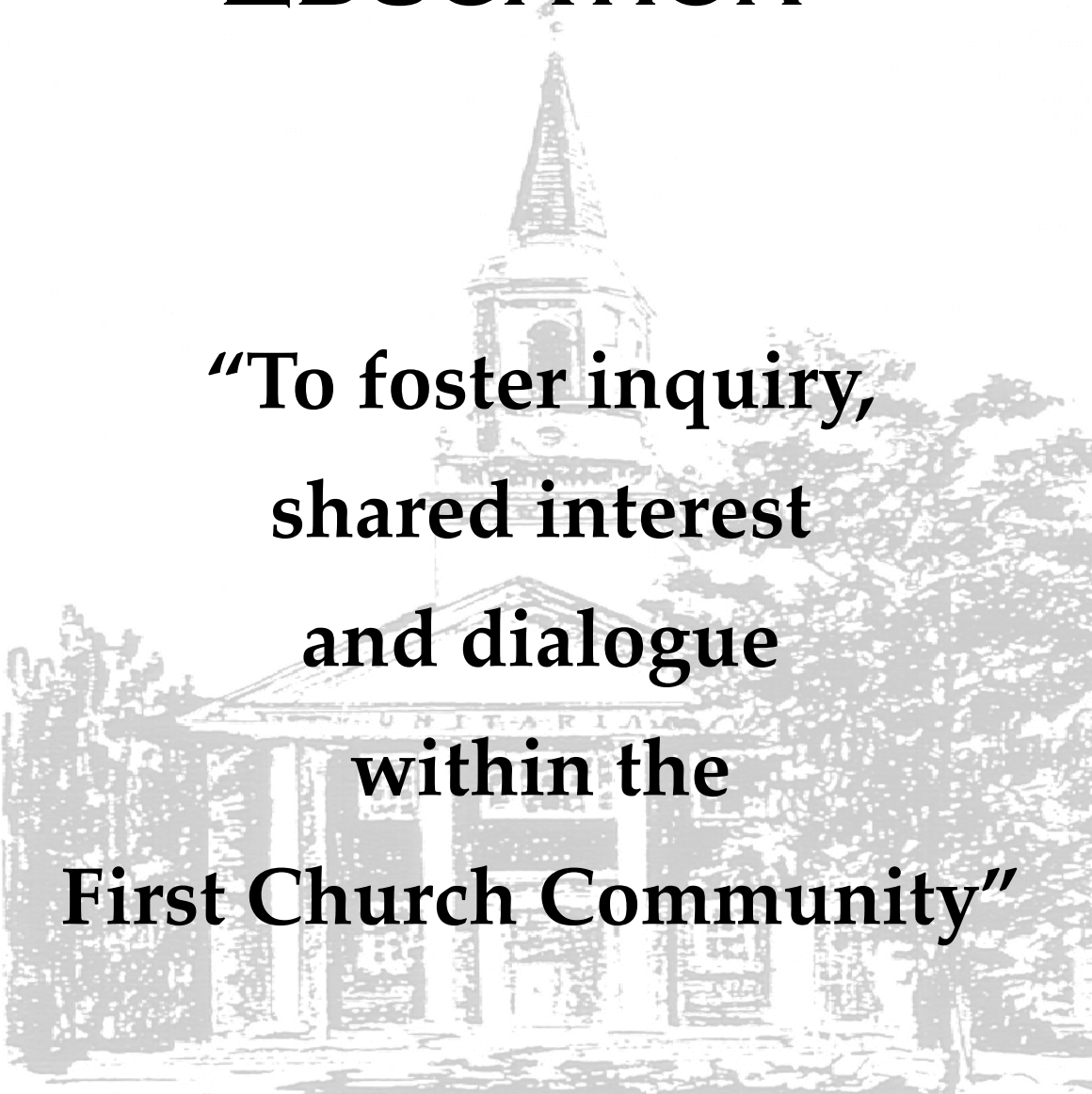


First Unitarian Church of Salt Lake City

LIFE SPAN ADULT EDUCATION

**“To foster inquiry,
shared interest
and dialogue
within the
First Church Community”**



WINTER/SPRING 2010

Family Birding at Farmington Bay

Facilitator: Sylvia Gray

Location: Meet outside First Church on 600 South for carpooling and an 8 a.m. departure.

