

# Adult Education Classes

Fall Quarter  
2020



## Mission Peak Unitarian Universalist Congregation

### From the Adult Education Committee

The Committee offers these programs for the fall quarter, with many thanks to each presenter.

The Committee includes Linda Messia, Len Tiemann, and Eric Dittmar.

You may register for classes by emailing Linda at [lmessia@yahoo.com](mailto:lmessia@yahoo.com).

### Poems



John & Jackie Porter  
via Zoom 6 places  
Mondays: September 14 & 28.  
October 12 & 26, November 9 & 23.  
7 – 9 pm

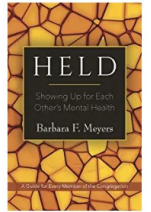
*Poetry is simply the most beautiful, impressive, and widely effective mode of saying things, and hence its importance.*

Basho

Twice a month we gather, via Zoom, to read, listen to, and discuss poems. Bring what you would like to read and discuss. Light up your life by sharing poems with friends.

### Held (Book Study)

Barbara Meyers



Four meetings: Wednesdays  
October 7, 14, 21, & 28  
7:00 - 8:30 pm via Zoom

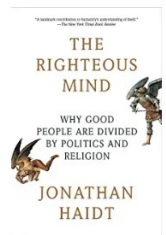
*Held - Showing Up for Each Other's Mental Health - A Guide for Every Member of the Congregation* by Rev. Barbara Meyers.

This book illustrates how members of liberal religious congregations can be supportive to those living with mental health problems, and their loved ones, in our congregations and society at large. It addresses the fundamental elements of spiritual support—truth, hope, presence, acceptance, encouragement, authenticity, public witness, and pastoral care—with stories from real life situations and suggestions for how parishioners can provide and advocate for support in their congregations.

We will use the study guide in the book for this book-read.

People can order their own books from the UU Book Store at: <https://bit.ly/2BtR1Uk>, or from Amazon

### The Righteous Mind (Book Study)



Steve Wallcave  
Three meetings: Tuesdays:  
September 8 & 22;  
October 6 7:00 – 8:30 pm  
10 participants

*The Righteous Mind - Why Good People are Divided by Politics and Religion*  
By Jonathan Haidt

In his book, social psychologist Jonathan Haidt challenges conventional thinking about morality, politics, and religion in a way that speaks to conservatives and liberals alike.

This will be a book discussion.

## Meditation & Dharma

Eric Dittmar

On Thursdays: September 10 & 24;  
October 8 & 22; November 12 & 19;  
December 10 & 17  
7-9 pm via Zoom

*“Meditation invites a direct and immediate experience of reality and provides a balance to purely intellectual inquiry.”*

*--UU Buddhist Fellowship  
webpage*



This is a continuously-open, peer-led meditation and discussion group. If you've been thinking of taking up meditation, or if you have a practice and are looking for a support group, please join us! This year, by popular demand of the group, we will be returning to the beginning of the discussion book used last year: *Training in Compassion*, by Norman Fischer.

Mindfulness can be a spiritual path without “becoming Buddhist,” so come learn how dharma is not dogma!

## Learning About Our Universe

Paul Davis

Mondays, 7-9pm  
September 14, 21 & 28;



October 5, 12 & 19.  
via Zoom

This will be a historical and non-thematical review of how cultural, religious and scientific understanding of the universe has developed — from ancient Egypt through detection of gravitational waves. I will base it on a presentation I made recently to a group of astronomers and historians, and will distribute my powerpoint, entitled “Our Universe: Finite vs Infinite”, to participants. Discussion and contributions by participants will be encouraged.

I will also invite some friends from outside our Congregation, but will give preference to Congregation members if interest is excessive.