Exploring Spiritual Practices
Facilitator: Rev. Julie Conrady
Time and Place: 9 sessions: Nov 6, 6-7 pm (Information session and structure overview) and 2nd Wednesday evenings, 6-7 pm for next 8 months (Dec 11, Jan 8, Feb 12, Mar 11, Apr 8, May 13, June 10, Aug 12). Volker Room
Description: How do we enrich our souls when our world is in peril and our lives are complicated?

Spirit in Practice was created to help Unitarian Universalists develop regular disciplines, or practices, of the spirit—practices that help them connect with the sacred ground of their being, however they understand it. Spirit in Practice affirms religious diversity while seeking unity in our communal quest for meaning and wholeness. Whether participants follow a path they identify as Humanist, Jewish, Christian, Pagan, Theist, Atheist, Agnostic, Mystic, and/or any of the other paths we follow in our diverse congregation, the Spirit in Practice workshops offer a forum for learning, sharing, and growth that can enrich their faith journeys.

One of the things that make our movement unique is that we do not insist that everyone take the same route. The workshops that make up the Spirit in Practice series are predicated on three fundamental ideas:

- That the "free and responsible search for truth and meaning" that we affirm in our Unitarian Universalist principles is a spiritual quest
- That this search is more effectively and more evocatively carried out if we have some training and discipline—not to mention some practice, in both senses of the word—that helps us pay attention to the sacred
- That there is nothing in our lives that cannot serve as a tool for this work

Drawing on a model developed by the Zen Mountain Monastery in Mount Tremper, New York, for the training of its students, Spirit in Practice focuses on eight spheres of holistic and wholehearted spiritual practices. These eight spheres are: Personal spiritual practices, Communal worship practices, Spiritual partnerships, Mind practices, Body practices, Soul practices, Life practices, Justice practices.

UUCB 101
Facilitator: Rev. Julie Conrady & Church Leaders
Time and Place: Three Sundays (Jan 12, 19, 26), 11:15 am - 12:45 pm. Covenant Commons
Join Rev. Julie to learn more about our church, our UU tradition, and how to get connected. Childcare provided upon request. An opportunity to join the church will be included in the final meeting, although membership is open at any time.

Book Discussion: *The Handmaid’s Tale* by Margaret Atwood
Facilitator: Marilyn Kurata
Time and Place: Sunday, Jan 12, 11:30 am – 12:30 pm. Volker Room
Description: Published in 1985, this classic work of dystopian fiction and feminist literature has gained a new audience after its dramatization as a successful television series (which the facilitator hasn’t seen). Join us for an open-ended discussion about why this novel was a huge critical success at its publication, winning prizes in multiple genres, and remains a powerful and disturbing novel that generates passionate discussion and multiple questions.

Stop the Bleed
Facilitator: Member(s) of the Trauma Department at UAB Coordinator: Marion Fintel
Time and Place: January 19, 11:30 am after church service. Volker Room
Description: Every second counts when a person has been severely wounded and is bleeding, whether from a gunshot wound or from a traffic accident. If bystanders can reduce the bleed while awaiting the paramedics, a life might be saved. UAB Trauma Department professionals will provide participants with an hour of hands-on training on how to “stop the bleed”. It is important to sign up in advance for this training, so the Trauma Department knows how many trainers to send to the church.
**Book Discussion: An Indigenous People’s History of the United States**  
Facilitator: Rev. Julie Conrady  
Time and Place: Third Tuesdays, 12 noon - 1 pm, starting January 21st. Narthex.  
Description: Join Rev. Julie for discussion around UUA’s 2019-20 Common Read, *An Indigenous People’s History of the United States*. You are invited to read either edition, but the version for Young People has been updated more recently. Books are $14, payable to the church office. More on the UUA Common Read: [https://www.uua.org/books/read](https://www.uua.org/books/read)

**Parents as Spiritual Guides**  
Facilitator: Nicole Jacobson, Director of Religious Education  
Time and Place: Six Wednesday nights, 6-8 pm, (Jan 15 - Group Building; Jan 29 - Wonder; Feb 5 - Courage; Feb 19 - Justice; Mar 4 - Faith; April 1 - Rituals and Celebrations). Room #122.  
Description: The curriculum for this multi-session course for UU parents was designed by Roberta and Chris Nelson. It helps parents invite spiritual growth into family life with behaviors and rituals that support this dynamic process. The first session explores the many definitions and interpretations of the word *spiritual* for Unitarian Universalists.

**The Human Predicament**  
Facilitator: Dave Roberts  
Time and Place: Sunday, January 26, 11:30 am – 12:45 pm. Volker Room  
Description: Join in a brief introduction to philosophy through science fiction literature. Explore arguments for the existence of the Creator, as given by Cutie, the robot, in Isaac Asimov’s short story, “Reason”, which can be found on the web.

**Make Your Home More Energy Efficient**  
Facilitator: John Morris  
Time and Place: February 9, 11:30 am – 12:30 pm. Volker Room  
Description: Dr. John Morris will lead a discussion on making your home more energy efficient. Over the past year John has put what he has learned into practice with his own home and has significantly lowered his energy consumption. Besides saving money, lower energy consumption means less greenhouse gasses and a cleaner environment, which reflects our 7th Principle, “Respect for the interdependent web of all existence of which we are a part.”

