



Mission Peak Unitarian Universalist Congregation Adult Religious Education Program Guide

2010 Curriculum

MPUUC SPIRITUAL CONNECTIONS

WINTER QUARTER 2010

RELIGIONS OF THE WORLD

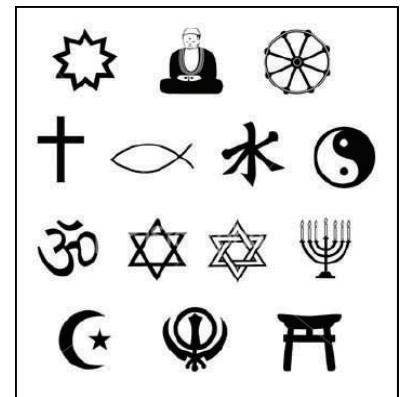
Tuesday 7:00pm—9:00pm

March 2 March 9 March 16 March 23 March 30

Rev. Joy Atkinson

MPUUC office

The five sessions will cover: Hinduism, Buddhism, Taoism, Confucianism, Islam, Judaism, Christianity and indigenous traditions. The class will read the book The World's Religions by Huston Smith, which can be purchased in bookstores or through Amazon.



Limited to 12 people

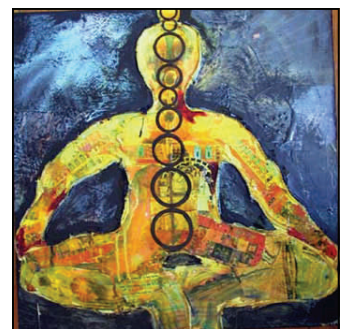
Mindfulness in Action

Sunday 6:30pm—8:00pm

January 10, February 14 March 14
January 24, February 28 March 28

Patt Saso

Patt's Home in Milpitas



Each Class will present and then practice a different form of mindfulness meditation. The purpose of Mindfulness in Action is to get out of our heads and learn to experience the world directly, without the commentary of our thoughts. Whether you are a beginner or advanced practitioner, whether you are joining for a spiritual practice or for mental health, mindfulness in action teaches us to shift into "being" mode so that we can start living right here, in each present moment. It can profoundly change your life

Limited to 10 people

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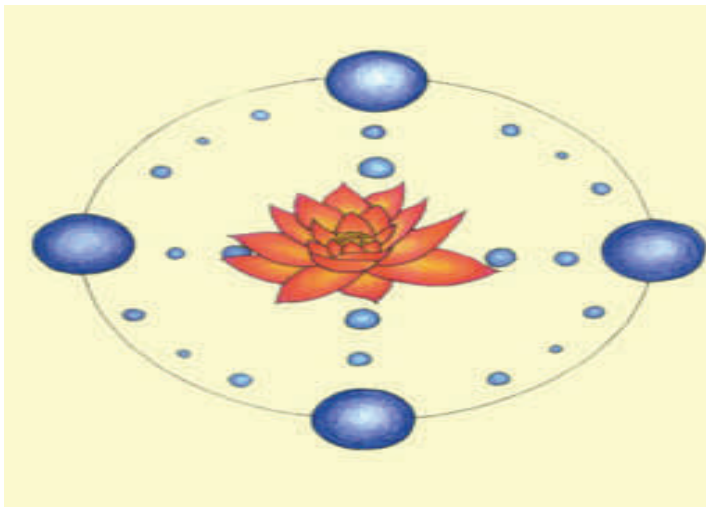
SPRING QUARTER 2010

CLASSES OFFERED IN SPRING 2010

Public Speaking Offered by Ilze Duarte
(Three classes to get us more comfortable about speaking in public)

Living Green Offered by Justine Burt and Michael Joss
(This class is still be developed, both Justine and Michael are excited to offer their expertise for living green)

Beading Offered by Karen McVey
(Karen will teach participants how to make a one of kind meditation bracelet by adding beads that have meaning and represent loved one)



*The unconscious human has only one path:
the shadow path.*

*The becoming conscious human has two paths:
the shadow path and the golden path.*

*The fully conscious human has only one path:
the golden path.*

- Jean Christian

FALL QUARTER 2010

CLASSES OFFERED IN FALL 2010

Love and Death Offered by Jackie Porter
(Discussion of UU Minister Rev. Forrest Church's final book he wrote in the final stages of his life)

Understanding Enneagram Offered by Michealle Havenhill
(During this course will offer a new way to understand ourselves, the book to be followed is The Enneagram Made Easy by Renee Baren and Elizabeth Wagele)

MPUUC ON-GOING CONNECTIONS

SMALL GROUP MINISTRIES

(A wonderful way to gain a deeper connection with each other)

Time to sign up for a small group, the sessions will begin in February. Currently SGM offers two sessions the first and third Monday evenings 7:00pm - 9:00pm; also, the second and fourth Sunday evenings 7:00pm - 9:00pm

Another session may be offered if leaders can be found. Training will be provided by Rev. Joy in January.



Soup and Soul and Soul Food groups studying Eckhart Tolle's A New Earth will continue through the Winter Quarter.

PEAK PERFORMERS

(Mission Peak's choir)

Wednesday 7:30pm - 9:00pm

January 13	February 10	March 10
January 20	February 17	March 17
January 27	February 24	March 24

Choir Director Pat Rodgers

MPUUC Sanctuary



If you enjoy singing - in the car, concert hall, or wherever - we'd love to have you sing with the Peak Performers about once a month during the Sunday Service and 3 Wednesdays a month for rehearsal. Instrumentalists are also welcome and have been used for accompaniment. We have fun and enjoy creating meaningful music for our worship services.

