

Adult and Multigenerational Programs in March – April 2011

PRE-REGISTRATION IS REQUIRED FOR MANY PROGRAMS!

Space is limited, so don't be left out! Programs may be cancelled if not enough people sign up.

Please check each program's description for details on how to register.

FREE CHILD CARE for children age 10 and younger will be provided for all programs, but **MUST** be requested at least **TWO** weeks ahead.

For additional information about any program, please contact the facilitator.

COURSES

Book Study/Discussion: Agenda for a New Economy

Five Thursdays at 7:00 p.m. — including March 3, 17, & 31, April 14 & 28

Sponsored by the Network of Spiritual Progressives (NSP)

Led by Teresa Guyton & John Esposito

"The old economy of greed and dominion is dying. A new economy of life and partnership is struggling to be born. The outcome is ours to choose." This Lifespan Learning class will study and discuss economist David Korten's latest book, *Agenda for a New Economy: From Phantom Wealth to Real Wealth* (2nd edition, 2010). Author, lecturer, engaged citizen, Korten founded *Yes! Magazine* and has written many books and articles about global economies, including *The Great Turning: From Empire to Earth Community* and *When Corporations Rule the World*. Following his latest book's *Discussion Guide* from the Living Economies Forum, this class will explore the systemic causes of America's economic collapse, consider the alternative New Economy vision, and discuss the interventions necessary to replace the current system and engage in the change process. *Please pre-register by contacting Teresa, since class size is limited.*

For more information & to register: Contact Teresa Guyton at teresguyton@yahoo.com.

Write Your Life Story

Initial Sessions on Second Saturday of the Month, 10:15 a.m. – 12:00 noon — including

April 9 & May 14, with future sessions to be determined

Facilitated by Zella Geltman

Do you have a lifetime of stories to share? Join this creative group to learn how to get your memoirs down on paper. Writing expertise is not required, and sharing is optional. Zella is a longtime MUF member and educator with 25 years of experience as a memoir facilitator. The group may meet once or twice a month, as determined by participants. *No registration required.*

For more information: Contact Zella Geltman.

SPECIAL EVENTS

Interfaith Service on HIV and AIDS

Sunday, March 6, 4:00 p.m.

Bethel African Methodist Episcopal Church, 59 Spring Street, Morristown

MUF and Bethel A.M.E., Morristown's oldest predominantly African American church, will be leading

together this interfaith service on HIV and AIDS. The program will include choirs from both organizations and jointly developed elements of worship, as well as information on the prevalence of these diseases in our region and worldwide and on opportunities to address the suffering they cause. Please help us get a crowd to this important community gathering. *No registration required.*

For more information: Contact Barnaby Feder at intern@muuf.org.

Writing Room — Connecting Creatively with Yourself and Others

Saturday, March 19, 10:00 a.m. – 3:00 p.m.

Facilitated by Ellen Schmidt

Back by popular demand! This workshop is an opportunity to connect with personal and creative ideas, to relax and “write from the heart” in a safe and supportive environment. Facilitated by Ellen Schmidt, who many of us have had deep and enriching experiences with on Star Island, this is a day of guided writing and sharing through structured exercises and personal expression. Connect with your own voice and listen to others. Ellen is an experienced writer and facilitator who creates writing circles at Cornell University and in private practice at her home in Ithaca, N.Y. Participation is limited to 20 people. *Cost is \$40.00 per person, including lunch. Please pre-register and pay by Saturday, March 12 by contacting Kate McAteer (see below) and sending the Fellowship office a check made out to MUF with “Writing Circle” in the memo line.*

For more information & to register: Contact Kate McAteer at katemcateer@hotmail.com. See also Ellen’s website at www.writingroomworkshops.com.

Spy Smart! — Murder at the Mansion

Saturday, March 26, 6:00 – 10:00 p.m.

Be Austin Powers, Emma Peal, or Bond — James Bond — in this mystery spoof of the TV spy shows of the 1960s. The time is 1968. The place is the small Communist country of Ferdonia where spies from around the world have come for a convention. But among them is a double agent working for Kaos who has murdered the lead spy guest speaker. You are a secret agent from a different country and your mission is to find the double agent and stop Kaos from starting — well — chaos. MUF’s own David Landau has written and directed this brilliantly funny “interactive mystery” drama for an evening of dinner theater that is uniquely suited to the run of the MUF mansion (think the game of Clue, room by room). Using bribes and working in teams, we must interview other famous spies and decipher the mystery, with prizes awarded to the winning team. Fun for singles, couples, friends, and older kids, this event was a sold-out success last year with a different interactive murder mystery. Join us again and enjoy a delightful dinner prepared by Tony Rutigliano and Ken Nemeth, preceded by appetizers, wine, and soft drinks upon arrival. It’s a great time to bring friends to MUF! *Cost is \$30.00 per attendee, or buy two and a non-MUF member comes free! Tickets are available at the Sunday morning Box Office or call the MUF office during the week to be added to the reservation list. Babysitting is available, but you must reserve space for the child in advance with the MUF office or Box Office.*

For more information: Contact Avianca Bouchédid at abouchédid@colotraq.com or Karen Burns Rutigliano at karenburns@casaessex.org.

