



Mission Peak Unitarian Universalist Congregation Adult Religious Education Program Guide

2010 Curriculum

MPUUC SPIRITUAL CONNECTIONS

FALL QUARTER 2010

Understanding The Enneagram - it is a geometric figure that maps out the nine fundamental personality types of human nature and their complex interrelationships.

Sunday 6:00pm—8:00pm 11 sessions

September 12	Introduction to the Enneagram and the nine personality types
September 19	Type 1 - The Reformer
September 26	Type 2 - The Helper
October 3	Type 3 - The Achiever
October 10	Type 4 - The Individualist
October 17	Type 5 - The Investigator
October 24	Type 6 - The Loyalist
November 7	Type 7 - The Enthusiast
November 14	Type 8 - The Challenger
November 28	Type 9 - The Peacemaker
December 5	Closing



Michealle Havenhill Michealle's House

This course is an introduction to the Enneagram a tool which can give us a KEY to ourselves and others. It describes nine fundamental personality types of human nature and their complex interrelationships. By helping us identify our personality type we may see the patterns and overall rationale for our behavior. This becomes an excellent source of insight and self inquiry and can provide some of the wisdom we need to see ourselves truthfully and make good choices of behavior in our lives and improve our relationships to others.

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

Limited to 10 participants

MPUUC SPIRITUAL CONNECTIONS

FALL QUARTER 2010

Questions of Values – is a course for anyone who wants to fine-tune their ability to see how deeper questions of ethics and values apply to the choices that make up their lives.

Tuesday **7:30pm—9:00pm** **6 Sessions**

Sept 14 **Oct 5** **Nov 9**
Sept 28 **Oct 19** **Nov 23**

John Porter **John's House in Newark**

The fundamental questions of our lives are not questions of fact but questions of value. What is it that gives a thing genuine value? What is worth striving for and what makes life worth living? The course deals with issues such as Facts and Values, Lives to Envy and Lives to Admire, Foundation of Ethics, Religion and Values, How do We Know Right from Wrong, and Cultures and Values.

This six-session course uses video lectures from The Learning Company featuring Professor Patrick Grim, PhD, from the State University of New York at Stony Brook. John Porter will lead the class through discussion of the material and how to apply it to our lives.

Limited to 8 participants

“Once you start to think critically about ideas, once you are no longer satisfied with familiar beliefs just because they are familiar, you can no longer be certain what conclusions you will come to.”

- John Dewey



MPUUC SPIRITUAL CONNECTIONS

FALL QUARTER 2010

Nurturing Children and Youth – This class is for parents, grandparents, teachers, and faith community members interested in learning more about children

Wednesday

7:00pm—9:00pm

9 sessions

Sept 15 Introduction to the class and child development, distribute books
Sept 22 Infants and Toddlers
Sept 29 Preschool Children
Oct 13 Young School Aged Children
Oct 20 Older School Aged Children
Oct 27 Young Adolescent
Nov 10 Middle Adolescent
Nov 17 Older Adolescent and Young Adult (Ages 18 thru 22)
Nov 24 Wrap up

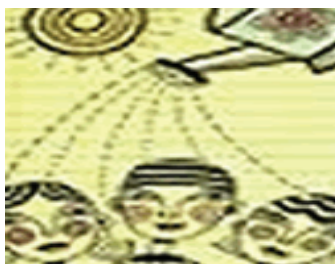
Allysson McDonald

MPUUC Office

Unitarian Universalists have rejected the authoritarian ways of the past. Yet as parents we often do exactly what our parents did, or do the exact opposite, which may also not be best for our children. How can we best support our children and youth as they grow, develop, and embark on their life journeys? Let's look at what is known about child development and see how we can apply that knowledge along with our UU perspective, to find a meaningful basis for our actions.

\$15.00 for the book *Nurturing Children and Youth* by Tracey L. Hurd (UU Association, Boston, 2005)

Limited to 12 participants



MPUUC ON-GOING CONNECTIONS

FALL QUARTER 2010

Small Group Ministry

5 - 6 sessions remain Two session in Sept, two sessions in Oct and one or two sessions in November

The small group ministry program continues through the fall quarter. Two sessions, one on Monday led by Michealle Havenhill and one session on Sunday led by Graham Bell. The sessions are always open.

All are welcome to join small group ministry.

Coming in October What is Mental Health First Aid?

First aid is the help given to an injured person before medical treatment can be obtained. Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves. Come learn about mental health symptoms, with a medical and recovery approach. Knowledge and reducing the mystery of mental illness will help us help those with mental health challenges -- reducing stigma and saving lives.

Class will be taught by Renu Garg-Peterlinz and Ray Grimm, PhD

PEAK PERFORMERS

(Mission Peak's choir)

Wednesday 7:30pm - 9:00pm

Sept 15	Oct 13	Nov 10	Dec 8
Sept 22	Oct 20	Nov 17	Dec 15
Sept 29	Oct 27		Dec 22

The Peak Performers sing on these Sunday's

Oct 3	Association Sunday
Oct 17	Blessing of Animals
Nov 21	Sacrifice
Dec 19	Winter Solstice



Choir Director Pat Rodgers Cole Hall

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.

