

## Facing Death with Life

Co-Facilitators: Rev. Julie Conrady and Samantha Lalak

Time and Place: Eight sessions, Tuesdays 6:30-8:00 pm (Sept 10, 17, 24, and Oct 1, 8, 15, 22, and 29); Grady Nunn Library

Description: *If you would indeed behold the spirit of death, open your heart wide unto the body of life. For life and death are one, even as the river and sea are one.*—  
Kahlil Gibran

This program facilitates a process of personal reflection, learning, and spiritual growth focused on the topic of death and dying. It brings death, dying, and grief into the light of our daily lives and out of the dark, macabre recesses to which we often relegate it. The program is not a grief support group, nor is it an intellectual study of death. It includes sociological information and reflection, theological reflection, personal and shared narrative, creative expression, journaling, and practical learning and preparation. It helps participants move from viewing death as an abstract concept to developing a personal recognition of its meaning in their life, with the goal that all who participate in the program find a closer and more comfortable relationship with their own inevitable death. This program invites participants to experience death and dying as a healthy part of life, including the preparation, the moment of death, the grieving, and the living on. Open to all adults. NOTE: One session is a trip to a cemetery so this will be scheduled on a different day and time.

## Hope in the Time of Climate Change

Facilitator: Joyce Lanning

Time and Place: Sunday, Sept 15, 11:30 am – 1:00 pm; Grady Nunn Library

Description: The climate is changing and the shifting 'new normal' is becoming more and more challenging. We still haven't solved the civil rights wrongs that were - finally- the focus of the 60s. Now we're threatening the well-being of all living things, including humans of all races and creeds. Let's have a conversation about various paths to changing what we can and living with what we can't change. What visions of a better world and strategies and tactics to get there are available? Which ones resonate for us as individuals and in our groups? Let's find hope in actions, small and large. Bring your own ideas and experiences.

## Building Your Own Theology

Facilitator: Anthony Hamley

Time and Place: Five Sundays (Sept 15, 22, 29, and Oct 13 and 20), 11:30 am – 12:20 pm; Office Meeting Room

Description: UUs have an ambivalent relationship with theology, worship, and church. Many of us have come from religious backgrounds that left us disillusioned or emotionally scarred. As we now find ourselves in our “free faith,” some might reasonably wonder how religious liberals can possibly lead virtuous lives without hope of heaven or fear of eternal hell? To answer that question, I invite you to join me in *Building Your Own Theology*, a 5-week workshop that will ask us not to wrestle with creeds, but instead to develop our own credo: What is it that we value? What is it that moves us to lead good lives? To answer these questions, we will attempt to de-stigmatize the word “theology” and acknowledge that we regularly “do theology” – which simply means reflecting on life’s questions and thinking critically about the “whys” of human experience and the values and convictions we embrace. You are invited to embark on the adventure of exploring and expressing that which is of ultimate meaning and value in our lives.

The book you’ll need for the workshop is Richard S. Gilbert’s *Building Your Own Theology: Introduction (Volume 1)* – ISBN 978-1-55896-408-2. The church office will order a number of these books from the UUA bookstore for individuals to purchase directly from Jennie (cash or \$17 checks made out to UUCB with subject line Building Your Own Theology). The reading to be done **prior to** the first session is pp. v-xvi of the “Introduction.”

### **Book Discussion: *Our Mutual Friend* by Charles Dickens**

Facilitator: Marilyn Kurata

Time and Place: Sunday, Sept 22, 11:30 am – 1:00 pm; room Volker Room

Description: *Our Mutual Friend*, the last novel completed by Charles Dickens, displays the full range of his Victorian genius for political satire, gothic melodrama, social commentary, grotesque comedy, and both sentimental and intensely dramatic love stories.

### **Diversity and Inclusion Workshops**

Facilitators: Tan Bell, Tony Bell, and Cortney Johnson

Time and Place: TBA

Are you interested in learning more about current LGBTQ and racial concerns? Sign up on the weekly connection card to learn more as this schedule of workshops unfolds.

### **Third Tuesday Lunches**

Facilitator: Rev. Julie

Time and Place: Noon-1 pm Sept. 17, Oct. 15, Nov. 19, Dec. 17

Bring a potluck dish and join Rev. Julie for camaraderie and discussion!

Sept. 17 discussion - How to Make UUCB More Accessible and Welcoming for those with Mobility Issues. Other topics to be determined. All are welcome!

### **Health Effects of Air Pollution**

Facilitator: Marion Fintel

Time and Place: Sunday October 27, 11:30 am - 12:30 pm; Volker Room

Description: This presentation will summarize the well-established health disorders associated with high levels of air pollution. A discussion of the different forms of air pollution will be included in this session, and when known, the mechanism by which a particular form of pollution may be exacerbating a particular health problem. This presentation is planned in order to complement and inform the environmental justice work the church is undertaking in this area.

### **Owning Your Religious Past**

Facilitator: Rev. Julie

Time and Place: 7:00-9:00 pm on October 4, and 9:00-4:30 pm on October 5

Many who come to UU bring narratives of religious trauma and unsettling religious pasts. Let us gather for a weekend retreat to process our pasts, moving from a space of discomfort and awkwardness to a space of affirmation and wholeness. Presence for the entire retreat is necessary to move through the stages. Limited space available.

