

BRUU's ADULT LIFE ENRICHMENT COURSES & WORKSHOPS



SPRING 2016



BRUU A.L.E. COMMITTEE

Permanent Members

Kathy Sobrio, Chair
Angie Carrera
Julie Earl
Doris Galvin
Paul Galvin
Marti Giese

Spring Task Force Members

Frances Barlas
Frank Gregorio
Cherie Romanek
Wade Stephenson

BRUU'S ADULT LIFE ENRICHMENT PROGRAM

BRUU's Adult Life Enrichment Program is coordinated by a committee with the mission of organizing the intelligence, talent, and willingness of BRUU members into a comprehensive educational program so that we can *educate each other* and the public about topics that relate to the 7 Unitarian Universalist principles. It is our hope that by participating in one or more of these courses, you may grow in your own understanding of Truth, however you define the word.

We publish Adult Life Enrichment catalogs three times a year: Fall, Winter, Spring. The educational opportunities in the catalogs are coordinated by volunteers and taught by volunteers so that all educational opportunities are free (with rare exceptions).

Would you like to help us plan the next season's educational offerings? The Adult Life Enrichment Committee welcomes BRUUers to join us for two months as "temporary task force members" to help plan for the next season. If you would like to help, please call 703-361-2690.



Unitarian Universalists agree to uphold
the following principles to the best of their ability

- 1st Principle: Recognize the inherent worth & dignity of every person.
- 2nd Principle: Observe justice, equity & compassion in human relations.
- 3rd Principle: Accept one another & encourage spiritual growth.
- 4th Principle: Pursue a free & responsible search for truth & meaning.
- 5th Principle: Respect the right of conscience & the use of the democratic process within our congregation & society.
- 6th Principle: Build a world community of peace, liberty, justice for all.
- 7th Principle: Respect the interdependent web of all existence of which we are a part.

Springtime Capers

Spwing hazz spwung!

Let's celebrate!



Hiking without a Footprint : Let's begin our "Whoopie!"

Spring celebration by spending the afternoon at Merrimac Farm's Bluebell Festival. BRUUers Carolyn Widman and Richard Noonan are avid hikers who teach "Leave No Trace" hiking techniques so you'll know how to hike the trails without leaving destructive traces. Ethical hiking techniques can be learned in a jiffy. Meet Rich and Carolyn in the parking lot at 1:15 and learn how you too can practice UU's 7th principle--respect for the interconnectedness of all things. After the 30-min. training, we'll join Dr. Larry Underwood, BRUU's biologist, for a nature walk among the bluebells!



Bluebirds & Bluebells Nature Walk:

At 2:15, join Larry for a nature hike through the bluebells on Merrimac's Farm's floodplain. We will look for migrating birds, winter-over birds, butterflies, and small wiggly or crustaceous creatures.

Don't forget: Sturdy shoes, knee sox, hat, sunglasses, bug spray, binoculars and camera.

Footprintless trainers: Richard Noonan & Carolyn Widman

Lead trekker: Larry Underwood
??'s: 703-791-6018 training & 703-244-0695 trekking

On: Sunday, April 17, at 1:15 PM for No-Footprints, 2:15 PM for trek

Meet at: Merrimac Farm parking lot, 15020 Deepwood Ln, Nokesville, VA 20181

SPRING CLEANING YOUR BEING: Body-Mind-Spirit



Spring's fresh spirit fills us with new energy.
Suddenly we're Spring-cleaning our homes
to match its spirit!

Why not do the same for the temple of your being?

Come & meet three women who offer
Spring-fresh services for the body, mind & spirit



You'll receive:
Free individual consultations
Free product samples
Discount coupons



Presenters: Becky Miller, Jacqui Potter, Nancy Wyatt
When: April 18, Mon. @ 7:00 – 9:00
Where: 10950 Meanderview Ct., Manassas
Contact: Marti @ 703-369-2606



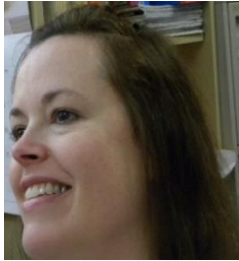


SPRING CLEAN your Body

*Becky Miller is a Consultant for Arbonne Internat'l
& a BRUU member*



Our bodies collect toxins and get overloaded, resulting in disease, skin problems, and exhaustion. We will look at health and wellness from a holistic view, from the inside out. What we do to the inside shows up on the outside.



SPRING CLEAN your Mind

Jacqui Potter is a Certified Access Bars Practitioner



What if there is a whole new way of being for you — a way with more fun, more magic, more sundance? How would your life be if you could clear away limiting beliefs that keep you from living more fully?

Experience a complimentary 20 minute Bars session! People report feeling less stressed and more peaceful, sleeping better, having more energy, getting triggered less often, and reducing pain.