Dates: Sat. May 1st, 8 am - noon

Bring: your own snacks, water, insect repellent, and sun-screen. If you have or can borrow binoculars or a bird book please bring them.

Description: You and your family are invited to join Sylvia Gray for a morning of birding at Farmington Bay, situated in the south-east corner of Great Salt Lake about 30 minutes drive north of Salt Lake City. We will be looking for year round residents as well as migrants, who are here to breed and raise young. With the aid of scopes and binoculars we will attempt to identify the birds that we see. Many of the birds will be in their finest breeding plumage. So come and learn what's happening in our own "backyard". **Limited to 20.** Open to all, including families with children. Children aged 8 and up would probably enjoy the class the most.

Family/Social History and Genealogy

Facilitator: Billy Edgington

Location: Haven

Day/Time: Sun. 1:00 - 2:30 PM

Dates: Mar. 7, 14, 21, 28

Description: Family History from the Beginning. Where to start. Documentation, research logs, charts, interviewing. You know more than you think you do; now you need to organize and plan. Websites, free and pay. What you get for the money. Family History Library and the catalog. What is Social History and why is it important to genealogy. Most history we've been taught is about wars, politics and nations – social history is about ordinary people and events -the blizzard of 1888, the 1906 earthquake in San Francisco, "play parties" and brush arbor revivals. Your ancestors married in pioneer Ohio early 19th century, what was the ceremony like? Find the clues and the materials that can paint the picture around the dates you have gathered. **Limit 20 participants.**

Billy Edgington is the author of "Vital Information from the Guion Miller Roll" and "African-Cherokee Connections" and contributor to Genealogical Helper, when it was still around. He teaches Family History and work with Family History Expos to produce conferences around the west. Educated at San Jose State, CA; Antioch College, OH; BA History and graduate work UC Irvine, CA.

Building Your Own Theology

Facilitator: Tom Goldsmith

Location: Room 201

Day/Time: Wed. 7:30-9:15 PM

Dates: Feb. 17 - Mar. 24

An opportunity to examine our own theology in the good company of other like-minded liberals. Provocative subjects will be raised to get the wheels turning and the emotions humming. Best part of the course is that when we are finished we'll be able to speak of our faith positively instead of delivering a discourse on what we don't believe. Limit 16 participants.

Animals in Translation

Using the Mysteries of Autism to Decode Animal Behavior

Facilitator: Tresa Stitley

Location: Haven

Day/Time: Tues. 7-9 p.m.

Dates: April 27- May 11

Book may be available at the Book Table. Or check Amazon, Barnes & Noble or the public library.

Description: **Animals in Translation: Using the Mysteries of Autism to Decode Animal Behavior by Temple Grandin** is like no other animal book because of Temple Grandin. As an animal scientist and a person with autism, her professional training and personal history have created a perspective like no other thinker in the field, and this is her exciting, groundbreaking view of the intersection of autism and animal. Group size: 15.

Theology for a Secular Age

Facilitators: Ruth Ohlsen and John Rasmuson

Location: Parlor

Day/Time: Wed. 7:00 p.m.

Dates: March 31 - May 5

Book: Selected texts will be provided by email prior to each session.

