

All Souls Church, Unitarian

ADULT SPIRITUAL DEVELOPMENT

Fall 2006  
Course Catalog

1500 Harvard St. NW  
Washington, DC 20009  
(202) 332-5266  
[www.all-souls.org](http://www.all-souls.org)



## Welcome!

Dear Members and Friends of All Souls Church,

One way in which many of us long to grow is in spiritual depth—as individuals, in connection to one another, and in our connection to that which is greater than us all—which some name God. Outside of Sunday morning worship one of the best ways we can do this is by gathering together to share our struggles, searches, and the riches we have uncovered in our efforts to live each day as people of faith. Living with a sense of meaning and purpose is, at times, a daunting challenge which is made a bit easier when the journey is shared. Whether you are a long-time member of the church or are learning about it for the first time I hope you will join in. You are welcome—our invitation is a standing one.

I hope that you will discover in the pages that follow opportunities that beckon. I hope you will find a breadth and depth of offerings that speak to you—both where you have already traveled along your spiritual path and where you yet long to go. We put together our Adult Spiritual Development program with an eye toward giving you a holistic range of interesting and engaging choices (for the ways each of us grows spiritually are many). The success and measure of our curriculum, however, hinges on your active participation and willingness to be moved, grown, and transformed by the courses you choose. Try new things. Go deeper with practices that have already resonated with you. Get to know others within this beloved community through rich and meaningful conversations and shared experiences. May the color and texture of life enliven and enlighten the road ahead. May our souls be enriched. May we find ever-increasing faith as a community. Enjoy and amen.

Blessings,



Rev. Shana Lynngood, Associate Minister

## Introduction

The Fall 2006 courses offer you varied opportunities for growth. We hope you are as excited about them as we are. There are topics addressing THEOLOGY, SPIRITUAL PRACTICE, CULTURE AND SOCIAL JUSTICE.

### **Review the selections on the menu:**

How will the offering(s) nourish your soul? How will meeting new people who have a similar interest help you to grow and in turn, nourish the Church community?

### **Make a menu selection:**

Don't hesitate, as there are class size limitations. To register for a course, visit our website at [www.all-souls.org/groupus/asd.php](http://www.all-souls.org/groupus/asd.php) or call the church office at (202) 332-5266.

### **Fees:**

A modest donation is requested for each course. In general, we are requesting \$15 for pledging ASC members and \$25 for all others. Exceptions will be noted at the bottom of the course description. However, cost should never be a barrier. Persons with financial hardship are encouraged to contact the registrar for scholarships.

### **ASC Members and Friends Please Note:**

Do you have an idea for a course that you feel would benefit our community? The ASD committee is always looking for fresh ideas for course offerings. Please contact a committee member for more info:

Rev. Shana Lynngood—[SLynngood@allsouls.ws](mailto:SLynngood@allsouls.ws)

Kat Liu—[abraxan@wizdum.net](mailto:abraxan@wizdum.net)

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Barbara Beelar—[bbeelar@starpower.net](mailto:bbeelar@starpower.net)

## KRIPALU YOGA

### Course Description:

Come join in a mid-week R & R with gentle beginning/intermediate yoga in the Kripalu style. This type of yoga emphasizes motion and breath, and the focus on internal meditation. Please plan to commit to all six sessions.

### Dates and Location

6:30 –8:00pm on six Wednesdays: Sept. 20, 27 and October 4, 11, 18 and 25

### Facilitator

Led by Rev. Louise Green, Director of Social Justice Ministries, and a long-time practitioner.

### Number of Participants

3-12 participants

### Suggested donation

\$15 for pledging members/\$25 for guests and non-pledging members

## ROOTS AND WINGS

### Course Description:

Designed specifically for All Souls, Roots and Wings provides participants with a deeper understanding of our faith tradition, helps them become fully integrated into All Souls, and encourages friendship and community. Key elements:

#### Weekly Sessions

Six sessions over six to eight weeks. Topics include: Your Spiritual Journey, UU Identity and Beliefs, and others.

