

November - Story

- 11/2 Civil Conversations Workshop Series - 6pm
Today's Topic - "Words matter"
- 11/3 Silver Sages - Tools - 2-4pm
Planning your memorial
- 11/6 Spiritual Journeys Small Group - 12:30-2pm
- 11/7 Unplugging the Christmas Machine 6-8pm
- 11/9 Civil Conversations Workshop Series - 6pm
Today's Topic - "Listening & generous Questions"
- 11/10 Healing the heart of Democracy Book Group
- 11/12 Foothills Auction
- 11/13 Spiritual Journeys Small Group - 12:30-2pm
- 11/16 Civil Conversations Workshop Series - 6pm
Today's Topic - "Love as a public Good"
- 11/17 Vesper's Service
- 11/19 Intercultural Competency Workshop 9am - ?
- 11/17 Silver Sages: Tools - 2-4pm Emotional and Spiritual
Questions at end of life and after death
- 11/17 Tangled Blessing group 6-8pm
- 11/20 Spiritual Journeys Small Group - 12:30-2pm

December - Presence

- 12/1 Tangled Blessing Group 6-8pm
- 12/4 Spiritual Journeys Small Group - 12:30-2pm
- 12/4 UU History with Sean 2:30-4:30pm
- 12/8 Tangled Blessing Group 6-8pm
- 12/11 Holiday Craft Workshop 2-5pm
- 12/15 Tangled Blessing Group 6-8pm
- 12/16 Holiday Caroling Party 5:30 - 8pm
- 12/18 Yule Ritual 6pm
- 12/22 Winter Solstice Vespers & Connections Dinner
- 12/22 Tangled Blessing Group 6-8pm
- 12/29 Tangled Blessing Group 6-8pm

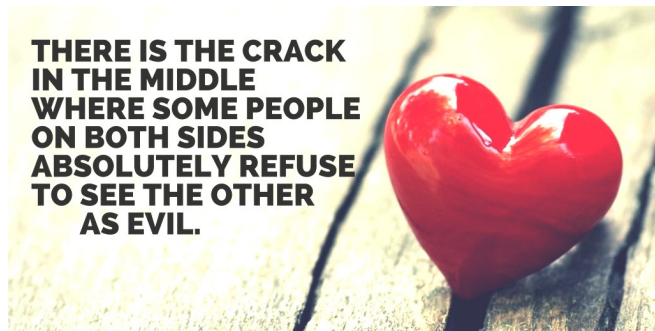


Adult
Faith Formation
& Religious Exploration
Fall 2016



*Embracing Our Diversity,
Growing Our Faith,
Awakening Our Spirits...*

Our 2016-17 Yearly Theme: Learning to Lovingly Disagree



Our over-arching theme for our Adult Faith Formation and Religious Exploration Program this year will be **"Learning to Lovingly Disagree."**

We feel that engaging this theme is important in a world threatened by increased polarization, lack of true listening and deep connections. As the election season heats up, it becomes especially important to develop tools to help us lovingly engage across differences. Our faith calls us to practice the affirmation that *"we need not think alike to love alike."* In the coming year, many of our programs will help us to develop practices and knowledge to become a people who love alike, regardless of the ways we may think or believe. We hope everyone will find a way to participate in this important shared journey. Join us in our newly drafted mission, as we *"unleash courageous love in Northern Colorado and beyond by embracing our diversity, growing our faith, and awakening our spirits to the unfolding meaning of this life."*

EVENTS BY MONTH

September - Covenant

- 9/2 - 9/5 Buckhorn Retreat - includes Sunday Worship, & a variety of Workshops & Activities
- 9/10 Path to Membership Class 9am - 1pm
- 9/11 First Sunday of 2 services - 9am & 11am
- 9/17 Wellspring Kickoff Retreat 9am - 2pm
- 9/20 Wellspring Begins - meets 1st & 3rd Tuesdays 6-8pm
- 9/21 Foundations of Unitarian Universalism: Covenant Series begins
- 9/22 Silver Sages - Tools - 2-4pm Overview Exploring Issues of Aging
- 9/22 Vespers Service & Connections Dinner
- 9/25 Adult Autumn Equinox Ritual 6pm