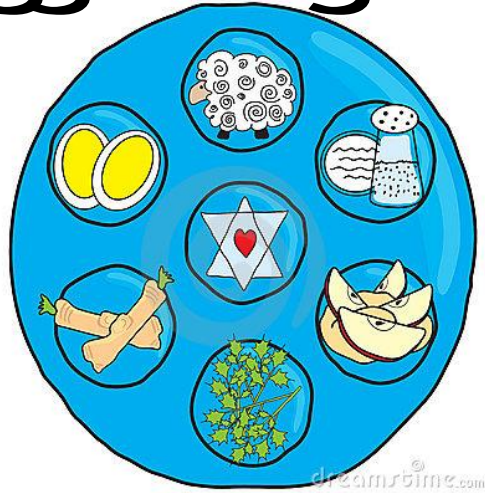
SPRING CLEAN your Spirit

*Nancy Wyatt is a spiritual counselor
& hypnotherapist*



Emotional states and outdated beliefs can affect our physical and mental health. Energy gets "stuck" and stress can create an accumulation of toxins, disease, and difficulties in personal and work relationships. Ask a question and Nancy will suggest a holistic solution.

PASSOVER SEDER



The Passover seder – beloved among Jews – celebrates the Israelites’ escape from enslavement in Egypt. Today it is linked to the hope for a just, peaceful world (the same as UU’s Principle #6). BRUUsers are invited to join in the celebration at a Passover seder dinner, sponsored by 5 stalwart BRUU women, on Sunday, April 24th (see below for details). Families with children in BRUU’s R.E. program will find this a great way to enhance their learning of this year’s R.E. topic “Our Judeo-Christian Heritage”.

The evening will include:

- Readings from a haggadah in Hebrew
- Jewish stories and songs
- Seder dinner with traditional table settings & traditional Jewish foods

RSVP is an absolute must. Email Nina @ ninalomax@comcast.net or call 703-361-7205. Also, **food assignment is a must** whether you’re a chef or non-chef. Call Diane Flaherty @ 703-330-9862 for your assignment.

Presenters: Nina Lomax, Merle Engle, Diane Flaherty,
Laura Crowne, Cathy Ring

When: April 24, Sun. @ 5:00 PM

Where: Fellowship Hall

RSVP: Nina Lomax @ 703-361-7205

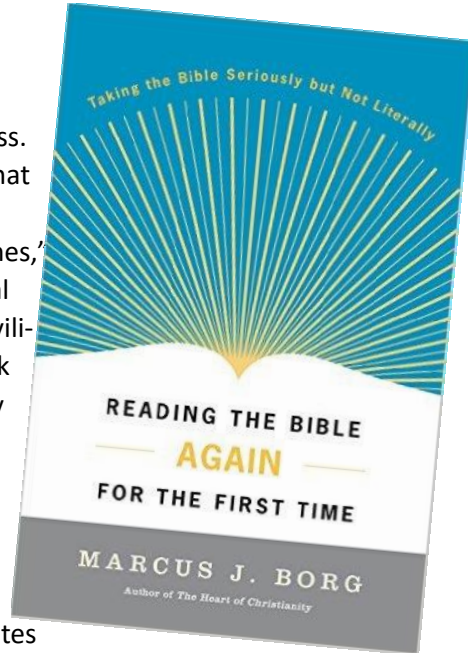


6 sessions

Reading the Bible Again For the First Time

This is NOT a “what to believe” class. This is a scholarly stroll through what we think we know about the Bible, only to discover startling “land mines,” downright errors, and monumental surprises in this icon of western civilization. As the cover says, this book is about “Taking the Bible seriously but not literally.”

This class is based on research by the Jesus Seminar Scholars and is presented as a summary of their research since 1985. The class invites you to make your own discerning judgments about what makes sense to you.



Discus. Ldr: Doris Galvin
When: April 15 – May 20, Fri.,
10:00-noon
Where: Conference Rm
Book: \$4.50 thru Amazon
Max: 10 people
Contact: Doris @ 703-361-7925

*UU Principle 4
Everyone has the right to a free
& responsible search for truth &
meaning.*

1 session

PURSUING a MEANINGFUL LiFe

--? a diSCUSSiON SHARe gRouP --

Many of us place importance on “being happy” and spend time reflecting on ways to increase our happiness. There are plenty of self-help books out there claiming to have the secrets to living a happy life. But . . .

Is a pursuit of happiness the right goal? Is happiness as satisfying as we hope? In the midst of the happiness craze, many Americans have spent less time thinking about what gives our life meaning and what is our sense of purpose.

Does happiness without meaning feel shallow and empty?

Together we'll discuss the pursuit of meaning, how a *meaningful* life can differ from a *happy* life. We'll discuss ways to identify and cultivate meaning in our lives. Before class, you will receive a few short readings that will help enhance the discussion.