Description: At the 2009 General Assembly, Dr. Galen Guengerich, minister of All Souls Unitarian Church in New York City, gave a compelling, seven-hour lecture titled "Theology for a Secular Age." Its goal was to describe a third way between the competing fundamentalisms of the left and the right and to suggest new ways of thinking about faith, religion and ethics. Whether you were in the audience or not last summer, this is an opportunity to explore Dr. Guengerich's ideas as they relate to us as individuals and as members of a UU religious community. As the basis of discussion we will use a video digest of the lecture and complementary texts. The group will meet in six sessions. Participants should bring a printed copy of the course syllabus available at http://www.uua.org/documentsguengerichgalen/0906_uuu_theo_outline.pdf with them to the first session. Limited to 15 participants.

Writing Your Own Obituary

Facilitator: John Rasmuson

Location: Room 205

Day/Time: Mon. 7:00-8:30 pm

Dates: March 8, 15, 22

Materials: (optional) *The Dead Beat* by Marilyn Johnson

Description: Gemlike in its compression, the obituary is a neglected art form. The obituary pages in the local newspapers are rife with formulaic accounts of lives concluded, denying lives well lived the memorable coda they deserve. In this writing workshop, we will learn the techniques of professional obituary writers; review tone, diction, point-of-view, selection of detail and other writer's tools; then apply all in crafting a creditable obituary. The goal is an obituary of such a quality that readers wish they had known the subject in life. **Limited to 12 participants.**

Basics of Estate Planning

Facilitator: Doug Fadel of the Fadel Law Firm

Location: Room 201

Day/Time: Thurs, 7:00 - 8:30 p.m.

Dates: April 22

Description: This course is titled "Ten Ways to Make Sure Your Estate Plan Will Work For You When You Need It." It will include discussions on wills, trusts, power of attorney, IRAs, Roth conversions, gift and estate taxes and charitable giving. Subsequent classes to be decided, if there is interest. Group size: 15.

Care Giver Support Group

Facilitators: Sue Childress and Helen Rollins

Location: Room 201

Day/Time: Tues. 6:30 p.m.

Dates: Mar 30 - May 4

Description: The demands of caregiving can be overwhelming, especially if you feel you have little control over the situation or that you're in over your head. If you let the stress of caregiving progress to burnout, it can damage both your physical and mental health. So if you're caring for a family member, it's essential that you get the support you need. The good news is that you're not alone. This will be a support group for caregivers in our community. The content of this six week class will be developed the first night to meet the needs of the participants. The facilitators have over 70 years of combined nursing experience – we aren't old, we're seasoned! Both have experience running groups and have worked in the field of hospice and palliative care.

Saving the Planet, Saving Our Asses: Safe Biking in SLC

Facilitator: Krista Bowers

Location: Room 208

Day/Time: Sat. 1-3 p.m.

Dates: May 8th

Description: Learn bicycling strategies that could save your life. Learn tips and tricks of bike commuting. Ride more safely and confidently while doing your part to save the planet. Group size: 8-12.

The Environmental Crisis

Facilitator: Richard Teerlink

Location: Parlor

Day/Time: Mon. 7-9 p.m.

Dates: Feb. 15 - Apr. 5

Description: Using PBS NOVA, Frontline and American Experience videos, each week participants will view a one hour program detailing a specific topic, followed by discussion. Topics include Silent Spring, Warnings from the Ice, Peak Oil: Suburbia and the Coming Oil Crisis, Global Warming: What's up with the Weather, The Big Energy Gamble, Solar Energy: Saved by the Sun, Care of the Future: Engineering for the Environment. After the first meeting, participants may elect to shorten the class schedule by eliminating topics. Group size: 15.

Death with Dignity 101

Facilitator: Kate Watson

Location: Haven

Day/Time: Sun. 12:30 pm

Dates: April 4

Description: An overview of issues associated with death and dying in today's culture and medical care system. Group size: 20.