#### Class Project

Each group is charged with developing, planning and implementing a class project for the benefit of All Souls or the larger community

#### Potluck Dinner

A potluck dinner, planned by the group, is recommended as a way to celebrate completion of a group's formal time together

### Date and Location

Tuesday evenings, Sept. 26, Oct., 3, 10, 17, 24, and 31. 7-9 pm at All Souls.

### Facilitators

Barbara Corprew and Chuck Wooldridge

### Number of Participants

8-20 Participants

### Suggested donation

None

## AUTUMN SOULSTICE

### Course Description:

The Autumn Soulstice - an autumn day designed to help us prepare spiritually for the changing seasons- provides a rare opportunity to reflect and renew; study and practice; celebrate and let go.

Agenda highlights include:

**General Session** - “Ingathering: The Ways of Spiritual Practice,” Rev. Shana Lynngood

**Workshops** - There are many paths to spiritual development. Choose one of the workshops for the morning small group experience

- Meditation Practices - learn the joy of quiet reflection guided by experienced meditation leaders.
- The Written Word - we will hear inspired readings and then reflect on their meaning to us.
- The Spirit in Song - In this active workshop we will listen, sing, chant and feel the rhythm.
- Moving through the Seasons - We will incorporate sacred breaths, gentle movements, and soulful consciousness to create personal meditation/ritual/dances .
- Deepening Our Days - opportunities to reflect on finding spaces for the spirit in our own days.

**Lunch** - A simple meal with thoughts of the developing world

**Spirit in Action** -opportunities for commitment & community

Visit [www.all-souls.org/groupus/asd.php](http://www.all-souls.org/groupus/asd.php) for full descriptions.

### Dates and Location

September 30, 2006, 9:15 am to 3:00 pm, at All Souls.

### Facilitator

A variety of facilitators will participate, including Mary Rojas, Janiece Kent, Ken Yamaguchi-Clark, and Peter Winkler.

### Suggested donation

\$20 includes lunch and materials

## DINNER AND A MOVIE

### Course Description:

Come to All Souls to see an engaging recent film, enjoy a good meal, and meet new people. We will set up a screen and honor the history of Pierce Hall by turning it into a theater again. We'll bring the movie and order the take-out, you bring yourself and a beverage. Please sign up only if you know you can join us so that we order the right amount of food! Please register for each film separately.

### Date and Location

**Friday, October 13** - *Saving Face*- Dutiful daughter Wil (Michelle Krusied) sidesteps her mother's (Joan Chen) attempts to marry her off in Alice Wu's romantic comedy set in New York. At 28, Wil's the old maid of her traditional Chinese family, so there's no way she can tell them about her budding romance with Vivian (Lynn Chen). But there's no avoiding mom's meddling matchmaking when she shows up on Wil's doorstep looking for a place to stay. (2005) Rev. Shana Lynngood will be hostess for this evening. (7 pm)

**Friday, November 10** - *Murderball* - Rugby-playing quadriplegics compete for the Paralympic gold medal in this documentary about an amazing sport and the strong-willed athletes who play full-contact rugby using specially designed wheelchairs. The film follows the U.S. Quad Rugby Team as they compete in the 2002 World Championships and the 2004 Paralympic Games in Athens. Winner of the 2005 Audience Award at the Sundance Film Festival. (2005) Anastassia Zinke will be the hostess for this evening. (7 pm)

### Number of Participants

10-50

### Suggested donation

\$10 buys you dinner and movie admission—what a deal!