Discus. Ldr: Frances Barlas

When: April 21, Thur. 7-9:00

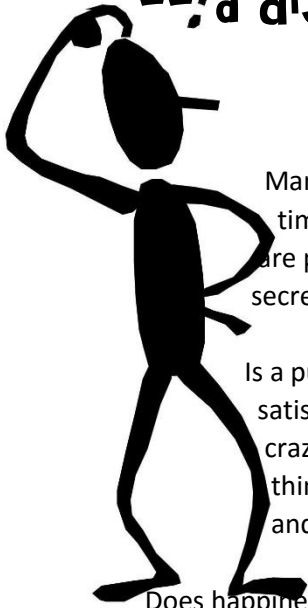
Where: Conference Room

Contact: Frances @267-242-4049



UU Principle 4

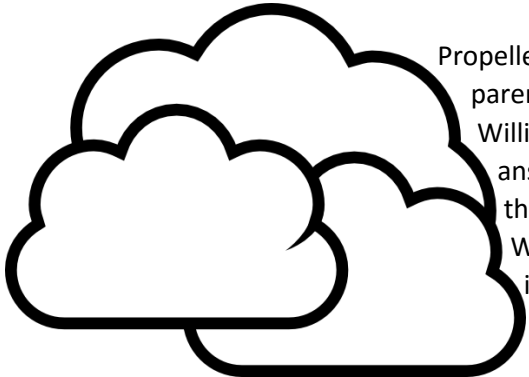
Everyone has the right to a free & responsible search for truth & meaning.



6 sessions

Tying Rocks to Clouds

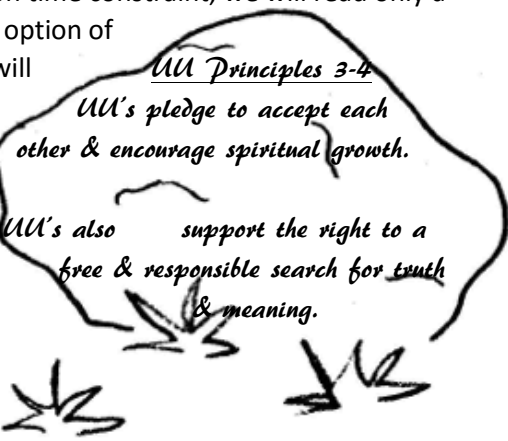
-- a book discussion group --



Propelled by the accidental death of both parents when he was a child, author William Elliott traveled the world seeking answers to life's basic questions from the world's foremost spiritual figures: What is life's purpose? Who or what is God? Why do people suffer? Is there really life after death?

Elliott's book, "Tying Rocks to Clouds", is a compilation of his interviews with these spiritual figures. He acquaints us with the charming personalities as well as their insights and intelligence of an impressively diverse group of people: Rev, Robert Schuller, Rabbi Harold Kushner, Norman Vincent Peale, His Holiness the Dalai Lama, Buddhist Jack Kornfield, Hindu Ram Dass, Mother Teresa, and B.F. Skinner!

This class promises to be an expansive learning experience for BRUUsers who seek spiritual growth. Due to the 5-session time constraint, we will read only a few of the interviews this Spring with the option of continuing in the future. Our discussion will focus on UU Principles 3 & 4 as we share our reactions and thoughts.



Discus. Ldr: Kelly Maitland
When: Apr. 18–May 23, ...
@ 7:00 – 8:30
Where: BRUU Library
Contact: Kelly@571-334-3806
or kmaitland20@gmail.com

WHY EVIL EXISTS



“Why Evil Exists” gets you thinking about that enduring question: Why is there such a thing as evil?

This course is a Great Courses lecture series featuring Dr. Charles Matthews, professor at the University of Virginia. Each meeting will consist of two 30-minute DVD lectures followed by group discussion. The class began on Jan. 25th and will continue through May 30th, but you are welcome to join any time. Come as you can and join the fascinating discussion.

Presenter: Chuck Beighlea

When: Apr. 4, Mon. @ 7:30 – 9:00,
ongoing thru May 30

Where: BRUU Fellowship Hall

Contact: Chuck @ 703-670-6291



UU Principle 4
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THE OTHER VOICE

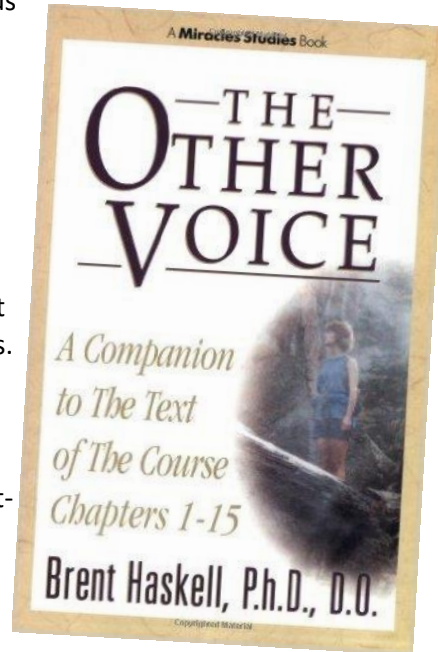
-- BOOK DISCUSSION GROUP --



A Course in Miracles, one of the most famous sacred texts ever written, helps us with personal transformation.