October - Healing

- 10/2 Installation of Rev. Gretchen Haley 4pm
First United Methodist Church
- 10/5 Foundations of Unitarian Universalism continues
- 10/6 Silver Sages: Tools - 2-4pm
Advance Care Planning Overview
- 10/9 Explorations Small Group begins 12:30 - 2pm
- 10/8 The Art of Dialog Workshop 10am-1pm
- 10/12 Foundations of Unitarian Universalism continues
- 10/15 Mindfulness Retreat - 9am-1pm
- 10/16 UU History with Sean 2:30 - 4:00pm
The History of the Chalice
- 10/20 Silver Sages: Tools - 2-4pm Advance Care
Planning - Specifics, paperwork, decisions
- 10/20 Vespers Service
- 10/26 Foundations of Unitarian Universalism continues
- 10/30 Pumpkin Carving Night 2-5pm



Special & Ongoing Events

SPECIAL EVENTS

Monthly Vespers Services - Usually 3rd Thursdays 6pm

Foothills Auction - 11/12 5:30 pm

Autumn Equinox Ritual - 9/25 6pm

Installation of Rev. Gretchen Haley - 10/2 4pm

Pumpkin Carving Night - 10/30 5:30-8pm

Holiday Craft Workshop - 12/11 2-5pm

Caroling & Chile Supper Night - 12/16 5:30pm

Yule Ritual - 12/18 6pm

ONGOING EVENTS

Faith Café - 1st & 3rd Sundays 10:15 - 10:45am

Minister Meetups

Every Thursday rotating between evenings and mornings

Evenings 7-9 pm at various Microbreweries

Mornings 9-11 am pm at various Coffee Shops

Parent Sunday Meetups - 2nd & 4th Sundays
10:10-10:45

Monday Meditation - 2nd & 4th Mondays 5:30pm

Saturday Morning Yoga - 1st & 3rd Saturdays 8am

Tonal Chant - 2nd & 4th Saturdays 9:15am

Tai Chi Chih - Mondays 10 - 11am

Monthly Theme Playshop 1st Sunday 9-10am

Midlife Transformation group - 1st Sunday 12:45pm

Brotherhood Men's group - 3rd Thursdays 7pm

MUUMS Woman's group - 2nd & 4th Tuesday 6:30pm

Adult Discussion group - Sundays 9:30am



*...to the Unfolding Meaning
Of this Life*

Our 2016-17 Monthly Themes

We also have Monthly Themes at Foothills.

These themes stir up a congregation-wide examination of our values, perspectives, questions, and ideas around life's most pressing questions.

We explore these themes in worship, in faith formation classes for children and youth, and in many of the programs you'll find in this catalog, allowing us to grow as a whole community, across all ages and stages of life on a shared path.

As a member of the *Soul Matters Sharing Circle*, we receive a packet of monthly reflections, readings, classes, and other resources related to the theme. We use these resources to shape our ministries. You can find this packet posted on our website, or by contacting our office to be added to our monthly distribution email.

- September: Covenant
- October: Healing
- November: Story
- December: Presence
- January: Prophecy
- February: Identity
- March: Risk
- April: Transformation
- May: Embodiment
- June: Zest

Monthly Theme Playshop - join us the 1st Sunday of each month from 9-10 am in the RE Building for an interactive exploration of our theme for all ages!



In this Catalogue

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- P.15. Calendar of Events by Month

TO SIGN UP:

You can sign up for classes, groups and programs on the church website at tiny.cc/UUAdultRE or at the Adult Faith Formation & Religious Exploration table in the Social Hall.

Programs that do not require sign ups are marked with ✨

LOCATIONS:

All classes and groups take place at the church unless otherwise noted. Room numbers will be listed on the digital signs in the church foyer and Religious Exploration building. Minister morning Meetups happen at Cuppy's coffee shop and evening Meetups take place at breweries. Watch the "Extra" or call the office for this week's location.

CHILDCARE:

Childcare is offered for most church programs on request 48 hours in advance.

To request childcare email childcare@foothillsuu.org.

Midlife Transformation Group

Meets 1st Sundays at 12:45 pm at various restaurants. This group explores fellowship & transformation in the second half of life.

Contact eleanorv@foothillsuu.org. Join our Facebook group - *Foothills Midlife Transformation* to connect & find out about activities.

