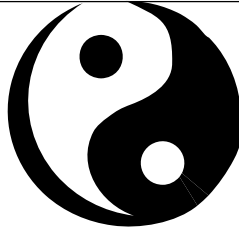


Modern Developments in Taoism

Facilitator:
Bert Wreford
Wednesdays
Oct. 5 - 26, 7:30 - 9:00 p.m.



The significant teachings of Lao-tzu in ancient China that resulted in the eighty-one sayings that became known as the Tao Te Ching has had a great impact on the world of thought and spirituality. This has been emphasized recently by the American scholar, Dr. Wayne Dyer, who has translated the Tao Te Ching and put it into a modern context. His publications have caused widespread interest. We now have a sense of the relevance of Taoist thought in our modern world. It appeals to us to recognize and share our humanity in this mysterious cosmos. I would like to share with others my interest in this remarkable spirituality.

*When your mind is empty of prejudices you can see the Tao.
When your heart is empty of desires you can follow the Tao.*

From Master Lu Teachings

End of Life Issues: Responsibly & Peacefully Preparing

Facilitator: Carl Ingram, PhD
Wed., Sept 28th, 3:00—4:30 p.m.

We know how to prepare for a vacation or a dinner. Because of the cultural taboos about “one’s passing,” we are often unprepared to face our death. Most of the seminar will be discussing psychological and spiritual aspects of dying. Dr. Ingram will briefly present a cross-cultural perspective on death as well as his personal experience. Legal issues will be touched upon and all ages are welcome. In this seminar, you can nurture your peace and understanding about end of life issues.

*The Tao that can be told
Is not the eternal Tao.
The name that can be named
Is not the eternal name.*

*The Tao is both named and nameless.
As nameless it is the origin of all things;
as named it is the Mother of 10,000 things.*

*Ever desireless, one can see the mystery;
Every desiring, one sees only the manifestations.
And the mystery itself is the doorway to all
understanding.*

1st Verse
Tao Te Ching

How to Register

Look for signup sheets on the main bulletin boards or call the contact person. Registration helps us plan. Courses with few signups may be cancelled. **Or just show up.** In most cases, you are welcome to just show up.

There is no charge for any of the courses, except for the purchase of books or materials if indicated.

Your Ideas Are Always Welcome

The Adult Religious Education Committee is: Nancy McMartin, Anne Wilson and Don McFadyen



The First Unitarian Church
of Hamilton
170 Dundurn St. South
Hamilton, ON L8P 4K3
905-527-8441

Adult Religious Exploration Committee



Adult Education Programs

Fall 2011

Programs are open to all members, adherents and visitors.



Fall 2011 Courses & Workshops

Spirit in Practice: Deepening Our Unitarian Universalist Faith



Facilitator:
Rev. Victoria Ingram
Tuesdays, 6:30-8:30 p.m.
Sept. 20, Oct. 4, Oct. 18, Nov. 1

Working with mind, body and soul in these workshops, we'll explore how Unitarian Universalists can expand their spiritual practice through individual and communal approaches to deepen our spiritual lives and centeredness. Spiritual practices are used to explore, deepen and enhance the quality of everyday life, allowing us greater access to our own sense of the mystery and wonder of life. Join us in experiencing different approaches to start, diversify, or enhance your spiritual practice.

You're Welcome: Expanding Our Sense of Community.



Facilitator: Rev. Victoria Ingram
Sat., Sept. 24, 1:30-4:30 p.m.

Our vision statement says our doors "swing open at the lightest touch" and we try to be the kind of community where people feel warmly welcomed. We do a lot of things right. But there are aspects of our culture, our theology, or our faith practice—things we may not even be very aware of—that keep some people from saying "yes" to being a part of our faith community? How can we expand our ability to be welcoming, inclusive, and inviting to more people who share our values and would like to embrace a faith like ours? This workshop is an opportunity to engage in activities, conversation, and planning for continuing to increase our wide embrace and welcoming message.

Astronomy

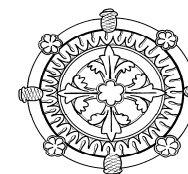
Facilitator:
Roy Dickinson
Tuesdays
Nov. 8-Dec. 13
7:30-9:00 p.m.



The beginning of the Universe, the current theories and knowledge of the Universe, the end of the Universe; and the origin and end of life on Earth.

Mandala Workshop

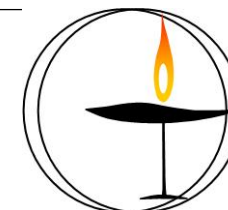
Facilitator:
Nancy McMartin
Tuesdays
Oct. 25, Nov. 1
10 a.m.—Noon



A mandala is a circle filled with orderly rings of figures. As well as being aesthetically pleasing, they provide a focus for meditation. We will study the mandalas of British conceptual artist Christopher Gibbs for our inspiration. We will then use canvas, acrylic paint, and mixed media objects to create our own mandala. You will need an apron to protect your clothing. Limit of 6 participants.

A Chosen Faith

An Introduction to
Unitarian
Universalism.



Facilitators:
Pat Webber & Don McFadyen
Tuesdays
Nov. 8 - 29, 1:30 - 3:30 p.m.

Most people in Unitarian congregations are "come-outers" - new to the Unitarian faith. Even those of us who were "born Unitarian" choose whether or not to practice this faith as adults. This course is offered for both.

"A Chosen Faith," by UU ministers John Buehrens and Forrest Church, is a book of essays based on the Six Sources of our living tradition. We will use it to explore and discuss some of the fundamentals of this dynamic faith.

Sometimes our light goes out but is blown into flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light.

Dr. Albert Schweitzer, member,
Church of the Larger Fellowship