

## LIFESPAN RELIGIOUS GROWTH AND LEARNING NEWSLETTER

Kim Beyer-Nelson, DRGL  
uukim@inebraska.com

483-2213/488-9643

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### Solstice this Sunday at 5:00 PM!

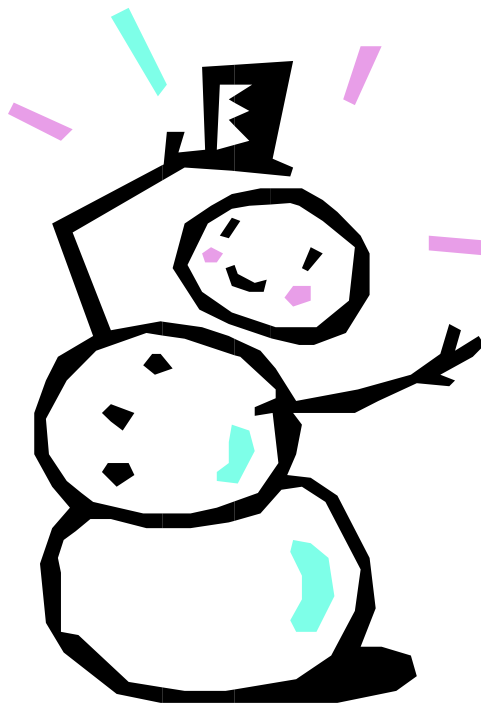
Julie, the choir members and our kids have been busy the last couple of weeks getting ready for our annual Solstice program. This year, the music portion of our program is drawn exclusively from our new hymnal, allowing us to celebrate the new music that it has brought into our congregational lives.

One change this year that I hope you notice is the inter-generational choir. Our children's voices will be a welcome addition to the usual adult choir, and we hope will encourage our children to "keep singing" as they grow up.

Our program begins at 5:00 this year, and we would like all children and adult participants in the

building by no later than 4:45. Please remember, too, that we have an important dress rehearsal on Saturday, December 10, from 9:00—11:00 AM. It's fine if you need to pack a snack for your kids.

Michael Fitzsimmons



and Carol Goebes will again be adding their

own special musical talents to the program, and we'll feature two short plays as well as the readings you have come to enjoy in past Solstice programs.

What should you bring? Well, we could use another three vats of soup, so please let me know if you would be able to do that. Otherwise, here is the office what-to-bring-to-the potluck list:

A-H: Finger foods (olives, crackers, sliced veggies, deviled eggs, etc.)

I-O: Desserts of all kinds

P-Z salads of all persuasions.

I am looking forward to filling the house and feasting with friends this Saturday. I sure hope you will join us!

#### Special points of interest:

- *Solstice celebration*
- *Volunteer table*
- *Labyrinth Retreat*
- *Understanding the Bible*
- *Introduction to Tibetan Buddhism*

### Look for the volunteer table!

We have a number of volunteer spots to fill for our program's second semester. Please stop by the RGL Volunteer table and see where you can put your talents and times to good use.

If your children have been benefiting from the RGL program this year and you have not volunteered yet, I urge you to do so, because our need is very great.

Please feel free to direct questions to folks manning the tables the next couple of Sundays, or contact Kim via phone or email with specific questions



## **Labyrinth Retreat, Saturday, December 17 10:30—3:00**

The season's pace sometimes leaves us feeling dry and rather Grinchish. I would like to invite you into a space where you can feel the juicy spirit within come alive within you again.

This contemplative retreat will focus on our life intentions, those movements of spirit that call us to action or into stillness. Using the vehicle of the canvas floor labyrinth, journaling, movement and group spiritual direction, this quiet retreat will ask you to clarify the energy of your life and create space to begin to move those intentions from the metaphysical

realm into the physical.

Please be sure to bring a journal and writing instrument as well as a sack lunch for the day. Kim will



supply snacks and drinks (and maybe some chocolate, which is

can be the food of mystical experience after all!).

Enrollment is limited to 10 participants and the sign up is on the Fireplace Hood. The cost of the day is only \$20.00, and is payable the day of the retreat.

Questions? Contact Kim Beyer-Nelson at 402-483-2213 or 488-9643, or email her at [uukim@inebraska.com](mailto:uukim@inebraska.com)

## **Sunday Book Discussion: Understanding the Bible: An Introduction for skeptics, seekers and religious liberals by John. A Buehrens**

If you were part of the Second Paradigm Christianity class that ran a couple months ago, you will recognize the title. A number of folks in that class wanted to read a little more of Buehrens's work, so here is your chance to join us. Beginning Sunday, January 8 at 11:15—12:30 in the meditation room

**"Today, many otherwise well-informed, intelligent people - religious liberals, seekers after wisdom and justice, even skeptics and news media—often speak as though the Bible says and means only what those fundamentalists say it says and means....but that doesn't mean the Bible goes away!" Buehrens, 4**

(classroom 11), we'll explore the Unitarian Universalist's response to the Christian Bible, and how that monumental work of literature touches our lives today.

the book (ISBN: 0-8070-1052-9) and read the first section of the book appropriately entitled "Before We Begin".

There is a sign-up sheet on the fireplace hood for this class; be sure to put your name on it, so we can be sure to have the appropriate "digs" for our class. Thanks much!

Please purchase your own copy of

## **Introduction to Tibetan Buddhism Begins January 10**

Over the course of this eight week class, come and learn the basic philosophy and practice of one of America's fastest growing religions. This program on Tibetan Buddhism will use the set of 8 video tapes created by the Foundation for the Preservation of Mahayana Buddhism and will include provided supplementary readings between classes.

Even if you doubt you will ever become a practicing Buddhist, this program will help you appreciate the rich cultural and philosophical heritage of Tibet and explore the ways it is changing as it encounters

the West, as well as how the West is changing in response to Buddhist thought. The videos will introduce you to both Eastern and Western teachers of the Dharma and provide a firm support for learning about this incredibly complex and beautiful religion of the mind and heart.

The class costs \$40.00 for the series. Please sign up for the class on the fireplace hood so we can plan for the right space in our church. Please contact Kim if you have any questions.