For Seniors

Silver Sages - Tools for Aging Series

Every other Thursday in Oct & Nov 2-4pm

See details on page 12.

Social Senior Potluck - 1st Monday at 5:30 pm

Make new friends and catch up with old friends.

Bring a main dish, salad or dessert. Singles, couples, men, women – all are welcome.

Contact Hugh Price (hughpp@gmail.com)

or Howard Spivak (barney2261@yahoo.com).

Senior Knitting Group - date & time tba

Contact Carol Kitts ckitts308@gmail.com

Triumph over Technology - "stress-free ways to manage your digital life" Every other Thursday 2 - 4 pm.

For Men

Foothills UU Brotherhood - for men of all life stages.

3rd Thursdays, 7 - 8:30 pm

Contact Doug Schlam dpschlam@yahoo.com

For Women

Slightly Senior Sisterhood Small Groups

Small groups for women over 50 growing & learning in community. Contact Rev. Sean Neil-Baron sean@foothillsuu.org to join or form a new group.

Slightly Senior Sisterhood Luncheon

Every other month on the 2nd Wednesday 12pm
contact peg.macmorris@gmail.com

MUUMS (Mostly UU Moms - all Women Welcome)

2nd & 4th Tuesdays 6:30pm

A group for mothers with children of all ages, and all women - contact Abigale Grace inlovage@gmail.com



Support for all Life Stages

For Young Adults

Second Sunday Brunch - 12:30pm at various locations Contact Christopher Watkins Lamb youngadults@foothillsuu.org and join our Facebook group - *Foothills Young Adults*

CSU Campus Ministry - meets on CSU Campus contact Kelly Connor campusministry@foothillsuu.org

For Parents/Families

Parents Sunday Meetup (formerly coffee chat) 2nd & 4th Sundays 10:10 - 10:45 am Join us to for coffee, snacks and conversation as we explore topics of interest to UU parents. Contact eleanorv@foothillsuu.org

FUUN - Families of Unitarian Universalism Unite Join our Facebook Group - *FUUN - families of UU Unite!* to connect with other UU families for shared activities and support. Contact eleanorv@foothillsuu.org

Dads of Young Children Join other UU dads of young children for fellowship and social time. Various times & locations Contact Alex Harris aywacks@gmail.com

Legacy - Mother Daughter Group A group for mothers, daughters and women of all ages to experience community and support. Contact Ruth Beauchamp ruthbeauchamp@gmail.com

Monthly Theme PLAYSHOP Join us the 1st Sunday of each month from 9-10am in the RE Building for an interactive exploration of our monthly theme for all ages! A wonderful way for families to enjoy time together at church.



Your First Steps

Where to Begin if You're New or want to Re-New

• **Faith Café** ☼
1st & 3rd Sundays at 10:10 am
Join a Minister, staff member, or lay leader for an informal conversation over coffee, engaging a question about the sermon or monthly theme and learn more about Unitarian Universalism.



• **Explorations Small Group**
4 Sundays, Oct 9th-30th, 12:30pm
A group for newcomers to explore: Where am I on my spiritual journey, and how might it connect to the spiritual journey of this church?

• **Path to Membership Class**
Saturday September 10th 9 am -1 pm
A workshop to explore the meaning of membership and the practices to make your membership at Foothills meaningful. *Required for membership.*

• **Connections Salad Supper**
Thursday September 22 at 6:45 pm
Get to know others in the church and share stories of making meaningful connections. Find your place of service and joy.

• **Minister Meetups** ☼
Meet with ministers & staff in a casual setting. Learn about Foothills and how you can make connections
Every Thursday rotating between evenings and mornings
Evenings 7-9 pm at various Microbreweries
Mornings 9-11:00 am pm at various Coffee Shops
Please check the Extra and online calendar for exact dates and locations.



small groups

UU Wellspring

Wellspring is a new Small Group for Deep Connection and Spiritual Practice. The group will be led by Sean Neil-Barron.

