. - Jefferson Room Oct 6th through Dec. 8
Fees: \$5 per semester*

We will emphasize three words: listen, think, practice.
This Zen Buddhism study group will have two components:

First: the study of Zen. Each session will explore and discuss Zen for roughly 30 minutes. During this time we will either (a) listen to a part of a recorded lecture, (b) watch a short video on Zen Buddhism, or (c) have one of the leaders or class members read an excerpt from a tract written by a classic Zen master.

Second: the practice of Zen. In this part we participate in a meditation, followed by a chant of the Heart Sutra.

The group is aimed at beginners and is open to both church members and non-members. Students need not attend every single session, but could drop in and out as their schedule permits.

At the end of the 10th session students will determine whether to continue the group and in what form.

WRITING GROUP

Facilitator: *Alma Manley* Phone: 941-359-6784 Donations appreciated
Second and Fourth Wednesdays - 2:00 p.m. to 4:00 p.m. - Church Library

Members read from their diverse works – poetry, short stories, novels, or memoirs – and gently critique one another as requested.

WRITING YOUR LIFE STORY

Facilitator: *June Brasgalla* Phone: 941-379-6071 Email: juneb22@comcast.net
Monday - four meetings per month - 1:00 p.m. to 3:00 p.m. - West Wing
Fees: \$5 per semester

In this class you will enhance your writing skills, learn to document life occurrences, and learn from one another. Each week members write a 1-2 page story on a given topic about their life.
Note: No meetings on the 5th Monday of the month.