

Compassionate Dialogue

There's a lot of talk these days about the need for respectful dialogue, and this workshop is geared towards providing participants with a simple and useful template for addressing conflicts and other difficult conversations. The Dialogue is based on the "Couple's Dialogue" from Harville Hendrix's book, "Getting the Love You Want". We will discuss basic communication and examine how conflicts can be managed constructively using the Dialogue in a variety of situations. There will be time each session to practice the Dialogue through role-playing.

This class will be facilitated by church member Saunis Parsons. Saunis learned active listening, conflict resolution and third-party mediation skills as a help-line volunteer with Townhall II's crisis intervention hotline in Kent. Since discovering the "Couple's Dialogue" she has adapted it for use in many situations. She and her family have used this dialogue successfully for several years, even when her boys were young. Saunis offered this class as a morning workshop at Summer Institute this past summer and participants expressed really enjoying the experience and getting a lot out of it. We're grateful to Saunis for offering this series here in our church this fall.

The class will meet on 6 consecutive Tuesdays, October 8, 15, 22 and 29 and November 5 and 12 from 7-9, which will include a 15 minute break. For more information or to sign up, please call the church office or speak with Saunis.



***Be inspired. Connect. Live your values.
Come as you are.***

Inspire · Serve · Grow

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Adult Religious Exploration

2013 - 2014



**Unitarian Universalist
Church of Kent**

www.kentuu.org

Adult Religious Exploration: 2013 - 2014 Offerings

Spiritual Cinema

Join us each month as we enjoy a movie together with a spiritual theme. Each movie will be followed by a short discussion on the topics raised by the film. Some movies will be accompanied by a short, optional reading that is related to the movie.

Please, check the website each month for more information including titles of movies, dates and location of showings. Movies will be typically hosted on Friday or Saturday evenings at 7 PM at the Church.

Please RSVP for each event with the host of the event. Feel free to bring your favorite beverages and snacks to share. If you would like to suggest a movie or volunteer to host a movie night, please contact Dan Flippo.

More information is available on our website at: <http://www.kentuu.org/education/spiritual-cinema/>



New UU Classes

Our New UU classes cover everything you wanted to know about the Unitarian Universalist Church of Kent in particular and Unitarian Universalism in general, but were afraid to ask. Well, maybe not everything, but we try to give you an overview, a starting point - some history of both, some organizational details. Come join the conversation. And, if you're curious about membership, this is the place to be.

Classes will be Sundays, Nov. 10 & 17. Please check the monthly Chalice Flame newsletter or the church's website for New UU classes in the winter and spring.

Men's Group

The Men's Group meets monthly for men to connect and engage each other for support concerning issues and challenges that arise from being male, husband or partner, father and friend in today's society. Monthly meeting dates, usually held on Sundays after second service, are advertised in the weekly e-nUUs. Please contact Max at maxvgrubb@gmail.com if you have any questions or would like more information about the group.

Beloved Community, Beloved Earth Workshop

Saturday, October 19, 2013

9 AM to 1 PM

Breakfast and lunch provided

Free will donation to cover the cost of food

Leader: Rev. George Buchanan

We face many challenges as we work to sustain ourselves, build stronger communities, and heal our Beloved Earth. Some of these challenges are local, such as hydraulic fracturing; others are more global, including carbon dioxide pollution, drought, and rising sea levels. In this workshop, we consider new and creative ways to sustain our spirits in the face of these challenges. Our focus will be on vision and orientation rather than taking on "one more task." How do we define our positive vision for our Beloved Earth? How can we be strong and resilient over the long haul? What are the ideas, tools, and resources we need to sustain us?

All members and friends of Unitarian Universalist Church of Kent are welcome, including high school youth. Maximum 25 attendees - first come, first served.

Please contact the office to register by Sunday, October 13. Childcare will be available at no charge, however children must be registered prior to the workshop. With this we will be able to plan for the food and the necessary childcare workers.

Small Group Ministry

Facilitated by Members of the Congregation
Offered at a variety of times

Small Group Ministry involves participants meeting regularly for conversation on specific spiritual and ethical topics in defined small groups. It provides a way for members to get to know each other, explore important questions and ideas, and deepen their connections to the church. For much more information, please see the Small Group Ministry brochure which you can find under Lifespan Learning on the church's website.

What We Choose:

Ethics for Unitarian Universalists

We are regularly faced with moral choices, big and small. How should we respond to a tricky family or relationship situation? What is the right thing to do when faced with a dilemma at work? What is the most ethical course for a community, state, or nation to follow, and how much are we prepared to invest in advocating for that course? How should morality or ethics enter our consumer decisions? How do we treat others? Rev. Melissa will lead this course sometime in the late winter and spring. More information will be advertised later in the year through the Chalice Flame monthly newsletter and the weekly enuus electronic update.

Adult OWL

Using values, communication skills and spirituality as starting points, The Adult Our Whole Lives class explores sexuality issues for adults of all ages. This program, offered in the spring, builds understanding of healthy sexual relationships, affirms diversity and helps participants accept and affirm their own sexuality throughout their lives. Jennifer May, Joel Slater and Kat Holtz will facilitate.