## **RACE, HISTORY AND SERMONS AT ALL SOULS UNITARIAN CHURCH**

### **Course Description:**

Ministers at All Souls Church have preached on race and ethnicity for almost 200 years. Their sermons reflect both aspirations and the context in which they lived. The church community's responses to these ministers and their sermons were diverse and are sources of pride, bewilderment and shame. African American and European American members of All Souls Church will lead an exploration of sermons of notable ministers to elucidate traces of race in the church's history. Ministers whose sermons will form a focus for this investigation include Moncure Conway, A. Powell Davies, Duncan Howlett, David Eaton and Daniel Aldridge, ministers that All Souls Church has celebrated and repudiated. Join us in exploring the ways these ministers laid a foundation for our efforts to build the beloved community.

### **Dates and Location**

7:00 - 9:00 p.m. on four Wednesday evenings: October 4, 11, 18 and 25 in the Library at All Souls Church.

### **Facilitators**

Molly and Bob Freeman, Paula Cole Jones, Fred Samuels, Virginia View and Jenice View.

### **Number of Participants**

6-20 participants

### **Suggested donation**

\$15 for pledging members/\$25 for guests and non-pledging members

## **VIEWING AFRICAN AMERICAN HISTORY: MUSEUM INTERPRETATIONS**

### **Course Description:**

This course will involve three guided tours of a series of museum exhibits focusing on the experience of Black Americans in the United States. Each one-hour tour will be followed by an hour's discussion of the impact of the tour material on race relations today. Because the Washington area is rich in opportunities to explore African American history, the facilitator will choose the first venue and then have the group decide from a list of suggested venues which museums/exhibits it would like to visit.

### **Dates and Location**

10:30am—12:30 pm on October 14, November 11, and December 9.  
Location TBD

### **Facilitator**

Judith Bauer, a member of All Souls, has been a licensed DC Tour Guide for the past 15 years, specializing in the history of African Americans in the nation's capital. She is also an experienced workshop leader. She is a Smithsonian volunteer, currently recording Smithsonian publications for blind and visually impaired members.

### **Number of Participants**

5-15 participants

### **Suggested donation**

For a single event: \$7 pledging members / \$10 guests and non-pledging members  
For all three tours: \$15 pledging members/ \$25 guests and non-pledging members

## UNITARIAN UNIVERSALIST HISTORY

### Course Description:

This class will examine Unitarian and Universalist history from their early roots in Europe, how the traditions came to America, and debates which shaped our faith. We will review some writings of 19<sup>th</sup> Century leaders such as William Ellery Channing, Ralph Waldo Emerson, and Theodore Parker. In the 20<sup>th</sup> Century, we will examine the Unitarian Fellowship Movement as well as growing cooperation between the two traditions which led to merger in 1961. We will conclude by reviewing the development of our Unitarian Universalist Principles and Sources, and some of the major social justice stands which the UUA has taken.

### Dates and Location

7:00 PM on four consecutive Tuesdays: Oct. 17, 24, 31 and Nov. 7, at All Souls.

### Facilitator

Rev. Russ Savage is a retired Unitarian Universalist minister. Following a business career, he attended Harvard Divinity School, where he obtained the Master of Divinity degree. He served as minister of the Unitarian Church of Barnstable, MA, from 1993 to 2001, and the First Unitarian Society of Schenectady, NY, from 2001 to 2005.

### Number of Participants

6-15 participants

### Suggested donation

\$15 for pledging members/\$25 for guests and non-pledging members

## THE MEANING OF BELOVED COMMUNITY

### Course Description:

The term beloved community was brought into more popular usage by Rev. Dr. Martin Luther King. Dr. King felt that, The Beloved Community was not a utopian notion or vision, but rather, for a realistic, achievable aim that could be attained by a critical mass of people committed to nonviolence and an inclusive society. At All Souls, our initiative to grow the racial diversity has adopted Dr. King's phrase. In this 3 session course we will explore what this phrase means to us as individuals, and how we can put it into practice here. What does it mean to be a part of a beloved community? How do each of us contribute to a spirit of welcome and inclusivity?