Translated into 23 languages, this book describes the fastest way to our ultimate Home. However, the poetic language that is used to guide our journey is beautiful but bewildering. Many give up studying the text before understanding its powerful messages.

In this class, with the aid of experienced teachers and *The Other Voice*, a companion book, you will find it enjoyable and illuminating to take a closer look at the magnificent teachings in *A Course in Miracles*.



Presenters: Rev. Marti Giese
& Dru Heller

When: Tues., 10–11:30 AM ongoing

Where: 10950 Meanderview Ct.
Manassas 20111

Book: *The Other Voice* \$12/Amazon

Contact: Marti @ 703-369-2606



*UU Principles 3 & 4
UU's encourage spiritual growth
& a free & responsible search
for truth & meaning.*

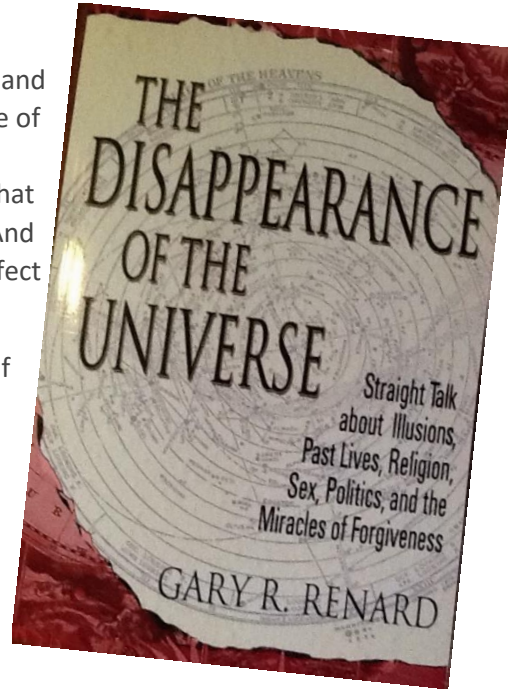


THE DISAPPEARANCE OF THE UNIVERSE

-- BOOK DISCUSSION GROUP --

"Disappearance" is an easy-to-read and irreverent book that considers some of our biggest questions: What is the nature of existence, what is God, what are we and how did we get here? And why? What is the ego, and what effect does guilt have on our lives?

This book, based on the teachings of the major spiritual work, "A Course in Miracles", offers a simple way to free your mind of unconscious guilt by adopting an attitude embracing the practice of forgiveness.



Presenter: Satya Chase

When: Thursdays, 7:00-9, ongoing

Where: Flamingo Lounge

Book: "Disappearance" @
Amazon, used \$3+

Contact: Satya at 703-328-3883



UU Principles 3 & 4

*UU's encourage spiritual
growth & a free &
responsible search for
truth & meaning.*

THE DISAPPEARANCE OF THE UNIVERSE

--A ONE-DAY WORKSHOP WITH THE AUTHOR--

GARY RENARD is author of "The Disappearance of the Universe", a companion book for the study of the flagship metaphysical spirituality guidebook, *A Course in Miracles*. Because "Disappearance" is available in 22 languages, Gary lectures internationally about the messages he received during the nine years writing his book. He combines humor with cutting-edge metaphysical information and experiential exercises.

CINDY RENARD is an innovative musical talent and spiritual life coach with a Master's Degree in Spiritual Psychology. Her unique musical style is a blend of Visionary/New Age, Alternative Pop, and meditative sounds. Her sultry vocals, creative lyrics, and primal rhythms lift the listener to a higher state of mind where courage, wisdom and passion can transform. She will partner with Gary in this workshop called . . .



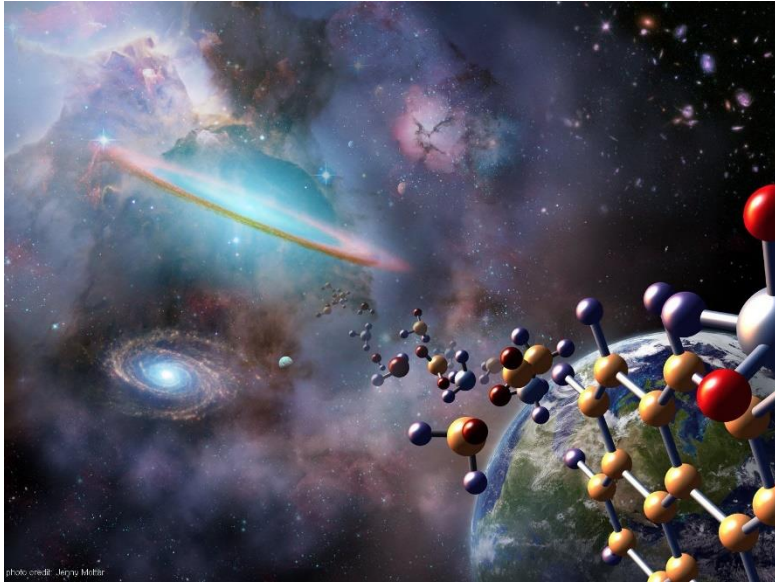
"CLIMBING THE LADDER OF ENLIGHTENMENT"

Presenters: Gary & Cindy Renard
When: April 30, Sat. @ 10:00-5:00
Where: BRUU Fellowship Hall
Cost: \$90



3 sessions

Wonders of the Universe



You live in a vast universe that is mind-boggling to contemplate and impossible to fully comprehend. Join BRUU's Mr. Science, Frank Gregorio, to explore fascinating topics like these:

Did you know. . .