### **Book Discussion: *The Sun Does Shine* by Anthony Ray Hinton**

Facilitator: Samantha Lalak

Time and Place: Sunday, Nov 10, 11:30 am – 1:00 pm, after church service ends; Volker Room

Description: In 1985, Anthony Ray Hinton was arrested and charged with two counts of capital murder in Alabama. Hinton knew that it was a case of mistaken identity and believed that the truth would prove his innocence and ultimately set him free. But with no money and a different system of justice for a poor black man in the South, Hinton was sentenced to death by electrocution. As Hinton realized and accepted his fate, he resolved not only to survive, but find a way to live on Death Row. For the next twenty-seven years he was a beacon—transforming not only his own spirit, but those of his fellow inmates, fifty-four of whom were executed mere feet from his cell. With the help of civil rights attorney and bestselling author of *Just Mercy*, Bryan Stevenson, Hinton won his release in 2015. *The Sun Does Shine* is an extraordinary testament to the power of hope sustained through the darkest times

### SUUnday ForUUm

Facilitator: Jim Albea and Janice Williams

Time and Place: Weekly, Sunday mornings from 9 to 10 am, Room #122 (lower level)

Description: For most sessions, participants will view a 30 minute video from a Learning Company series ("Great Courses") first, with discussion to follow. Just show up, visitors and newcomers are welcome.

### Meditation Group

Facilitator: Mary Williams

Time and Place: Sunday mornings from 9 - 10 am; Room #103 (lower level)

Description: Silent meditation in the Thich Nhat Hahn Buddhist tradition occurs for the first 30 minutes, followed by reading and discussion.

### Parents' Gathering

Facilitator: RE Committee

Time and Place: Every Sunday (except 1st) at 11:30 am; Room #122 (lower level)

Description: This is an informal gathering to meet and socialize, sometimes just hang out, sometimes with interesting programs and discussions.

### MUUSICShare

**Facilitator:** Debra Burrell

**Time and place:** first Tuesday of each month from 6:30 to 8:30 PM in the sanctuary. We often meet for extra practice on third Thursdays, same time, also in the sanctuary.

**Description:** MUUSICShare brings together singers and acoustic instrumentalists of all ages and abilities who enjoy familiar folk songs. We'll usually have only chords and lyrics available, not standard notation sheet music. We emphasize the "Share" in MUUSICShare, leading singalongs for our church friends and family in retirement communities.

### Small Groups

Facilitator: Kim Spidell

Time and Place: Each Small Group determines day and time.

Description: For a set number of meetings, to listen, to share and to make a deeper connection with others. It is an opportunity to connect through readings and thought-provoking exercises. Topics are numerous. The emphasis is on generous listening with a quiet and loving mind.

### An Introduction to Duplicate Bridge

Facilitator: Larry Myers

Date and Place: Saturdays, starting at 1:30 pm, on August 31, Sept 7, 14, 21, and 28 (opt). You must sign up in advance of Aug 31 so the facilitator will know how many table set-ups are necessary. Volker Room.

Description: This class is designed for beginners who want to learn how to play duplicate bridge. Each class will begin with lectures on how to bid and how to play one's hand. Participants will then practice what they have learned by playing several hands of duplicate bridge.

### Hollywood Stories

Facilitator: Dick Segreto

Date and Place: Nov 17 and 24, 11:30 am – 12:30 pm; Grady Nunn Library

Description: Nov 17 is "Hooray for Hollywood," a history of the studios, films, and celebrities; Nov 24 is a discussion of "Citizen Kane," one of the greatest films of all time.

### **Knitting/Crocheting and Handworks Hour**

Facilitator: Elisa Aboatiyeh

Time and Place: Second and Fourth Sunday; Pickett Room

Description: Time of fellowship during the RE hour, open to all looking to share their skills or to learn new ones.

### **UUrban Farmers**

Facilitator: Jim Albea

Time and Place: Four times a year

Description: This is a group for home gardeners to get together to exchange tips, tricks, and gardening stories. All are welcome from experienced pros to those who aspire to garden. Meetings are scheduled in the solstice months: September, December, March, and June. See the church OOS and weekly email for specific dates, times, and room. During the productive months of the year the group will organize regular Farm Stand fundraisers at the church on Sundays.

### **Fall Bird Walk**

Facilitators: Susan Barrow

Time and Place: October 19, Half-Day Field Trip to Turkey Creek: Meet up will be at 8am in The Birmingham Botanical Gardens parking lot. The drive will take 45-50 minutes so if your planning on meeting the group at Turkey Creek, allow yourselves enough time to be there at 9am.

*Directions to Turkey Creek from BBG: Follow Highway 280 merging onto Red Mountain Expressway Access Interstate 20E/ I 59N Use exit 128 / AL79 N to Tarrant. Continue on AL 79 for 11.9 miles before turning left on Narrows Road at intersection of AL79 and AL151. Turn right onto Turkey Creek Road, address 3600 Turkey Creek Road.*

Description: Turkey Creek is beautiful and is the only home to the Vermillion Darter. Most of the trail is wheelchair accessible. Bring snacks, water and binoculars. Dress accordingly. We go rain or shine unless there is thunder and lightning. (Only call on the morning of the trip if uncertain weather is expected)

FYI bird watching is a form of mental exercise that strengthens neural circuits.

### **UUCB Hiking List**

Facilitators: Marion Fintel

Time and Place: To be scheduled as described below

Description: Let's form an email list of members and friends of UUCB who like to hike.

If you are interested in being on the list of people who like to hike with other UUs, please email Marion Fintel. Then if anyone on the list wants to go on a hike, they can use the list to find hiking buddies. For any given hike, the organizer might want to contact individuals they particularly want to get to know better or the organizer could send out an invitation to the whole group to see who might be interested.