Wellspring begins with a Retreat on Saturday, September 17th 9am - 3pm
Meets on 2nd & 4th Thursdays 6:30 - 8:30 pm for 9 months

Wellspring has 5 strands —

1. A commitment to daily spiritual practice
2. Participation in a twice a month small group gathering
3. Individual work with a spiritual director
4. Weekly reading and/or exercises for reflection and knowledge
5. Reflection and commitment to live out our values in the world

Contact sean@foothillsuu.org for more information about Wellspring.

Explorations Small Group

4 Sundays, Oct 9th, 16th, 23rd, 30th - 12:30 - 2:00 pm
A group for newcomers to explore: where am I on my spiritual journey, and how might it connect to the spiritual journey of Foothills Unitarian Church?

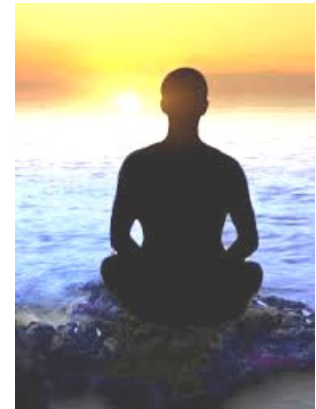
Spiritual Journeys Small Group

Sundays, Nov 6th, 13th, 20th, Dec 4th 12:30 - 2:00pm
A small group to continue your spiritual journey in community using the tools of Unitarian Universalism.



Mindfulness Retreat

Saturday October 15th 9am -3pm
Mindfulness is the practice of purposely focusing your attention on the present moment and accepting it without judgment. Join us to explore how everyday mindfulness practices can enrich our lives.



Mindfulness Practice Group

Sundays, October, 16th-Nov 20th 9:15 -10:15am Join us for 6 Sundays to develop intentional practices of Mindfulness.

Monday Meditation

2nd and 4th Mondays 5:30 pm begins September 19th
Led by church member Jay Ham

Tai Chi Chih

Mondays 10 - 11am begins September 19th
T'ai Chi Chih (TCC) is an easy to learn, healing meditative movement practice. No experience necessary. Led by church members Doriane Tippet & Lisa Stroyan

Saturday Morning Yoga

1st & 3rd Saturdays, 8 - 9:15am begins September 17th
This mixed level yoga class is appropriate for all levels of teens and adults. Led by church member Susan Kitchens

Tonal Chant

2nd & 4th Saturdays , 9:00 -10:00 am begins Sept 29th
An opportunity for non-singers and singers alike to blend vocal sound through chant. Breathing, exploring sound, and centering. Led by church member Deb Marsden



Classes & Workshops

Silvers Sages - Tools for Aging Series

Every other Thursday, Sept 22, Oct 6, Oct 20, Nov 3, Nov 17 2-4pm. This class will be led by Lutheran Family Services Aging Lifecare managers, Rev. Gretchen Haley and Guests

- **Sept 22: *Telling Our Stories, Bearing Witness:*** Aging isn't for Sissies - we will explore loss and joy in life's later stages, how and when to seek outside help, when to seek a memory screen, adjusting expectations, sustaining meaning and purpose
- **Oct 6th: *Advance Care Planning Part 1:*** An overview of the major decisions we face as we enter the final third of life
- **October 20th: *Advance Care Planning Part 2:*** Following up on the conversations on the 6th, we will complete forms, and answer specific questions around important decisions for all of our lives.
- **November 3rd: *Emotional and Spiritual Questions at End of Life and After Death***
- **November 17th: *Celebrating Your Life:*** Planning your memorial and other decisions at death.

Triumph over Technology - "stress-free ways to manage your digital life"

Every other Thursday, Sept 29, Oct 13, Oct 27, Nov 10 2 - 4 pm.
Led by church member Andrea Bazoin.

- **Sept 29: *Keeping in touch:*** *an intro to smart phones, social media, and video chatting*
- **October 13: *Managing your photos, videos, and documents:*** *learn how to manage, edit, share, and store photos*
- **October 20: *Protecting your online privacy and identity:*** *tools for safely managing passwords and other secure information.*
- **November 3: *Preparing a digital legacy:*** *an overview of the importance of considering your digital assets when preparing your estate.*

Theme/Sermon Small Group ✿

2nd & 4th Sundays, ongoing 12:30 - 2:00 pm starts 9/25
Join us to more deeply explore our monthly church theme as reflected in Sunday sermons.