- * **Time:** Time passes at different rates in the universe, depending upon your movement. Your wristwatch & phone clock run a bit slower when you ride in a car or airplane.
- * **Infinity:** If the universe's size is infinite, there are an infinite number of YOU out there. If the universe is finite and has an edge, what is beyond the edge?
- * **Split locations:** According to "Quantum Mechanics", it is possible to be in two different places at exactly the same time. What?!
- * **Warping time & space:** All objects in the universe, including you, have the ability to "warp" both 3-dimensional space and time simply by your existence. What does that even mean?

(Wonders questions, continued)

More Wonders

- * **Empty space:** Empty space does not appear to be empty. Rather, it is filled with a kind of strange "cosmic foam" that we pass through as we move through space.
- * **One universe or many?** Many scientists believe we live in a "Multiverse", a place made up of trillions of other universes existing out there beyond the boundaries of our own. WHOA!
- * **Life force:** Do all lifeforms on Earth, from people to petunias, have some kind of "life force" or spirit making them different from rocks or water? If so, where did it come from?
- * **First life ever:** What do we believe the very first life form on Earth looked like? Is all life today really descended from one living cell?
- * **Viruses:** Viruses are not actually alive. They are chemicals that can be stored in bottles for ages and still be infectious. How can that be?
- * **Rock stories:** Rocks are not just dead pieces of solids. They have been through ALOT and can tell us a fascinating story of the past on Earth.
- * **Continental drift:** Did you know that the ground you live on now, used to be a frozen mountain range located over the South Pole? That is the beauty of continental drift!



UU Principle 7
*UUs respect the inter-
dependent web of all
existence of which
we are a part.*

Presenter: Frank Gregorio
When: May 10, 17, 24, Tues, 7:00-9:00
Where: Fellowship Hall
Contact: Frank @ 703-791-1885
Minimum: 5



Contemplative Meditation




THE TWELVE ARCHETYPES OF SPIRITUAL DEVELOPMENT

Contemplative meditation focuses on a single thought and observes it from different perspectives. Contemplation is an excellent way to develop the skills required for all kinds of meditation that help bring clarity to daily life.

The 12 archetypes of spiritual development make up the blueprint for our spiritual journey. We are to develop all 12 archetypes because each brings self-awareness and a broader perspective to the facets of our lives. (Interestingly, the archetypes correspond to the 12 zodiacal influences.)

Join us for fascinating discussion and rich contemplation. Note: If you are new to seed thought contemplation, please call Marti Giese for an orientation on how to get the most out of this group experience.

<u>Presenter:</u>	Rev. Marti Giese, M.A., M.Div.
<u>When:</u>	April 20 & alternate Wed.'s, 1:00-2:30 (to continue in summer)
<u>Where:</u>	10950 Meanderview Ct., Manassas
<u>Contact:</u>	Marti @ 703-369-2606
<u>Prerequisite:</u>	Meditation (basic) or pre-orientation
<u>Cost:</u>	Love donation appreciated



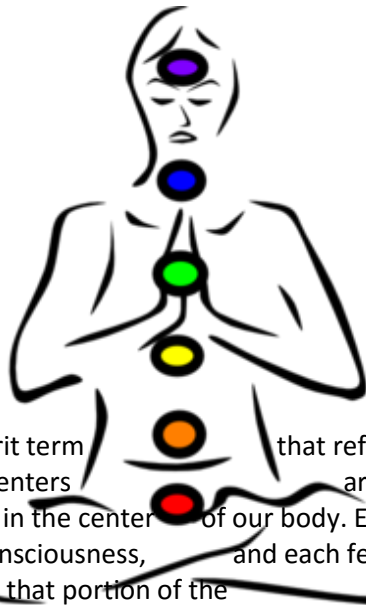
UU Principle 4

Everyone has the right to a free & responsible search for truth & meaning.

7 sessions

THE 7 CHAKRAS

- THE BODY'S ENERGY CENTERS -



“Chakra” is a Sanskrit term that refers to our body’s seven energy centers. These centers are vortices of life force along our vertebrae and in the center of our body. Each center corresponds to different levels of consciousness, and each feeds the glands and organs associated with that portion of the body. The centers activate as we awaken to nonphysical reality and become increasingly aware of higher vibrations.

Come join us once a month for seven months. In each session we will learn about one chakra. We will have guided meditations and learn foods that support each chakra as well as exercises that will open it more fully. You are welcome to come to one or several sessions, then use the remainder of the month to experiment with sensing and strengthening your chakras.

