

COMMON QUEST

ADULT RELIGIOUS EXPLORATION
SPRING 2010



A Program of the

WESTSIDE UNITARIAN UNIVERSALIST CONGREGATION

P.O. Box 16461
Seattle, WA 98116-0461
www.wsuu.org

*Sunday morning services held at 10:30 A.M. in the Masonic Temple
4736 40th Ave. SW
Seattle, WA 98116*

Common Quest Coordinator
Theresa McCormick
206/932.3886
E-mail: thersamcco@comcast.net

Rev. Peg Boyle Morgan
206/909.2856
E-mail: minister@wsuu.org

A suggested DONATION (which is not required from anyone) for each session is \$5.00. You can prepay at the time of registration during coffee hour after a Sunday service or at the first session / meeting. Contact Theresa McCormick, Common Quest Coordinator: thersamcco@comcast.net

PROGRAMS AT A GLANCE

NOTE: Locations are listed in class descriptions that follow.

Laughter for the Health of It

Leader: Nan Fawthrop
Date: Sunday, February 28
Time: 12:30 - 1:30 P.M.

Buddhism without Beliefs

Leader: John Gardner
Dates: Wednesdays: Jan. 27, Feb. 3, Feb. 10, Feb. 17
Time: 7:00 - 9:00 P.M.

UU History and Ideas

Leaders: Rev. Peg Morgan
Date: Thursday March 4
Time: 7:00 - 9:00 P.M.

Needles and Hooks Craft Circle

Leader: Laura Ehret
Date: Monthly, Second Thursdays
Time: 7:00 - 9:00 P.M.

Spiritual Study Group: The Nine Yards

Leader: Rev. Morgan
Dates: Meets monthly
February 22 and March 15
Time: 7:00 - 9:00 P.M.

Candlelight and Conversation

Leader: Rev. Morgan
Dates: Friday, February 12 and May 15
Time: 7:00 - 9:00 P.M.

Book Club

Contact: Theresa McCormick
Dates/Time: Third Thursdays; January 21, February 18, March 18, April 15, and May 20; 7:00 P.M. - 9:00 P.M.

Covenant Groups

Meet Twice Monthly

Dates/Times: Tuesday Mornings: 9:30 - 11:00 A.M.
Wednesday Evenings: 7:00 - 8:30 P.M.
Sunday Evenings: 7:00 - 8:30 P.M.

Contact: Steve Becker

Newcomer Congregational Orientation

Contact: Rev. Morgan

Dates: February 7, March 7, April 4, May 2, June 6

Time: 12:30 - 2:00 P.M.

Our Whole Lives (OWL) Class

Contact: DRE Kari Kopnick

Date for Adult Meeting: February 28, 12:30

Class for children meets on Sundays, 4:00 - 5:30 P.M.

COMMUNITY OPPORTUNITIES

“Lettuce Pray”-- Food Bank Collections

UU Principle: The inherent worth and dignity of every person

Description: Food is collected monthly in the winter and weekly including fresh garden produce in summer (July - September). Each Sunday drop your food donations in the basket inside the Sanctuary. Collection dates: February 7, March 7, April 4, May 9, June 6, July 4.

Calling All Westside Young Adults (18-35)

UU Principle: Acceptance of one another and encouragement to spiritual growth in our congregations

Description: WSUU young adults will get together to hang out twice a month to worship and talk about our UU identities and histories. Activities are developed from the interests of the group.

Leader and contact: Carmen McDowell, Student Minister

Dates: January 24, January 29, etc.

Times and Locations: To be announced

West Seattle Neighbors for Peace & Justice (WSNPJ)

UU Principle: The goal of world community with peace, liberty, and justice for all

Description: WSNPJ values our community as a foundation for realizing peace, justice, democracy, and sustainability throughout the world. We work to create opportunities for people in our neighborhood to learn from each other, to speak their values, and to take action based on those values. We are a part of Sound Nonviolent Opponents of War (SNOW) and hold a *Weekly Peace Vigil*. Your presence is welcome to help promote peace & justice. **Date, Time, Location:** Every Sunday, 12:00 – 1:00 P.M. at Alaska and California Junction and a monthly meeting on the first Sunday of each month at Alki Congregational Church, 6115 SW Hinds. Meeting time is 5:00 P.M. followed by a free potluck at 6:00 P.M.

Circle Suppers

UU Principle: Respect for the interdependent web of all existence of which we are a part

Description: WSUU members meet in homes for dinner and conversation on the second Saturday each month. To join a group, contact Viveca Monahan. New groupings are formed quarterly.

Date/Time: Second Saturday each month @ 6:30 P.M.

