

Welcome Home Wednesdays

Don't forget to sign up! We need to know beforehand if you are interested in dinner, a class, and/or child care, so we can make appropriate arrangements. There are several ways to sign up for meals: at the Welcome Home Wednesday table in Channing Hall, by calling the church office at (319) 337-3443 by Monday noon, or by e-mail: <admin@uusic.org>. The cost is \$6.50 for adults, \$4.00 for college students and youth, and \$2.50 for children 5 and under. Please specify if you would like a vegetarian or meat meal. Meal cancellations should be made by calling the church office by Monday at noon. To sign up for classes, please pre-register on the form included in this brochure. Unless otherwise specified, registration for classes is \$15.

As a kick-off to Welcome Home Wednesdays, our first meal on Feb. 1st will be complimentary. You must still reserve a meal to help us in our planning!

Welcome Home Wednesday's Planning Team — Linda Rice-Chair, Wendy Brown, Lucy Choisser, Lois Cole, Gail Garwood, Mary Jepsen, Caryl Lyons, Tony Razavi, Carol Throckmorton, and Liz Weinberg

Winter 2012

Welcome Home Wednesdays

UUSIC Wednesday Evening Programs
For Adults and Young People

Weekly Schedule

Feb. 1 Supper: Sloppy Joes/Messy Jessies (vegetarian version) and potato salad Midweek Worship Basic Line Dancing Drawn to Felt Drum Circle Immigration: From Study to Action Six Bible All-Stars Relationship as a Spiritual Practice	Feb. 22 Supper: Chicken/Veggie Chilaquiles and Salad Midweek Worship Basic Line Dancing Drawn to Felt Immigration: From Study to Action Six Bible All-Stars Relationship as a Spiritual Practice
Feb. 8 Supper: Chicken/Veggie Pot Pie and Salad Midweek Worship Basic Line Dancing Drawn to Felt Immigration: From Study to Action Six Bible All-Stars Relationship as a Spiritual Practice	Feb. 29 Supper: Beef/Seitan Stroganoff and Salad Midweek Worship Basic Line Dancing Drawn to Felt Immigration: From Study to Action Six Bible All-Stars Relationship as a Spiritual Practice
Feb. 15 Supper: Chicken/Tofu Pad Thai, Asian Slaw Midweek Worship Basic Line Dancing Drawn to Felt Immigration: From Study to Action Six Bible All-Stars Relationship as a Spiritual Practice	March 7 Supper: Pulled Pork/Tofu Carolina, Baked Beans and coleslaw Basic Line Dancing Drawn to Felt Drum Circle Immigration: From Study to Action Six Bible All-Stars Relationship as a Spiritual Practice

Welcome Home Wednesdays

The Unitarian Universalist Society of Iowa City's Welcome Home Wednesdays Oct. 5 — Nov. 9, is a time for all ages to create community and nurture spiritual and intellectual growth. Come take a midweek break and enjoy a tasty meal, good conversation with family and friends, new and old, a moment of inspiration and reflection at the evening service, and an engaging class or discussion group. All programs will be held at the Unitarian Universalist Society, 10 South Gilbert St., Iowa City. Here is how a Welcome Home Wednesday evening looks.

- * **Supper** is served from 5:45 to 6:30 with a savory simple meal (see menu on front page). If your diet does not agree with the menu, you are welcome to bring a brown bag meal. The cost is \$6.50 for adults, \$4.00 for campus students and youth, and \$2.50 for children 5 and younger. To help us in meal preparations, we ask that you **RSVP to the Society office on Monday by noon**. Meal cancellations should also be made on Monday by noon. **As a kick-off to Welcome Home Wednesdays, our first meal on Feb. 1st will be complimentary. Please reserve a meal to help us in our planning!**
- * **Midweek Worship** for all ages begins at 6:30 in the Sanctuary with a brief service of story and song. Led by staff and worship associates.
- * **Adult Education Classes** begin at 7:00 and run until 8:30. The registration fee is \$15 for classes. If you are interested in several classes that allow drop-ins, you may register for an additional class at no cost. Scholarships and partial scholarships are available.
- * **Activities for young people and childcare** Young people will engage in activities, crafts, and games from 7:00—8:30. Children who do not wish to attend Midweek Worship at 6:30 may stay in the nursery. We will use pre-registration to ensure that enough child care providers are on hand for children's programming. Please pre-register on the enclosed form or sign up by noon on Monday to reserve a spot for your child.

Please sign up! We need to know beforehand if you are interested in dinner, a class, and/or child care, so we can make appropriate arrangements. You can sign up on Sunday mornings in Channing Hall, by calling the church office at (319) 337-3443 by Monday noon, or by e-mail: <admin@uusic.org>. If you sign up for a meal but have a change of plans, please call the church office by Monday noon to cancel. To sign up for classes, please pre-register on the form included in this brochure.