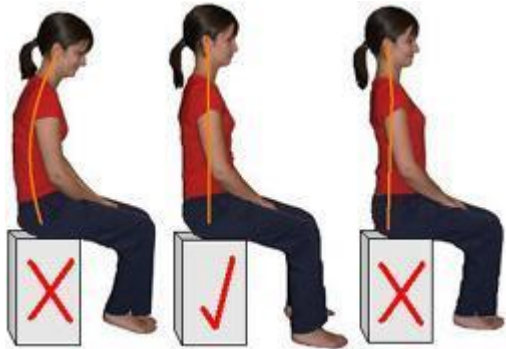
Presenter: Rev. Marti Giese, M.A., M.DIV.
When: 3rd Tuesdays, begin Apr. 19 thru Oct.,
2:00-3:30
Where: 10950 Meanderview Ct., Manassas
Contact: Marti @ 703-369-2606



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MEDITATION

CUSTOMIZED



Meditation relieves stress, improves sleep, and increases one's overall sense of well-being. Meditation gives access to our higher selves and opens a pathway for receiving helpful inner guidance. This Spring session, Marti will teach basic meditation techniques in private appointments customized to your needs. She'll talk with you about your previous experience, advise you on how to set up regular practice, and help you with exercises to improve sustained focus.

Note: Bring paper & pen to capture insights

Cost: Love donation appreciated

Presenter: Rev. Marti Giese, M.A., M.Div.

When: By appointment

Where: 10950 Meanderview Ct., Manassas

Contact: Marti @ 703-369-2606



UU Principle 4

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5 sessions



DREAM Interpretation Group

Join other dreamers on alternate Tuesdays to engage in a confidential discussion about your dreams. Then help others gain insights into their dreams. Dream symbolism and interpretation along with dream group etiquette will be taught and practiced.



Discus. Idrs: Cathy Kopac / Marti Giese

When: Apr. 19, then alternate Tuesdays
@ 12:00 – 1:30

Where: 10950 Meanderview Ct, Manassas

Note: BYO lunch

Prerequisite: Previous dream interpretation
experience

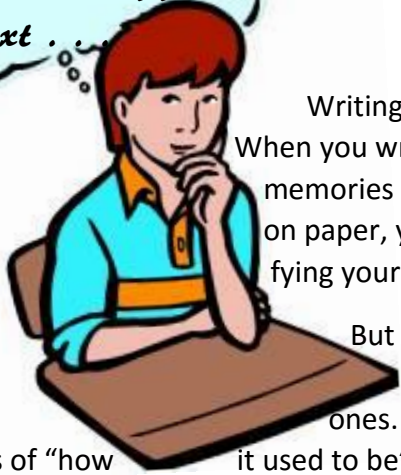
Contact: Marti @ 703-369-2606

*UU Principle 4
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Writing Your Life

6 sessions

*And you'll never
guess what happened
next . . .*



Writing is such good therapy!

When you write about your own life, you revive memories . . . and when you describe them on paper, you give yourself the gift of clarifying your own life to yourself.

But that's not all. You can also give the gift of yourself to your loved ones. They will be riveted by your

stories of "how it used to be" as you teach history naturally through your details of how people had fun before texting and Facebook, how your family's traditions came to be, and what "old fashioned" products you used growing up.

No prior writing experience is necessary. In each session, a leader will illustrate a writing concept to help you tell your memoir stories more vividly. We'll all share our writings with each other (volunteer basis only), and we promise that the only responses you'll get will be what you're doing *right*. Come join the fun & self-illumination

Leaders: Carol Covin, Kathy Sobric
Susan Sinclair

When: May 19 to June 23, Thur., 2:00 –OR– 7:00

Where: Day: BRUU Library / Eve: Conference Rm

Bring: Pen-n-paper

Contact: Kathv 703-361-2690 / Carol 703-330-5478



UU Principal 1

*UU's respect the
inherent worth &
dignity of every
person.*



3 sessions

UU Parenting

“Life is a chance to grow a soul.”
--A. Powell Davies

ALL PARENTS, come join us! This is your chance to schmooz with others who are in the same life chapter as you. Somehow, parenting will seem easier with likeminded people who can offer experienced ideas for how to handle parenting challenges.

Our format will be a casual meet-n-greet and a discussion on a UU-parenting topic chosen from a grab bag . . . that is, unless a parent has a pressing issue they'd like to discuss.



COME JOIN US ON

April 17 -- May 15 -- June 19

during children/youth choir practice

CHILDCARE PROVIDED

in Room 208 next door to the Library

When: 11:30-12:30

Where: BRUU Library

Contact: Margo Davies

703-393-6529



Movies, Movies

-SPONSORED BY THE GREEN TEAM & SOCIAL JUSTICE COMM.-



April 21

A FIERCE GREEN FIRE:

The Battle for a Living Planet

The first big-picture exploration of the environmental movement – grassroots and global activism spanning fifty years from conservation to climate change.