Living Fully in Troubled Times:

Honoring Our Feelings & Re-Dedicating Our Energy

Saturday, April 2, 9:30 a.m. – 3:30 p.m.

Sponsored by MUF’s Green Earth Ministry & Seeds of Peace, Network of Spiritual Progressives of Morris County & of Central New Jersey, & New Jersey Peace Action

Led by Rev. Allen Wells & others

Do you feel depressed about the state of our world and your ability to help effect change? Are you feeling disappointed in the performance of our elected officials? Do you find yourself feeling anxious because you are doing all that you can and things just seem to be getting worse? If you answered “yes” to any of these questions, or if you simply want to invigorate your work and further become the change you are seeking, then this workshop is for you! We’ll explore the relevance of the “Serenity Prayer” in terms of the

personal/spiritual needs of our lives and current world issues that challenge so many of us. The workshop will incorporate dialogue, meditation, and gentle movement, among other modalities of expression, focusing on what it means to be touched by the troubles we face. We will share *all* of our feelings, not only our grief and anger, but also our peace and hope. We'll ground ourselves in our feelings of love, compassion, and joy, the very emotions that energize us to engage. Please brown-bag your lunch; drinks will be provided. *There is no fee charged for this workshop, but donations are appreciated to help cover expenses. No registration required.*

For more information: Contact Rev. Allen Wells at awells@uuma.org or Jo Sippie-Gora at seedsofpeacemuf@optonline.net.

MUF Blood Drive

Sunday, April 3, 8:00 a.m. – 1:00 p.m.

Coordinated by Zella Geltman

Donating a pint of blood is lifesaving for recipients and healthy for you, the donor. The components of each pint can save up to three people. *Sign up in advance by calling Zella or see her in the Great Hall on Sundays.*

For more information & to register: Call Zella Geltman.

Storytelling Series: The Surprise

Saturday, April 9, 8:00 p.m.

Presented by Martin Dockery

New York storyteller Martin Dockery comes back to the Fellowship with this award-winning theatrical monologue that takes us with him through the ruins of Angkor Wat and the chaos of bustling Saigon. Startling revelations force him to question what it means to be a family, and what remains when foundations crumble. "The Surprise" is the true and comic story of an uncertain girlfriend, an enigmatic father, and a most epic game of emotional chicken. Told with equal parts humor and heart, it is the tale of a family rife with secrets and clueless as to how to reveal them. This work won Best Solo Performance at the 2009 San Francisco Fringe Festival and was nominated for Outstanding Short Play at the 2009 New York Innovative Theater Awards. *Tickets are available for \$20.00 at MUF's Sunday morning Box Office, by calling Michelle (below), or by emailing muf.events@gmail.com.*

For more information: Contact Michelle Kunz.

"Blue Sky Gallery" Social Justice Day

Sunday, April 10 • 10:30 – 11:15 a.m. (adults & children) • 12:15 – 1:00 p.m. (adults)

Sponsored by the MUF Social Justice Council

Come "blue sky" (plan) what a MUF social justice "signature project" would look like with all of us working together in the Morris County community next year. As part of the implementation of the MUF Strategic Plan, we decided we would design a special social justice project and plan of related activities in which all MUF members and friends, of all ages, all year long, can participate. Our goal: the cumulative impact of MUF targeted volunteerism will be felt in addressing a crucial service/justice need in our community... and our Unitarian Universalist values will come alive through our actions. On this Sunday, enter our "Blue Sky Gallery" (the Terrace Room) and dream with us. Some suggestions will be displayed creatively; it's your role to add your ideas and to tell us how we can make all the suggestions better, with your unique spin. If you're a kid, think about what kids need and how you can help them. If you're an adult, think about your strengths/preferred activities and how you can put them to work to help neighbors in need. Think big... think Blue Sky! *No registration required.*

For more information: Contact Karen Burns Rutigliano at karenburns@casaessex.org.

Earth Day Party: Celebrating Our Precious Earth

Saturday, April 16, 3:00 – 5:00 p.m.