Relationship as a Spiritual Practice

6 Sessions: Feb. 1, 8, 15, 22, 29, March 7

Registration required. 7:00 - 8:30 p.m.

Led by Doug and Mary Kathryn Wallace, Gail Garwood and Lois Cole

If we define being spiritual as recognizing our connection to the universe and everyone in it, then our relationships are a primary place for spiritual practice.

In this class we will explore thoughts and actions that enrich and deepen our connection to friends, loved ones, and others. We will expand our self-awareness and authenticity and learn how to develop

communication skills counter to what is commonly taught – negotiating, bargaining, and reaching agreements – instead focusing on listening and articulating our feelings and needs without judgment or evaluation. As we develop good practices for relationships, we can include an ever expanding circle, enriching church life and community.

With facilitators who bring a range of backgrounds and talents, this class will involve creative exercises, rituals, meaningful discussion, and resources which include Marshall Rosenberg's *Nonviolent Communication*, Internal Family Systems Therapy, and Susan Page's *Why Talking is Not Enough*.

Basic Line Dancing

6 Sessions: Feb. 1, 8, 15, 22, 29, March 7

Registration required. 7:00 - 8:30 p.m.

Led by Jane Connell

Come get your body moving every Wednesday night in Basic Line Dancing! We will learn classic line dances such as the electric slide and boot scooting boogie as well as a few originals. Every class includes a warm up to get our bodies moving, and a cool down to stretch out after dancing. No partner necessary and no experience needed. Wear clothing you can move in and bring your dancing shoes! Youth are welcome.

Immigration: From Study to Action

6 Sessions: Feb. 1, 8, 15, 22, 29, March 7

Registration required. 7:00 - 8:30 p.m.

Led by Mary McMurray and Steve Locher

This six week exploration of immigration issues provides a knowledge base and opportunities for social justice action based on the UUA Curriculum, "Immigration as a Moral Issue." Beginning with the causes for im(migration), we will begin to learn who immigrants are; why and how they come to the United States, and to Iowa.

We will explore the history of immigration to set our current experience in context. Identifying economic and social issues challenges us to rethink our categories for understanding immigration. Legal issues come home to us as we study the Recommendations from the Iowa City Human Rights Commission and ponder the local impact of the Secure Communities program.

Finally, we look at both local and regional/national efforts to find solutions to a broken system. Throughout the course, we will take action steps to directly engage immigration issues in our community. Facilitators Mary and Steve will be assisted by other members of the UUSIC Immigration Issues Study and Action Group.

Drum Circle, Feb. 1, March 7

Cliff Missen and the Yahoo Drummers

Try out a cow bell, Native American prayer drum, a Latin conga, or an African shekere, and add your song at the Iowa City Drum Circle. Drum Circle meets the first Wednesday of every month from 7pm to 10pm. No experience is necessary.

Drawn to Felt

6 Sessions: Feb. 1, 8, 15, 22, 29, March 7

Registration required. 7:00 - 8:30 p.m.

Led by Kaye Winder and Sue Kann

Kaye Winder and Sue Kann combine their respective talents to offer a class in the art of drawing and color theory and the crafts of wet felting and needle felting. Each class will feature a combination of art instruction and hands-on crafting.

No experience in art or crafting is required. Youth are welcome. All supplies will be provided.

Kaye is a recently retired professor of Art at the University of Wisconsin at Platteville. Sue is owner of The Arts and Crafts Place, formerly known as Iowa Fiber and Arts.

Six Bible All-Stars

6 Sessions: Feb. 1, 8, 15, 22, 29, March 7

Registration required. 7:00 - 8:30 p.m.

Led by Rob Dietrich and David Jepsen

From Eve in the Garden of Eden to Paul struggling to make over the Roman Empire, participants will discuss stories about six Bible celebrities. The Old Testament lineup includes Eve, the Bible's first lady, Sarah and Hagar, Abraham's remarkable partners and Job, the master of misfortune. The New Testament spotlight will shine on Judas Iscariot, Mary Magdalene and Saul/Paul of Tarsus.

To plumb the stories, we will review the relevant Bible texts, turn to insights drawn from Western art and literature and then consider what relevance these stories have for our own spiritual journeys and contemporary Unitarian-Universalist practice. Bottom line, we will try to determine what these Bible All-Stars have to tell us about the human condition and its challenges.

While claiming no special expertise, Rob and David will be responsible for pulling together relevant readings, visual aids and leading questions selected to stir

