Adult Spiritual Education at First Universalist Church is organized to advance our mission by promoting growth and transformation through educational and developmental experiences designed for spiritual exploration, connection and renewal.

Offerings are coordinated by the Adult Spiritual Education Committee (ASEC) and are led both by members of our church and ministers. Classes may be repeating, drop-in, in-depth over several sessions, lecture or discussion, and are offered at both day and evening times.

Childcare is available for some classes and can be requested on the online class registration form.

Our **Emergence** program, offered after services on Sundays and on the fourth Tuesday of each month, focuses on learning about the past and present of Unitarian Universalism, our church community, the Seven
Principles and being in community.

**Small Group Ministry** is a vital ministry of First Universalist Church. It is a place to gather on a monthly basis with a group of no larger than twelve to reflect on a theme and create intimate community and mutual support. Each group forms a covenant together and is led by a trained facilitator.

While there is no charge for classes and small groups, we do request that you register for each class. This will enable the facilitator to plan for the right number of handouts, even when they are drop-in type events. Some classes have space and/or participation limits and the registration process will prevent over-enrollment. Also you can be notified if a class needs to be cancelled because of an emergency.

The ongoing **Living for Our Future** workshop series is a project of the Green First Task Force of First Universalist Church. Each workshop is facilitated by a subject matter expert and brings together all those interested in having positive impact on our Earth and stopping climate change and giving us practical ways to make changes in our lives.

**Emergence**

Programs held on Sundays following services and the fourth Tuesday of the month.

**Pathways to Membership & Connection**

All are welcome to attend this ninety minute class designed for newcomers and those considering joining the church. Led by Rev. Dylan Doyle-Burke, Assistant Minister, this program is offered approximately every six weeks on Sundays following the service. Registration is required. Enjoy a light lunch while learning about Unitarian Universalism and the life of this church.

**The Seven Principles**

This series will explore how we live into the seven principles shared by Unitarian Universalists using the book *Principles Matter*. Examine the ways your unique attitudes, beliefs and values inform the way we live into our principles. Facilitated by Tam Barthel and guest speakers and authors.

- **Principle Four: “A Free and Responsible Search for Truth and Meaning”**
  Tuesday, Jan. 22 – 6:45pm – 8:15pm

- **Principle Five: “The Right of Conscience and the Use of the Democratic Process Within our Congregation and Society at Large”**
  Tuesday, Feb. 26 – 6:45pm – 8:15pm

The book *Principles Matters* is a collection of essays written, edited, and published by members of First Universalist Church of Denver.
Principle Six: “The Goal of World Community with Peace, Liberty, and Justice for All”
Tuesday, March 26 – 6:45pm– 8:15pm

Principle Seven: “Respect for the Interdependent Web of all Existence of Which We are a Part”
Tuesday, April 23 – 6:45pm– 8:15pm

Final Session: “Living the Principles”
Tuesday, May 28 – 6:45pm– 8:15pm

Compassionate Communication:
A Source of Hope in Difficult Times

Compassionate Communication is a spiritual practice very much in keeping with the values of Unitarian Universalism. It enables us to be more effective in maintaining relationships with people with whom we may disagree in our family, the congregation, and the wider community. Registration is limited to 30 participants.

Sundays, Feb. 17, March 17 and April 21, 11:30am – 1:00pm
Led by the Rev. Dr. Ellen Johnson-Fay and Barry Johnson-Fay. Ellen is Minister Emerita of All Souls Unitarian Universalist Church. Together they have led workshops for a variety of organizations and small groups over the past 10 years.

“A people without the knowledge of their past history, origin and culture is like a tree without roots”
- MARCUS GARVEY

Roots Hold Us Close

This is a four-part series lovingly developed by the Archives Committee. Discover the roots of First Universalist that led us to who and what we are today. We hope you will join us for all the sessions. Facilitated by Rev. Stephan with Rev. Bill Robinson and other guest speakers

Session 1 is “Founders: First Universalist’s Early days”
Sunday Feb. 3 - 11:30 am-1:00 pm

Session 2 is “Saving First Universalist: The Robinson’s Story”
Sunday March 3 - 11:30 am-1:00 pm
Session 3 is “Dynamic Development: From Freedom to Feelings of Maturity”
Sunday April 7 - 11:30 am-1:00 pm

Session 4 is “Letting the Light Out and In”
Sunday May 19 - 11:30 am-1:00 pm

The Stories and Theologies of Unitarian Universalism

Our minister emeritus, Reverend Stephan Papa, will lead three sessions and share stories and theologies of Unitarian Universalism. Attend all three or any one of them to learn more about our rich and inspirational Unitarian Universalist roots.