Beginning Yoga for Men: An New Approach to the Same Old Body

Facilitator: Jennica Davis

Location: Haven

Day/Time: Mon. 5:30 - 7:00 pm
Dates: Beg. Feb. 15th ongoing

Equipment: mat, light blanket, small pillow,

Dress: wear comfortable, stretchy clothes

Description: Hatha Yoga is an ancient art that integrates mind, body and spirit and is accessible to all, not just for the flexible and spry among us. If you've been intrigued but intimidated by this physical and spiritual practice, this class will assuage your fears and guide you to a greater understanding of yogic principles. Learn breath awareness, body acceptance and gently expand past preconceived limitations. I can't promise you'll be able to ease into pretzel moves by the end of the session but you will learn skills to feel more at home in your body, connect with a greater sense of calm and gain confidence to continue your yoga practice. **Limited to 10 participants.**

Environmental Issues Book Groups

Our Choice: A Plan to Solve the Climate Crisis

Facilitator: Michael Mielke

Location: Haven

Day/Time: Tues. 7- 8:30 p.m.

Dates: Feb. 16, 23 Mar. 2, 9

Book available at the book table. Read at least the first quarter of the book before the first session.

Description: **Our Choice: A Plan to Solve the Climate Crisis by Al Gore.** Despite the seeming intractability and magnitude of the looming climate destabilization crisis, we will discuss how it can be solved. *Our Choice* gathers in one place all of the most effective solutions that are available now and that, together, will solve this crisis. It is meant to depoliticize the issue as much as possible and inspire readers to take action—not only on an individual basis but as participants in the political processes by which every country, and the world as a whole, makes the choice to solve it. ... There is an old African proverb that says, "If you want to go quickly, go alone; if you want to go far, go together." *Our Choice* lays out a plan to go far together. Group size: 8 -12.

*Envisioning Economies for Better Communities
Agenda for a New Economy & The Transition Handbook*

Facilitators: Joann Straughn and
Michael Mielke

Location: Haven

Day/Time: Wed. 7-8:30 p.m.

Dates: Feb. 10, 24 Mar. 10, 24
Apr. 7, 21

Book available at the Book Table. Please read both books in advance of the First Session.

Description: **Agenda for A New Economy - David Korten & The Transition Handbook: From Oil Dependency to Local Resilience by Rob Hopkins and Richard Heinberg.** We will expand on our discussions of environmental/climate threats and related economic problems, identify connections and conflicts on the road to economic and environmental sustainability, clarify our vision of justice, and develop an agenda for change. Group Size: 8-12.

*Carbon Detox: Your Step-by-Step Guide to
Getting Real About Climate Change*

Facilitators: Hans Ehrbar and
Joan Gregory

Location: Haven

Day/Time: Wed. 7 - 8:30 pm

Dates: Mar. 25, Apr. 1, 8

Book available at the Environmental Ministry table. Please read first 1/3 of the book before the first session.

Description: **Carbon DeTox: Your Step-by-Step Guide to Getting Real about Climate Change by George Marshall.** If you have ever tried to have a meaningful one-on-one conversation with a family member, friend, or colleague about the seriousness of climate change and the urgency of consequential action, you know how notoriously difficult it can be to have these conversations. Join us as we explore ways to communicate climate change so that others will listen. Group size: 8-12.



*Making the Good Life Last:
Four Keys to Sustainable Living*

Facilitator: Kathy Albury

Location: Haven

Day/Time: Thurs 7-8:30 p.m.

Dates: April 15- 29

Book available at the Environmental Ministry Table. Please read first 1/3 of book before first session.

Description: **Making the Good Life Last: Four Keys to Sustainable Living by Michael A. Schuler (Minister at 1st Unitarian Society of Madison WI)** A guide to a long lasting good life using four life skills: paying attention, staying put, exercising patience, and practicing prudence. Schuler suggests following the spiritual search for sustainability to provide that "‘something more’ in life that a material- and pleasure-oriented culture can't provide." Group size: 8-12.



FIRST UNITARIAN CHURCH OF SALT LAKE CITY

If you have questions, please contact

Andrea Globokar

801-518-7461

anglobe@comcast.net