



## Adult Spiritual Development Fall Programs

The **Adult Spiritual Development Team** is opening registration for all our small groups and classes starting this fall! We are offering two classes this fall and five small groups. Questions?

Contact [asd@uumarin.org](mailto:asd@uumarin.org).

### Fall Classes

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**Foundations of Unitarian Universalism** is a three-week class that explores the history of our heretical faith. We'll trace our roots in radical protestant Christianity through the revolutionary era of Transcendentalism and the 20th century arc of Humanism... to our pluralistic and multi-cultural present. This class is a great way to really explore and define your Unitarian Universalist identity and place YOUR personal spiritual journey in the context of centuries worth of seekers, iconoclasts, and revolutionaries. You won't want to miss this!

- Facilitator: Rev. Cory Wells Lovell; Contact [revcory@uumarin.org](mailto:revcory@uumarin.org)
- 5:30- 7:00 PM Oct 22<sup>nd</sup>, Nov. 5<sup>th</sup>, Nov. 19<sup>th</sup>
- Potluck Dinner and drinks; Childcare provided.

**Global Spiritual Evolution** is a class focused on the evolution of world religions. John Young, UU Marin member and retired UU Minister will be leading a course based on his book, *Nurture Your Spiritual Path: Exploring the Rainbow of Belief*. You may purchase the book at Amazon Books (paperback for \$14. or Kindle for \$10.), and our Adult Education Committee will also have several copies on sale on October 1 during the Committee Fair for \$14. His only requirement for attendance is to read the chapters covered in advance of the sessions attended since questions and discussion will be a major part of each class.

- Facilitator: Rev. John Young; Contact: [asd@uumarin.org](mailto:asd@uumarin.org) for questions and to sign up.
- Noon to 1:30 for 10 Sundays beginning October 8<sup>th</sup>

### Small Groups

**Our UUA has this to say about small-group ministry:** *Small-group ministry is intentional, lay-led small groups that deepen and expand the ministry of a congregation. Two key focuses are **Intimacy**, or building community and deepening relationships, and **ultimacy**, or the opportunity for deeper spiritual exploration and search for meaning.*

**Small Groups come in several forms.** Some meet every month; some meet more often. Most strive to have 8-10 participants to allow for each member to have ample time to share. Some groups create

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their own covenant. Others run a little more loosely. Some require homework. Others just ask you to commit yourself to show up each time. Most small groups expect that you will maintain complete confidentiality. Each group will develop their own personality based on the participants and the topics that are chosen.

**One thing small groups are not: therapy!** We are not here to fix each other, but instead to get to the know the world, each other, and ourselves more deeply.



**Soul Matters** is a theme-based, facilitated, covenantal, small-group ministry offering. 8-10 participants meet monthly to foster deeper connections with each other around meaningful topics. **Packets are provided** each month to all participants allowing for exploration into a spiritual theme such as forgiveness. Some homework is expected. This year all the themes are based on the **Proposed UUA Article II amendment**, which offers a wheel of values to replace the 8 Principles. The proposed amendment will be voted on next June by congregations across the country including ours.

**Three Soul Matters groups** are planned this fall:

- First Thursdays on Zoom, 7-9 pm, starting Oct. 5<sup>th</sup>; Facilitator: Ann Carden
  - Sign up at [soulmatters\\_th@uumarin.org](mailto:soulmatters_th@uumarin.org)
- Fourth Wednesdays in person, 1-3 pm, starting Sept. 27<sup>th</sup>; Facilitator: Janice Prochaska
  - Sign up at [soulmatters\\_w@uumarin.org](mailto:soulmatters_w@uumarin.org)
- Fourth Fridays on Zoom, 10 am- Noon, starting September 22<sup>nd</sup>; Facilitator: Joan Smith
  - Sign up at [soulmatters\\_f@uumarin.org](mailto:soulmatters_f@uumarin.org)

**Two other small groups** are also forming this fall. Neither will require any homework but will provide opportunities to get to know people on a deeper level and will provide opportunities to explore deeper spiritual questions.

The **New Member Circle of Trust** is for members who have joined UU Marin over the last year or so. This group will meet twice a month for 3 months with themes related to why and how we participate in religious community. The group will follow a Circle of Trust model, a form of covenant developed by the Quaker, Parker Palmer, that focuses attention on deep listening and hearing ourselves into deeper speech without advising others. Circle of Trust Touchstones are available upon request. Fall Meeting dates and time TBD; Facilitator: Dave Hudson; Contact: [nmcot@uumarin.org](mailto:nmcot@uumarin.org)

The **Small Group Ministry** is a covenantal group that will meet monthly for 9 months. Participants will commit to attending each and every meeting and will develop their covenant together in the first and second sessions. The group will be limited to 9 members. All participants will have the opportunity to share their perspectives, tell their stories, and listen deeply. Complete confidentiality will be held. Fall Meeting dates and times TBD; Facilitator: Jim Harrison; Contact: [sgm@uumarin.org](mailto:sgm@uumarin.org)