Sundays, Feb. 10, March 10, April 14, 11:30 am – 1:00 pm
Facilitated by Rev. Stephen Papa, minister emeritus

Small Group Ministry

We are now forming new groups of up to twelve participants each.

Forgiveness

This small group will explore what it means to practice and receive forgiveness. As a small group ministry it will create a space to engage with how we as individuals and a community can ground ourselves deeper into the spirit of forgiveness and how we can live our lives more fully through that spiritual practice.

Tuesday, February 26, March 26, April 23, May 28, 6:30-8:30
Facilitator: Mary Raynard, almost-graduate of Iliff Seminary

Grief

This small group will explore grief in its many forms. This will be a sacred, confidential, and non-judgmental space to reflect and feel together. Though participants will be invited to tell and process their own stories of grief please note that this is not a formal support group or therapy group. All are welcome.

Tuesday, February 12, March 12, April 9, May 14, 6:30-8:30
Facilitator: Rev. Dylan Doyle-Burke
Soul Matters Small Groups

Using the Soul Matters curriculum that relates to themes explored in our Sunday worship services, these small groups will meet together monthly to explore themes ranging from hope to love. It is an opportunity to form community, grow intellectually and spiritually, and engage with new ideas from many perspectives and traditions.

**Soul Matters 1**
Tuesday, February 26, March 26, April 23, May 28, 6:30-8:30
Facilitator: Ian Jaffe

**Soul Matters 2**
Tuesday, February 12, March 12, April 9, May 14, 6:30-8:30
Facilitator: Heather Austin

**Soul Matters Women’s Group**
Tuesday, Feb. 19, March 19, April 16, May 21 – 4:00 – 6:00 pm
Facilitators: Ruth Guy and Joyce Williams

Training for Small Group Facilitation for Adult Spiritual Education

Boost your skills and your confidence in leading small groups or classes at the church. Review the necessary steps to take for good preparation, and how to build and maintain trust among members. Help create thoughtful and stimulating discussions that stay on track. Enjoy watching your group form a healthy personality of its own, whether it meets once, a few times, or is ongoing.

This session is targeting those who will be starting small groups or classes this trimester.

Limit: 12 participants
Sunday, January 27, 12:00 – 2:30 pm
Facilitators: Melanie Budd and Ilene Kasper
Living for Our Future

Living for our Future is a program of the First Universalist Church of Denver’s Green Task Force that is working to help people live in accordance with our 7th Principle, Respect for the interdependent web of all existence of which we are a part.

Investing for our Future: Divesting, Re-investing, and Solar
Sunday, January 27, 2019, 11:30am - 1pm
Hospitality Center
Facilitators: Tom Abood and John Bringenberg

Getting to Zero Waste
Sunday, February 24, 2019, 11:30am - 1pm
Hospitality Center
Facilitators: Toni Nading and Linda Baggus

Traveling Green
Sunday, March 24, 2019, 11:30am - 1pm
Hospitality Center
Facilitators: Tom Abood and Toni Nading

Understanding your energy and water footprints
Sunday, April 28, 2019, 11:30am - 1pm
Hospitality Center
Facilitators: Linda Baggus and Toni Nading

Registration & Updates

Class times and dates printed in this catalog are subject to change. For the most up to date information about each offering, please visit FirstUniversalist.org and click ”News & Contact” to find a form to subscribe to our email newsletter.

You can also visit the Events page on our church’s website for more detailed descriptions of each offering and a link to the simple online registration form.

Thank you for taking the time to register so that we may best prepare for each program and ensure space for all participants.