Tangled Blessings Group

A holiday support group for grief & loss
Thursdays, 6-7:30 pm

Nov 17, Dec 1, Dec 8, Dec 15, Dec 22 and Dec 29

In these 6 sessions, we will explore the stories we carry of grief and loss, offer one another support, and seek practices of healing and growth. Attend one or more as works for you.

Foothills Earth Based Path Group ✿

2nd Sundays at 12:30 pm

A small group for those inspired by an earth based spiritual path. This group presents quarterly earth based celebrations on the equinoxes and solstices. Contact Beckie Wagner - elmbeckie@yahoo.com or eleanorv@foothillsuu.org

Foothills Humanist Book Group ✿

This group explores readings on a wide variety of topics related to humanism, ethics, and religious history. Look meeting times and a list of specific books in the extra. Contact Sue Ballenski - s4ballenski@hotmail.com

Sunday Morning Adult Discussion Group ✿

Sundays at 9:15-10:15

Discussion topics are based on articles and books related to religion, morality or ethics. Look for topics in the Extra newsletter.

Minister Meetups ✿

Meet with ministers & staff in a casual setting.

Every Thursday rotating between evenings and mornings

Evenings 7-9 pm at various Microbreweries

Mornings 9-11:00 am pm at various Coffee Shops

Please check the Extra and online calendar for exact dates and locations.





Classes & Workshops

No Sign ups required for any groups on this page

Foundations of Unitarian Universalism: Covenant

Wednesdays, September 21st - Oct 26th, 6 - 7:15pm

Pizza and salad supper before each class at 5:30 pm

Dig into Unitarian Universalism's core teaching - Covenant in this series looking at the history, theology and practice of the covenantal way. Attend one or all in the series.

- Sept 21: Covenantal vs. Creedal: An overview of the Covenantal Way
- Oct 5: How We Lost the Covenant: Division and Individualism in UU History
- Oct 12: Promising Creatures: Claiming the Theology and Anthropology of our Liberal Covenant
No class on October 19th
- Oct 26: New Habits for the iChurch: Practices for Covenant Today

Civil Conversations Series

Wednesdays, Nov 2nd - Nov 16th, 6:00 - 7:15pm

Pizza and salad supper before each class at 5:30 pm

Building on the theology and practice shared in the Covenant series, this series will offer tools and reflection opportunities for those who hope to be leaders in what Krista Tippet calls a "muscular civility." Attend one or all in the series.

- Nov 2: Words Matter: Developing a more intentional vocabulary
- Nov 9: Listening and Generous Questions: Learning to listen deeply
- Nov 16: Love as a Public Good: Bringing faith into the public square

Unplugging the Christmas Machine

Monday November 7th 6-8pm This class will explore how you can reduce the stress of preparing for Christmas, make



Classes & Workshops

your celebration more spiritual and less materialistic.

The Art of Dialogue Workshop

Saturday, October 8th, 9am - 1pm

Presented by special guest Darrick Hildman

This workshop focuses on building Empathy, Acceptance, and Authenticity by learning a Roadmap for Understanding Self and others. It studies core concepts like perceptions, meaning, emotions, needs and behaviors and then roadblocks and skills for Listening and Speaking.

Lunch included - suggested donation \$6

Healing the Heart of Democracy:

The Courage to Create a Politics Worthy of the Human Spirit- Book Discussion and Reflection

Wednesdays, Nov 30th and Dec 7th - 6-7:15 pm

Join us for this critical conversation as we discern our role as a faith community in today's polarized climate.

Books available for check-out in the office library.

UU History with Sean Neil-Barron

Episode 1. History of the Flaming Chalice

Sunday, October 16th, 2:30 - 4:30 pm

Episode 2. How Unitarians Changed the Face of Death

Sunday, December 4th, 2:30 - 4:30 pm

Want to feel more connected to Unitarian Universalism? UU history is a treasure trove of wisdom and cautionary tales.

Find guidance and wisdom from our ancestors whether you feel like a scholar or newbie in this new adult faith formation offering. Join Sean Neil-Barron for a dive into our history.

Before each class participants will be sent an episode of the Pamphlet Podcast (pamphletpodcast.org) to read or listen to beforehand. Sean will do a bit of expose followed by a guided discussion or activity.