Sponsored by the Fundraising Committee in cooperation with Green Earth Ministry

Join us in a multigenerational event for the entire Fellowship family in celebration of our precious planet Earth — there's only one! From 3:00 to 4:00, there will be eco crafts and eco games for all ages — make an eggstraordinary planter, help build a humongous recycle monster, try your hand at the Dirt Quiz, and nibble a variety of good snacks. From 4:00 to 5:00, enjoy the songs and stories of singer/songwriter Ken Galipeau — join in the Planet Rap and spin with “The Little Blue Top” (that’s the Earth), with entertainment for all ages. Come just to enjoy or contact Carol if you’d like to volunteer help or food. *Tickets are \$10.00 per adult and \$5.00 per child, available at MUF’s Sunday morning Box Office and at the door (but pre-purchase is recommended).*

For more information: Contact Carol Titus at carol.titus@yahoo.com.

Family Passover Seder

Sunday, April 17, 4:00 p.m.

Mark your calendar to hold the date for the Fellowship’s annual free-faith Passover Seder, where we retell the story of the Exodus, eat delicious foods, and enjoy one another’s company. You don’t have to be Jewish to come and enjoy!

Please watch for additional details and registration information closer to the date.

ONGOING GROUPS

Bridge Group

Meeting dates to be determined

Coordinated by John Oehler

Do you like to play bridge? The Fellowship’s long-time Bridge Group is looking for new members. *If you’re interested, please call John.*

For more information: Contact John Oehler.

Show More Drama

**First & Third Wednesdays of Every Month, 5:00 – 7:00 p.m. – including March 2 & 16,
April 6 & 20**

Coordinated by Pratik Mamtora

Join MUF’s theater club for all ages, from 7 on up. The workshops will include acting, singing, dancing, role play, improvisation, scenario-based workshops, script reading, memorizing lines, wardrobe, costume, make-up ... and even putting on a production! Childcare will not be provided, so parents/guardians must be responsible for their children. However, there will be activities to keep them busy! *No registration required.*

For more information: Contact Pratik Mamtora at pratikmamtora@yahoo.co.uk.

Insight Meditation Group

**First & Third Wednesdays of Every Month at 7:30 p.m. — including March 2 & 16, April 6
& 20**

Led by Rev. Allen Wells, MUF Community Minister

This is an informal support group for those with an ongoing meditation practice, with brief instruction provided for beginners. Our primary focus will be on Insight Meditation as taught by the Buddha, although all meditators are welcome. The evening will consist of both sitting and walking meditation with an opportunity for the exchange of experiences. *No registration required.*

For more information: Contact Rev. Allen Wells at awells@uuma.org.

Taichi Light Monthly Practice

First & Third Saturdays of Every Month at 9:00 a.m. — *including March 5 & 19, April 2 & 16*

Coordinated by Al Chu & Laurie MacGeorge

MUF member Al Chu, the creator of Taichi Light, will lead us in practicing this ancient energy work together. It's a great way to get in shape, get healthy, and also learn to relax. Beginners are welcome! We will practice for about an hour doing Taichi movements, breath work, and Qigong exercises. Taichi Light is a simplified version of the traditional Chinese Taichi (Tai Chi) and Qigong that is easier to learn, memorize, and practice by people of all ages, especially those of advanced age or reduced physical agility. No equipment is needed, only a small, 10-by-10-foot area. Taichi Light consists of 18 simple movements, each done six times, accompanied by uninterrupted deep breathing and mental imagery. Practiced consistently for 15–20 minutes once or twice a day, Taichi Light can help you increase your body flexibility and your sense of balance, set your mind at peace, and stimulate your physical and mental vitality. *No registration required.*

For more information: Contact Al Chu at alchu888@gmail.com, or Laurie MacGeorge at dlmacg10@aol.com.

Monday Book Group

First Monday of Every Month at 7:00 p.m. — *including March 7 & April 4*

Coordinated by Nancy Lee McLure

The group enjoys reading and discussing a different book each month. We include a great variety of books to interest a wide spectrum of readers. Come join us for a great discussion and bring suggestions for future books. In March, Eleanor Mason will lead a discussion of *O Pioneers!* by Willa Cather. The April session facilitated by Frank Siwec will talk about *Half the Sky* by Nicholas Kristoff and Sheryl Wu Dunn. New members are always welcome. *No registration required, but first-timers should check with Nancy Lee for the latest meeting information.*

For more information: Contact Nancy Lee McLure at nlmclure@msn.com.

Gathering of Men

Second & Fourth Saturdays of Every Month at 9:00 a.m. — *including March 12 & 26, April 9 & 23*

Coordinated by John Oehler

The Gathering of Men (GOM) is a group of MUF members that began meeting together about two decades ago. We are men who gather together on a regular schedule to develop and maintain close and continuing group and individual relationships; to discuss feelings and issues of importance to us personally and as men in a safe, secure, confidential environment; and to support one another without attempting to act as a therapy group. *If you are interested in joining GOM, are able to make a commitment of time, and think you would feel comfortable with GOM members, please get in touch with John.*

For more information: Contact John Oehler.