May 19

GASLAND

Nominated for an Academy Award for Best Documentary, this film focuses on communities in the U.S.A. affected by [natural gas](#) drilling, specifically [fracking](#).

June 16

MERCHANTS OF DOUBT



This 2014 film lifts the curtain on a secretive group of highly charismatic, silver-tongued pundits-for-hire who present themselves as scientific authorities – yet have the contrary aim of spreading maximum confusion about well-studied public threats ranging from toxic chemicals to pharmaceuticals to climate change.

Presenter: Larry Underwood
When: 6:30 – 9:00
Where: Fellowship Hall
Contact: Larry @ 703-244-0695

UU Principle 7

*UUs respect the web of inter-
dependent web of all
existence of which we
are a part.*

OUR BIG THANK



To Marti Giese

for kindly inviting BRUUsers to participate in many of the seminars & classes offered through her own program for spiritual questers called:



Blossomforth



You'll see them offered throughout this catalog.

Blossomforth offers a comfortable, safe environment in which we can explore our infinite selves. Together, we release what no longer nourishes us and step into our own power of self-healing. Clearing a path to joyous expression at home and in the community is the focus of BF's workshops, classes, and spiritual guidance. For more info, visit www.Blossomforth.us

CAN YOU TAKE EVERYTHING YOU WANT?

CHECK THE CALENDAR PAGES

KEY: Courses listed by # on calendars

1. Meditation Customized: Mutually convenient apptmt
2. Contemplative Meditation: alt. Wed's thru summer, 1½ hr ea
3. The 7 Chakras: 3rd Tues's thru Oct. 2½ hr ea
4. Dream Interpretation: ongoing alt. Tues. 1½ hr ea
5. The Other Voice: ongoing/day 2 hr ea
6. Disappearance of the Universe: ongoing/eve 2 hr ea
7. Climbing the Ladder of Enlightenment: 1 day 7 hr
8. Spring Cleaning Your Being: 1 evening 2 hr
9. Why Evil Exists: weekly 2 hr ea
10. Passover Seder: 1 evening 2+ hr
11. Tying Rocks to Clouds: 6 evenings 2 hr ea
12. Pursuing a Meaningful Life: 1 evening 2 hr
13. Wonders of the Universe: 3 evenings 2 hr ea
14. UU Parenting: 3 afternoons 1 hr ea
15. Springtime Capers: 1 afternoon 2 hr
16. Reading the Bible Again for the First Time: 6 mornings 1½ hr ea
17. Writing Your Life: 6 afternoons or evenings 2 hr ea
18. Movie "A Fierce Green Fire": 1 evening 2½ hr
19. Movie "Gasland": 1 evening 2½ hr
20. Movie "Merchants of Doubt": 1 evening 2½ hr

APRIL

Sun. Mon. Tues. Wed. Thur. Fri. Sat.

3	4 9	5 5	6	7 6	8	9
10	11 9	12 5	13	14 6	15	16
17 14-15	18 8-9-11	19 3-4-5	20	21 6-12-18	22 16	23
24 10	25 9-11	26 5	27	28 6	29 16	30 7

MAY

Sun. Mon. Tues. Wed. Thur. Fri.

1	2 9-11	3 4-5	4 2	5 6	6 16
8	9 9-11	10 5-13	11	12 6	13 16
15 14	16 9-11	17: 3- 4-5-13	18 2	19: 6- 17-19	20 16
22	23 9-11	24 5-13	25	26 6-17	27
29	30 9	31 4-5			

JUNE

Sun. Mon. Tues. Wed. Thur.

			1	2
5	6 9	7 5	8	9 6-17
12	13 9	14 4-5	15 2	16: 6- 17-20
19 14	20 9	21 3-5	22	23 6-17
26	27 9	28 4-5	29 2	30 6

WHO'S TEACHING THIS SPRING?

Frances Barlas

Frances has a PhD in Sociology and has taught Statistics, but this will be her first foray into spirituality. Facing the mortality of her parents and having recently lost two beloved pets, Frances has been thinking and reading about life's meaning. She looks forward to sharing her thoughts with you, and hearing yours.

Carol Colvin

Carol Covin, grandmother of two 10-year-olds, is the author of seven books, most recently, "Who Gets to Name Grandma?" as well as a blog focusing on family stories, genealogy and fun activities to do with grandchildren. She will use this experience to outline techniques for capturing family stories in personal memoirs.

Frank Gregorio

Frank is a retired Science teacher for Prince William County Schools. With degrees in Earth Science and Biology and 35 years of experience as a practicing teacher, a CEO and corporate scientist of an international biotech company, and a government scientific investigator for FDA, Frank is well prepared to share his scientific knowledge with us. He also operates a popular educational YouTube channel.