Contact: Viveca Monahan

NEW CLASSES

Buddhism without Beliefs

UU Principle: A free and responsible search for truth and meaning

Description: We will explore both Buddhism and the thought of Stephen Batchelor about Buddhism. Batchelor feels it is “important to not focus on *belief* but on a practice that will enable a person to deal with reality in a more creative way.” His approach is especially appropriate for Unitarian Universalists. Our goal will be to learn from the way Batchelor approaches the Four Noble Truths so that we can apply those ideas to the way we deal with our *Seven Principles*. We will use the book **Buddhism Without Beliefs - A Contemporary Guide to Awakening** by Stephen Batchelor. Short meditations offered at the beginning and the end of each class.

Facilitator: John Gardner

Dates: January 27, February 3, 10, 17

Time: 7:00 - 9:00 P.M.

Location: Upstairs conference room, Masonic Temple

Suggested Donation: \$5.00 for each night

LAUGHTER for the Health of It

UU Principle: The inherent worth and dignity of every person

Description: Come and learn about the many benefits of therapeutic laughter and participate in laughter-inducing exercises for the health of it. This one-hour session is open to people of all ages and abilities. Exercises can be modified to meet your needs.

Leader: Nan Fawthrop, (a Certified Laughter Leader)

Date: Sunday, February 28

Time: 12:30 – 1:30 P.M.

Location: To be announced

Suggested Donation: \$5.00

Registration Deadline: February 21

NEEDLES and HOOKS CRAFT CLASS

UU Principle: Respect for the interdependent web of all existence of which we are a part

Description: Our crafting circle meets once a month, usually the second Thursday. Some members meet beforehand at a restaurant to dine together. There is no agenda except socializing, soliciting technical advice from other members, and working on a project. Some people cross-stitch. Some knit and some crochet. We are growing every month and having a blast.

Contact: Laura Ehret

Dates: Second Thursday each month

Time: 7:00 – 9:00 P.M.

Location: Members' homes

Suggested Donation: None

Registration: None

*“Last night I had the strangest dream
I’d never dreamed before
I dreamed the world had all agreed
to put an end to war.”*

Ed McCurdy

UNITARIAN UNIVERSALIST SOURCES OF WISDOM

- Direct experience of transcending mystery and wonder
- Words and deeds of Prophetic women and men, which challenges us to confront powers and structures of evil with justice, compassion and love
- Wisdom from the world’s religions
- Jewish and Christian teachings
- Humanist Teachings
- Teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature

If you would like to help by hosting a class in your home, please contact Theresa McCormick, Common Quest Coordinator: theresamcco@comcast.net

RETURNING FAVORITES

OUR WHOLE LIVES (OWL): SEXUALITY EDUCATION

UU Principle: The inherent worth and dignity of every person

Description: This curriculum is an expression of the belief that institutions like churches can form meaningful partnerships with parents to provide positive and responsible sexuality education. This class is for 4th and 5th graders, one component of a lifespan curriculum. Contact Kari Kopnick for specific class dates for children’s classes, fee, and registration.
Adult Meeting: February 28, 12:30 P.M. Upstairs classroom at WSUU
Contact: DRE Kari Kopnick, dre@wsuu.org or 206/200.1638

UU HISTORY AND IDEAS

UU Principle: Acceptance of one another and encouragement to spiritual growth in our congregations

Description: This class will use a variety of media to provide an overview of the evolution of Unitarian and Universalist thought through the centuries.

Leader: Rev. Peg Morgan

Date: March 4, 7:00 - 9:00 P.M.

Location: To be announced

*“They do not want Peace at all; they have wanted to be spared war—
as though the absence of war was the same as peace.”*

by, Dorothy Thompson, the first journalist to be expelled from Nazi Germany (1934)

SPIRITUAL STUDY GROUP: THE NINE YARDS

UU Principle: A free and responsible search for truth and meaning

Description: The group will meet once a month to discuss a specific spiritual book and have a short teaching on a topic chosen by Rev. Peg. All are welcome to join.

Dates and Book:

February 22, UU Theology of Gratitude

March 15, Simple Taoism - A Guide for Living in Balance

Leader: Rev. Peg Morgan

Time: 7:00 - 9:00 P.M.

Location: Home of Creighton & Lois Depew

Suggested Donation: \$5.00 each Session

“Terrorism is the war of the poor and war is the terrorism of the rich.”
by, Peter Ustinov

REGISTRATION PROCEDURE

Registration is not available on-line. To sign up for any class or offering please register during coffee hour after Sunday service. You may also register by contacting Theresa McCormick: 206/932.3886 or theresamacco@comcast.net.