Womanspace — Women's Spirituality Circle

Third Sunday of Every Month, 10:30 a.m. — *including March 20 & April 17*

Coordinated by Gloria Jackson

Womanspace meets each month for an informal circle gathering that includes ritual, discussion, and sharing of personal experiences. Open to all women, both adults and teens. Guests and visitors are welcome. *No registration required.*

For more information: Contact Gloria Jackson at gloriajcksn@aol.com.

Cordial Conversations and Chow

Fourth Wednesday of Every Month, 10:30 a.m. – 1:00 p.m. — *including March 23 & April*

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Coordinated by Gloria Dyer & Karen Brown

Our Cordial Conversations group is going strong. Our conversations are thought-provoking and fun as we share our stories with one another. Bring a boxed lunch and your own plates and utensils, or you may use (and then wash) the kitchen's dishes and utensils. In March our topic is "When will we be feeling the effects of climate change?" Our resident ecologist Gloria Dyer will lead the discussion. In April, Betsy Burr will lead a discussion on "When did you start to question adult authority?" *No registration required.*

For more information: Contact Karen Brown at karen@muuf.org, Gloria Dyer at gloria.dyer@verizon.net, or Betsy Burr at burrs@att.net.

Cercle Français

Fourth Wednesday of the Month at 7:00 p.m. — including March 23 & April 27

Coordinated by Geri Silk & Laurent Comes

Parlez-vous français? If you can understand that much, you are invited to MUF's Cercle Français to hang out and speak French. Acquiring another language is good for your thought process, creativity, and communication skills. Both beginners and experts are welcome. We may read and discuss a petite story, listen to a news report, share our favorite poems or songs, play a game, or even learn to cook in French together. Please bring some French-like goodies that we can all munch on. *RSVP (that's French, too!) by the Wednesday before — March 16 and April 20 — so we can send you information for the next session.*

For more information & to register: Contact Geri Silk at gerisilk@yahoo.com, or Laurent Comes at laurent@comes.us.

Men's Consciousness Raising Group

Thursdays at 7:30 p.m. — including open sessions on March 24 & 31, April 7

Coordinated by Victor Sperber & Don Price

This ongoing group will be holding three open sessions for prospective new members. We share personal joys and issues in a non-judgmental setting where feelings are important to express. *If you are interested, please call Victor or Don for additional details.*

For more information: Contact Victor Sperber or Don Price.

Monthly Knitting and Crafts Evening

Last Friday of Every Month at 7:00 p.m. — including March 25 & April 29

Coordinated by Maureen Dempsey

Would you like to spend a couple of relaxing hours clicking needles or crafting with fellow MUFers? Then come to our ongoing knitting and crafts group, back by popular demand! Beginning knitters are welcome — bring your knitting and you are sure to bring home a few tips from the evening. If you are not a knitter, just bring your own favorite craft — crocheting, felting, scrapbooking, jewelry-making, origami, whatever. Enjoy some peaceful crafting and fellowship! *No registration required.*

For more information: Contact Maureen Dempsey at mkdemp@verizon.net.

Compassionate Communication Practice Group #1

One Thursday Evening Each Month

Compassionate Communication Practice Group #2

Two Wednesday Afternoons Each Month

"Peace begins within." These groups use Marshall Rosenberg's Nonviolent Communication (NVC) techniques in a variety of ways to facilitate personal growth and cultivate openness, honesty, empathy, and connection with others. Sessions are based on his classic book *Nonviolent Communication: A Language of Life* and the skill-sharpening exercises in the companion workbook. NVC is a powerful tool

for peace and partnership. *Although these groups have both reached capacity and are not currently open to new members, please talk with Brenda or Jo if you'd like to learn more about NVC.*

For more information or to start a new group: Contact Brenda Forte at bgforte@verizon.net, or Jo Sippie-Gora at seedsofpeacemuf@optonline.net.

— *Coming Attractions* —

Watch for notices of these and many more MUF events in May and June:

- **Lunch & Learn Film: “Tapped”** — a documentary that asks, is clean drinking water a basic human right or a commodity? — Sunday, May 1, 1:15 p.m.
- **Ethical Eating** — a course on the ethical aspects of food, from what the Bible and other religious sources say to the proposed UUA General Assembly resolution — four Wednesday evenings, May 4, 11, 18, & 25
- **Women’s Spring Retreat** — our annual weekend of renewal at Kirkridge — Friday – Sunday, June 3–5