Marti Giese

Mart's work career includes teaching special needs children, counseling domestic violence victims, and providing chaplaincy to senior adults and hospice patients. Her education includes a M.Div. in pastoral counseling and metaphysical/esoteric wisdom teachings, and an M.A. in Human Resources with a focus on adult education. Marti's avocation is [Blossomforth](#), a spiritual community where seekers unite to participate in discussions focusing on spiritual growth techniques that enable participants to step into the power of self-healing. Call Marti to get on the Blossomforth email list.

Cathy Kopac

Cathy is a retired professor of nursing who now serves on the adjunct faculty staff of George Washington University. She taught graduate research, ethics, advanced health assessment and geriatrics to nursing students, but her first love throughout her career has been geriatrics and the care of older adults. She maintains a clinical practice as nurse practitioner and ethicist consultant for Fairfax Co.'s Adult Protective Services. Her special interests are in Complementary/Alternative Medicine (CAM) and dream interpretation; she is certified in Dream Work which she uses for medical purposes.

Kelly Maitland

Kelly is a high school Transition Specialist for Special Ed students. “I have been lucky to teach many subjects and work with students of various ages and disabilities for the past 32 years. I am a mom/step-mom of six successful children and Nana to a granddaughter. With my dad and grandmother passing away last year, I was drawn to the book ‘Tying Rocks to Clouds’. I really look forward to discussing it with UU's!!”

Jacqui Potter

Jacqui has long known that she wanted to be of service to others in helping them heal by clearing away feelings, beliefs, judgments, or viewpoints that no longer serve them well. Access Consciousness helps people remove such blocks, and Jacqui is a certified practitioner of Access Consciousness Bars as well as three types of energy healing: Reconnection Healing, Spiritual Healing, and Reiki.

Kathy Sobrio

Kathy was an English teacher at Osbourn High School. Now retired, she is writing a historical memoir about her husband’s grandfather who found gold on the Nevada desert in the 1930’s and developed it into a rich mine that made headlines around the world. Why headlines? People’s desperation during the Great Depression resulted in a keen interest about the one lucky guy who found that the pot of gold at the end of the rainbow really does exist if you can find a golden egg among the sagebrush.

Larry Underwood

Dr. Larry Underwood was a research ecologist, teacher, and administrator for 25 years in Alaska. His primary research interests were cold adaptation and Arctic ecology. Since moving to Virginia, Larry has taught biology at Northern Virginia Community College and George Mason University. Now in retirement, he has devoted much time to his #1 issue: climate change.

Nancy Wyatt

Nancy (aka Ayanna and My Get Well Guru) has been a practitioner of wellness techniques for 25 years. She has also been a spiritual counselor for people from all walks of life, including the homeless and addicted. She is certified in alternative medicines, including Transpersonal NLP (Neuro-linguistic Programming) and Transpersonal Hypnotherapy.

Note: Satya Chase, Chuck Beighlea, Doris Galvin, Becky Miller, Carolyn Widman, & Richard Noon chose not to do a bio this time.

LIKE WHAT YOU SEE? IT'S TIME TO REGISTER

DO I HAVE TO REGISTER?



As a courtesy to the instructor. . . yes. That way (s)he knows the class has the minimum number of participants to be a “go”.



As a courtesy to yourself . . . yes. You'll save time & gas not coming to a cancelled class.

Don't get mad if you show up to a dark room!

WHAT IF I'M NOT SURE I CAN MAKE IT?



Register anyway. Your instructor will contact you before the first class & you can explain then. Meanwhile, the class can go forward because the minimum number of signups has been met.

IS IT OK TO JUST DROP IN?

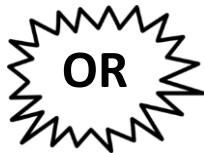


Sure. But give the instructor a courtesy call.

TWO WAYS TO REGISTER

1. **By paper:** Fill out the registration form in this catalog and mail it to:

BRUU, Attn: Adult Ed.
9350 Main Street
Manassas, VA 20110



2. **Go online:**

- *Go to bruu.org
- *Click "About Us"
- *Click "Adult Religious Education"
- *Fill out the form
- *Click "Send"

PLEASE NOTE

No matter how you register, you'll hear from us confirming that we got your registration. If you don't hear from us within a week, call us at

703-361-2690



**BRUU ADULT ED.
2016 SPRING SEASON
REGISTRATION**



Name _____

Phone #'s: _____

Email: _____

X the courses you want to attend:

- _____ Springtime Capers
- _____ Spring Cleaning Your Being
- _____ Passover Seder
- _____ Reading the Bible Again for the First Time
- _____ Pursuing a Meaningful Life
- _____ Tying Rocks to Clouds
- _____ Why Evil Exists
- _____ The Other Voice
- _____ Disappearance of the Universe
- _____ Climbing the Ladder of Enlightenment
- _____ Wonders of the Universe
- _____ Contemplative Meditation
- _____ The 7 Chakras
- _____ Meditation Customize
- _____ Dream Interpretation
- _____ Writing Your Life
- _____ UU Parenting
- _____ Movie "A Fierce Green Fire"
- _____ Movie "Gasland"
- _____ Movie "Merchants of Doubt"