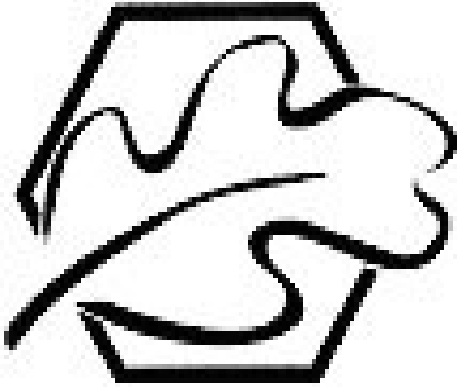


# Fall 2008



## UUSS Adult Enrichment Classes

Unitarian Universalist Society of  
Sacramento  
2425 Sierra Boulevard  
Sacramento, CA 95825-4803  
[uuss.org](http://uuss.org)

### **Conflict Management 101**

Eileen Karpeles

4 Mondays beginning October 13. 7-9 p.m.

Participants will be encouraged to set up a private record of conflict situations from their own lives and use these as laboratory specimens to which they apply some simple principles and techniques and imagine the effects this would have. Please bring a pen and notebook.

As an Accredited Interim Minister, Eileen Karpeles was given extensive training in conflict management by the denomination. She also attended a week-long conflict management seminar with Speed Leas of the Alban Institute. The techniques she learned became the basis of her consultant work with eleven churches in which conflict was an important element--as well as with individuals in conflicted situations.

### **A Journey of Self-Discovery and Personal Change**

Leonard Campos

Thursdays, October 2 through November 13, 7 to 8 p.m

**Minimum attendance:** 8 persons, with commitment to attend all 7 sessions.

In this class you will learn about the different parts of yourself and others; different ways of communicating with others so as to better solve problems; learn to be aware of needs, wants, and feelings so as to be closer with others; learn how early childhood decisions and family injunctions can get in the way of getting what you want; and discover how you can change what you want about yourself. Required text: *Introduce Yourself to Transactional Analysis* by Leonard Campos, Ph.D. Cost of text: \$5.00, payable first day of class.

Dr. Campos is a UUSS member who is a retired psychologist and therapist.

### **Tai' Chi Chih**

Denny Hull

Tuesdays & Thursdays October 28 and 30,  
November 4, 6, 11 and 13  
9 a.m. to 10 a.m.

Participants will learn a lifelong art of combining divine spiritual energy with CHI (intrinsic universal energy). Tai' Chi Chih is often called a moving meditation that requires minimal physical strength and encourages physical and mental relaxation. Participants may stand or be seated in chairs to do the exercises.

Denny Hull is a skilled practitioner and accredited instructor of Tai' Chi Chih. He has taught members of the Kaiser medical group and the Christ Unity Church, and he has given private lessons.

## **Be A Magician**

John Heinen

Saturday, October 18

10:30 to 11:30 a.m.

Ages 10 to 110. Bring a deck of Bicycle playing cards

Maximum of 8 in class

John will teach several very magical tricks that can be performed to entertain friends and family, with minimal sleight-of-hand skills. No class fees. Each enrollee must bring a deck of cards [Bicycle brand], some pocket change, pen and paper.

John Heinen has performed magic professionally for 25 years, and would like to pass on some secrets he has learned.

## **Vegetarian Main Meals**

Glory Wicklund

Thursdays, October 16 through November 6

11 a.m. to 12:30 p.m.

Maximum 10 in class

Explore meatless meals and further the greening of the earth! At each class we will sample two main dishes and you'll go home with the recipes. During the course we will discuss cooking techniques, prep time, grains, beans, vegan cooking and CSA produce and fruit deliveries. Come ready to snack (and help with clean-up)!

Glory Wicklund likes to cook, bakes monthly for Soil Born Farms' American River Ranch, and has been a CSA (Good Humus Produce) customer for several years.

## **Unplugging the Christmas Machine**

Mondays: Nov. 10 & 24, 7:00-8:45 PM.

with Family Minister Roger Jones

Do you long to put peace and joy back into your experience of the holidays? Is it more a time of stress than rest? Do you feel burdened by unrealistic expectations of yourself, or from your relatives? You are not alone. This adult RE course helps us to reclaim our values and plan for a more sane and satisfying holiday season. It's useful for those with children or grandchildren—and others who feel the drag of the machine on their spirits. Register (and request child care) by Nov. 8 with Roger at [roger@uuss.org](mailto:roger@uuss.org).

## *Other UUSS Classes for Adults*

*(The following classes are not organized by the AE Committee but are listed with separate signup information.)*

### **Sharing the Journey with Rev. Doug Kraft**

No cost, no signup. Come once or come always.

Second Sunday, 12:45 p.m.

Second Tuesday, 7:00 p.m.

### **The Spiritual Journey with Rev. Doug Kraft**

Wednesdays, Oct. 8-mid December, 7:00 p.m.

To sign up, call Doug at 483-9283 x 201 or email

[doug@uuss.org](mailto:doug@uuss.org).

### **Deep Ecology Discussion Group**

Barbara Gardner

2nd & 4th Mondays, 6:30 - 8:30 p.m.

[barbarajgardner@yahoo.com](mailto:barbarajgardner@yahoo.com) or 916-487-3060.

### **UUSS Harmonies**

First and third Monday afternoons, Fahs Room

Musicians at 1 p.m., singers at 1:30

Judy Lane, [jlane612@earthlink.net](mailto:jlane612@earthlink.net) or 457-4527

## *How To Register for Adult Enrichment Classes:*

To pre-register, sign up at the Adult Enrichment Table after services on September 14 or 28. You may also email Kathryn Canan,

[kacanan@yahoo.com](mailto:kacanan@yahoo.com), or call (916) 723-2409.

Pre-registration helps ensure that classes won't be cancelled.

## *Class Locations:*

Please check the daily activities board upon arrival.

## *A Word About Commitment:*

These classes are offered at no charge thanks to the generosity of our volunteer teachers. They put a great deal of time and effort into class preparations. Please take your commitment seriously and let the teacher know well in advance if you must be absent. Please note that some classes request a commitment to attend all sessions.