### Dates and Location

Thursday evenings, October 19<sup>th</sup> and 26<sup>th</sup>, and November 2<sup>nd</sup> from 7-9pm at All Souls

### Facilitator

Rev. Shana Lynngood serves as the Associate Minister of All Souls Church.

### Number of Participants

8-15 participants

### Suggested donation

\$15 for pledging members/\$25 for guests and non-pledging members

## UU SPIRITUAL PRACTICE

### Course Description:

Rev. Hardies last offered this popular class in 2004. See the Adult Spiritual Development website for a course description—[www.all-souls.org/groupus/asd.php](http://www.all-souls.org/groupus/asd.php)

### Date and Location

Five Tuesday evenings, Oct. 24 and 31, Nov. 7, 14, and 28, 7 - 9pm at All Souls.

### Facilitators

Rev. Rob Hardies is the senior minister at All Souls.

### Number of Participants

6-20

### Suggested donation

\$15 for pledging members/\$25 for guests and non-pledging members

## POETRY WRITING WORKSHOP

### Course Description:

In this 5-week poetry writing workshop, the instructor will introduce exercises intended to help members grow and develop as poets. Class time will be devoted to discussing each other's writing, and studying the work of contemporary poets.

### Date and Location

Five Tuesdays, Oct. 24, 31, Nov. 7, 14, and 28, 7-9pm at All Souls.

### Facilitators

Chris Nealon is a poet and associate professor of English at University of California, Berkeley. He is Rev. Hardies' partner.

### Number of Participants

6-12

### Suggested donation

\$15 for pledging members/\$25 for guests and non-pledging members

## OH MY GOD!

### The History of Religion in an Hour

#### A Talk, an Entertainment, An Interaction with the Audience

“Oh My God!” is a monologue that invites in and includes the audience. It’s goal, apart from having a good time, is threefold: (a) to look at the various religions with fresh eyes, seeing them anew; (b) to extract what each form of spirituality may offer to someone who is not an adherent; and (c) to present these insights dipped in aromatic honey, that is entertainingly, even playfully. Altogether this stroll through the various religions, as though each were new and we were the first to hear of it, is somewhat reminiscent the old Chautauqua circuit, where educational lectures were show business, or, more remotely, to the medieval stage when edification doubled as amusement.

#### Dates and Location

Friday, November 3 at 7:00 pm at All Souls

#### Facilitator

Jeffery Paine is the author of *Adventures with the Buddha* (2005), *Re-enchantment* (2004), *The Poetry of Our World* (2000) and *Father India* (1998). He has written for most major national publications, including *The New York Times*, *The Washington Post*, *The Chicago Tribune*, *The New Republic*, *The Boston Globe*, *The Los Angeles Time*, *The Nation*, and *The Wall St. Journal*. He appears regularly on C-Span, NPR, and other radio and TV programs as well as speaking at the Smithsonian, the Library of Congress and universities around the country. He has been a guest professor at Princeton University, San Francisco State University, the Volksuniversiteit Amsterdam, and the University of Minnesota

#### Number of Participants

10– 30 Participants

#### Suggested donation

\$10 for pledging members/\$15 for guests and non-pledging members

## GLOBAL WARMING:

### UNCOVERING THE RACIAL JUSTICE AND SPIRITUAL CHALLENGES

#### Course Description:

Let’s explore what the new UUA Statement of Conscience on Global Warming means for All Souls. Our first class will cover the domestic and international consequences of global warming from the point of view of the ways in which people of color will be harmed disproportionately. We’ll then bring this analysis home by looking at our church’s contribution to global warming and how we work on racial justice and environmental issues. Our second class will explore how this profound environmental and social crisis raises tough theological questions – and how different traditions are grappling with them.

#### Dates and Location

Thursday, Nov. 9 and 16, 7:00-9:00 pm, All Souls

#### Facilitator

Pam Sparr with special guests.

#### Number of Participants

6-15 participants

#### Suggested donation

\$15 for pledging members/\$25 for guests and non-pledging members