WSUU STATEMENT OF VISION & PURPOSE

We are committed to being a caring community. We welcome and celebrate diversity of age, ability, class, culture, ethnicity, gender, race, religious and non-religious backgrounds, and sexual orientation. We strive to nourish our spiritual, intellectual, and ethical growth, take personal and collective action to promote social justice, and inspire and encourage each other to live the values we share as Unitarian Universalists.



We are especially pleased to have completed a formal Welcoming Congregation program in May 2005 offered through the UUA. The program is designed to help congregations make tangible strides toward the open inclusion of all sexual minorities (BGLQT – bisexual, gay, lesbian, questioning, and transgendered). The congregation voted 100% to openly proclaim our church as a Welcoming sanctuary for all sexual minorities.

ONGOING PROGRAMS

CANDLELIGHT AND CONVERSATION

UU Principle: Respect for the interdependent web of all existence of which we are a part

Description: The Membership Committee invites newcomers to share wine, sparkling cider, hors d'oeuvres and conversation with other new visitors to our Congregation. This is always a special evening where we share our experiences with religion from childhood to present day, and how we came to find Unitarian Universalism.

Leader: Rev. Peg Boyle Morgan

Dates: February 12, May 15

Time: 7:00 – 9:00 P.M.

Location: Mark Newton & Mike Cox's home

Suggested Donation: None

Registration: RSVP to Rev. Morgan, 206/909.2856

BOOK CLUB



UU Principle: A free and responsible search for truth and meaning

Contact: Theresa McCormick 206/932.3886 theresamcco@comcast.net

Dates: Monthly meetings on the third Thursday night

Time: 7:00 – 9:00 P.M.

Location: In Members' Homes

Suggested Donation: None

Registration: None

Date: January 21-- Eat, Pray, Love by Elizabeth Gilbert

Location: Moreah Vestan's Home

Date: February 18 - Any book by Sherman Alexi

Location: Helen Cahan's Home

Date: March 18 - Brown by Richard Rodriguez

Location: Theresa McCormick's Home

Co-hosted by Susan Castelazo

Date: April 15 - The Return of History and the End of Dreams; by Robert Kaplan

Location: Sandra and Al Smith's Home

Date: May 20 - The Not So Big Life: Making Room for What Really Matters; by Sarah Susanka

Location: Betty McGhee's Home

*"We must see that peace represents a sweeter music, a cosmic melody,
that is far superior to the discords of war."
by, Martin Luther King Jr.*

COVENANT GROUPS

*UU Principle: Respect for the interdependent web of all existence
of which we are a part*

Description: Provides an experience of listening and being listened to. Covenant Circles are groups of ten to twelve people who meet twice monthly to nurture relationships of friendship, trust and spiritual growth. They meet the need all humans have for intimacy, to be known and to know, and to grapple with questions that we bring to our lives. Circles follow an organized structure and explore a different topic each meeting. Session topics are planned by our minister in consultation with our covenant group leaders. Groups covenant to continue to meet through June. Then, Circles will divide or re-form with new members. If you are interested in being in a Covenant Circle contact Steve Becker for further details and locations:

Contact: Steve Becker

Dates/Times:

Tuesday Morning, 9:30 - 11:00 A.M.

Tuesday Evening, 7:00 - 8:30 P.M.

Wednesday Evening, 7:00 - 8:30 P.M.

NEWCOMER CONGREGATIONAL ORIENTATION

*UU Principle: Acceptance of one another and encouragement
to spiritual growth in our congregations*

Description: Join our President, Paula Van Haagen and Minister to learn about how the Congregation is organized, where it gets its authority, committees, opportunities for fun, service and personal growth, our budget, our relationship with the wider UU movement, and how UU ministers are trained. We also will cover what is the meaning of membership, and the responsibilities of members. No obligation to join. L

Dates: February 7, March 7, April 4, May 2, June 6

Time: 12:30 - 2:00 P.M.

Location: Top floor of the Masonic Temple

Suggested Donation: None

Registration: Contact Rev. Peg Morgan to attend. 206/909.2856
or E-mail: minister@wsuu.org



THE SEVEN PRINCIPLES OF UNITARIAN UNIVERSALISM

- The inherent worth and dignity of every person
- Justice, equity, and compassion in human relations
- Acceptance of one another and encouragement to spiritual growth in our congregations
- A free and responsible search for truth and meaning
- The right of conscience and the use of the democratic process within our congregations and in society at large
- The goal of world community with peace, liberty, and justice for all
- Respect for the interdependent web of all existence of which we are a part