**Faith Meets Business: Climate Solutions for the Common Good**  
Facilitator: Joyce Lanning  
Time and Place: Saturday, Feb 8, Time 8:30 am – 2:30 pm. McWane Science Center, event space on Level C, 3rd Floor.  
Description: A community dialogue on how participants can respond to the climate crisis. Speakers include Dr. James McClintock, Professor at UAB, Polar and Marine Biologist, and Dr. Katherine Hayhoe, Professor at Texas Tech Univ., Atmospheric Scientist.  
Presented by Citizen’s Climate Education-Birmingham, education division of Citizen’s Climate Lobby. For more information contact Joyce Lanning

**Book Discussion: The Unitarian Universalist Church of Birmingham, Alabama, 1952-2017**  
Author and Facilitator: Jeanne Weaver  
Time and Place: Sunday, Feb 16, 11:30 am – 12:30 pm. Grady Nunn Library  
Description: Jeanne will lead a discussion on the history of our own church, inviting participants to share their own memories, experiences, expectations, and hopes for the future.

**Trip to the Geodome**  
Facilitator: Susan Barrow  
Time and Place: February 23, 2020. We can carpool from church at 1:30 or meet on the campus of BSC.  
Description: Young and old, individuals and families, are invited to tour Alabama’s First Virtual Reality Geography Theatre on the Birmingham-Southern campus. The trip will also include a visit to the Interactive Museum and the Ecoscape GardenCost of the trip will be $8.00.  
See web page [ecoscapeprogram@bsc.edu](mailto:ecoscapeprogram@bsc.edu) or search: southern environmental center.
Opportunities for Fellowship

First Sunday Lunch
We celebrate the first Sunday of each month with a pot luck dinner following the service. We ask that members bring a dish that will serve 8-10 people. Visitors are our guests. If you’d like to volunteer to help clean up, one time a year, after 1st Sun. Lunch, please contact Patti Steelman.

Wednesday Evening Potluck
Each week at 5:30 pm, an informal gathering before Children’s Choir, Adult Choir, Youth Group meets in the months of September – May. Bring a dish to share!

Third Friday Game Night
Monthly gathering for all ages, bring your favorite game and your friends too!

Fourth Sunday Lunch for Mid-Somethings (Adults ages 20-40/ and their families)
Look for the location to be posted in the All Church ENewsletter and The Order of Service.

Making Metal Clay Jewelry
Facilitator: Alice Lizee
Time and Place: TBA at Alice’s home.
Description: A class for up to three participants who will each create a pendant and/or earrings out of bronze metal clay. The clay will be pressed into a mold of choice, dried, and refined. A necklace and earring findings will be provided. Alice will fire the pieces in a kiln and return them to the participants. $5 materials fee to be paid to Alice. Interested participants must contact Alice in advance.

UUCB Hiking and Walking Lists
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 and/or walk. Then if anyone on the list wants to go on a hike/walk, they can use the list to identify potential outdoor buddies. Those interested in a particular hike or walk can contact individuals from the list or ask Marion to send an invitation to the whole group to see who might be interested. If you are interested in being on the list of people who like to hike or walk with other UUs, please contact Marion Fintel.

Ongoing Programs

Free Books Table
Each month on the second Sunday, both before and after the service, the book table will be set up. Give books you want to share with the congregation and take items you want to read. Periodically, the table is culled with donations given to nonprofit organizations.
Please only donate items that could be found on library shelves.

Humanist Group
Time and Place: 11:30 am, Third Sunday of each month. Volker Room
The Humanist Group was inspired by the UU Humanist Association. Our goal is to nurture the Humanist tradition within UUCB and to provide a welcoming space for other Humanists in the community. We strive to educate others about the Humanist roots of the UU tradition and provide a place for fellow Humanists to share their experiences of living within a theistic-dominated culture. The Group is open to any who feels drawn to Humanism or who wants to learn more about it.

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.

Meditation Group
Facilitator: Mary Williams-
Time and Place: Sunday mornings from 9 - 10 am; Volker Room (lower level)
Description: Silent meditation in the Thich Nhat Hahn Buddhist tradition occurs for
the first 30 minutes, followed by reading and discussion.

MUUsicShare
Coordinator: Debra Burrell, muusicshare@gmail.com
Time and place: first and third Thursday of each month from 6:30 to 8:30 pm in
the sanctuary.
Description: MUUsicShare is an informal group of singers and guitarists who enjoy
familiar folk songs, with emphasis on the “Share” in our name. We’ll usually have only
chords and lyrics available, not standard notation sheet music, but all acoustic
instrument players, all singers and all ages are welcome!

Parents' Gathering (Informal)
Facilitator: RE Committee
Time and Place: Every Sunday (except 1st) at 11:30 am; Room #122 (lower level)
Description: Please send suggestions for topics to Nicole at dre@uucbham.org.

Small Groups
Facilitator: Kim Spidell- smallgroup@uucbham.org & Leigh Shaffer.
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.

SUUnday ForUUm
Facilitators: 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.

UUrban Farmers
Facilitator: Jim Albea
Time and Place: December (Date and Room to be announced in the Order of Service and All Church
Enewsletter)
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.