

**BRUU's ADULT
LIFE ENRICHMENT
COURSES & WORKSHOPS**



SPRING 2017



BRUU A.L.E. COMMITTEE

Paul Galvin, Chair
John Ellis
Marti Giese
Frank Gregorio
Michelle Cole Luman
Kathy Sobrio

5 sessions

Dark Money

Uncovering the Republican Playbook

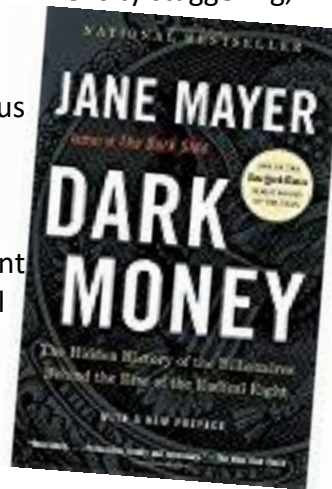
— NEW YORK TIMES TOP BEST SELLER —

In *Dark Money*, Jane Mayer uncovers the powerful group of wealthy ideologues who are shaping the fate of America by infusing millions of dollars into the American political system. The immensity staggering, the stakes are high.

Are you trying to discern the real from the bogus when you get requests for money by phone, email, or snail mail? Wondering how to help?

Learn how by joining us to discuss this important book and hearing from guest speakers who will address dark money from their specialties:

- * **Larry Underwood:** Ecology and immigration.
- * **Charlie Grymes:** What's what in the larger political scene.
- * **Mike Freeland:** How to get involved at the local level and how to tap into the national resistance movement.
- * **BRUU Social Justice Committee and PWC Voice,** a local ecumenical committee that deals with local social justice issues.



Presenter: Rev. Marti Giese, MA, MDiv.

When: Sun., Mar. 19: Video Intro
Sun., Apr 9 & 23, May 7 & 21
@ 1:00 – 2:30

Where: BRUU Fellowship Hall

For ??'s: Marti @ 703-369-2606



UU Principle 4

*Every person has the right
to a free/responsible search
for truth & meaning.*

5 sessions

EFFECTive Propaganda: CLOSING the Gates

Nowhere has injustice been more on view than in our last Presidential election. It is as if we are living a sequel to *The Lord of the Rings* in which Mordor's gates have reopened -- the forces of evil are again walking the Earth and have seized government control. Blatant lies (now called alternate facts), bigotry, attacks on the environment, science, women's rights, LGBT & gun control, white supremacy, warmongering, walls, immigration bans, gag orders. How did it happen? The weapon was (and is) PROPAGANDA: Fake news, ferocious tweets, denials of wrongdoing, malicious labeling of opponents, conspiracy theories.



They all worked *very well*. Why do 40% of Americans think that global warming is a hoax or that Hillary Clinton ran a sex slave ring in DC? Because the good guys fail to combat evil propaganda with **effective propaganda tools of their own**. We are too “politically correct” to do real battle with the wizard. It is time we woke up!

Join me for a provocative show-n-tell and discussion on effective propaganda so that the “Fellowship” can close the gates of Mordor.

Presenter: Frank Gregorio
When: Thur., April 6 & 13
@ 7:30 – 9:00
Where: BRUU Fellowship Hall
For ??'s: Frank @ 703-791-4885

III Principle 4
*Every person has the right to
a free/responsible search for
truth & meaning.*

Genetics & the Future

2 sessions



For almost 4 billion years, life on Earth has evolved through the passage of time, environmental catastrophes like asteroid impacts and volcanic eruptions, and random genetic mutations that adapt their species to survive. But no more! A new player is afoot: Biogenetic Engineers, scientists who have discovered the secrets of life and how to manipulate them. In the future, life will be intelligently designed by *us*. Humans will, for certain, dramatically change as a species. Does Man have the intelligence to handle this new power?

Join me for a two-night seminar on the science of Genetic Engineering. How does inheritance work? What is “Epigenetics”? How will the new biological tool named “CRISPR” give us designer babies, glow-in-the-dark humans, featherless chickens, GMO foods, hybrid animals, and anything else we can think up? It will be a fascinating, provocative journey into the unknown.

| | |
|-------------------|-----------------------------------|
| <u>Presenter:</u> | Frank Gregorio |
| <u>When:</u> | Tues., May 2 & 9 @ 7:30 – 9:00 |
| <u>Where:</u> | BRUU Fellowship Hall |
| <u>For ??’s:</u> | Frank @ 703-791-4885 |

UU Principle 4

*Every person has the right to
a free/responsible search for
truth & meaning.*

2 sessions

How to stay Healthy in Old Age



Fats are bad; now they're good. Sugar substitutes are great; now they're deadly. One drop of Round-Up will do you in . . . and saccharine causes cancer. Eat organic or die a horrible, protracted death. And now we hear that inflammation is the root of all diseases. Confused? So is 'most everybody else!

What do we know about life extension? Will eating platefuls of brussel sprouts actually make you live longer or just make it all *seem* longer?



Come & hear Dr. John Ellis explain what we know about living longer while minimizing the miseries. Two episodes: One on what's to know about extending lifespans, the second on screening for and preventing specific ailments like infections, osteoporosis and cancer as well as advice on the best supplements. Emphasis on fall prevention with simple tests will conclude the presentation.

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

Presenter: John Ellis, MD, MPH, MBA

When: *Tues., Mar. 28 & Apr. 4
@ 7:30-8:30 + Q&A time
*Mon., Apr. 24th @ 1:00 PM

NOTE: Daytime & evening options

Where: Fellowship Hall/Flamingo Lounge

For ??'s: John @ (703) 725-4531

1 session

A Single Step

The post-inaugural women's march in DC was a reminder of what a significant effect women can have. The film "A Single Step" is about the power of women. It focuses on five women who used their creativity and intelligence, but no money from big organizations, to have a positive impact on their communities.



Narrated by Sally Field, the film features an environmentalist, an educator, a media advocate, a public health worker, and an entrepreneur. Hopefully we can use it to generate ideas about needs and possibilities in our community.

| | |
|-------------------|---------------------------------|
| <u>Presenter:</u> | Dee Brown |
| <u>When:</u> | Thur., Mar. 23 @ 7:00 – 9:00 |
| <u>Where:</u> | BRUU Fellowship Hall |
| <u>For ??'s:</u> | Dee @ 703-367-0940 |

UU Principles 1,2,6,7

*Every person has inherent worth.
On human relations we observe
justice, equity & compassion.
We seek to build a world of
peace, liberty, justice for all.
We respect the interdependent web.*

1 session

ANCIENT RELIGIOUS SITES AROUND the World

What kinds of religious sites and places of worship still exist? What kinds have been destroyed . . . and why?



What are some recent archaeological findings, and why are they important in interpreting the history of religion?

Come and explore various religions through the ages by learning what we know from archeological sites.

Presenter: Michelle Cole Luman
When: Thur., Apr. 27 @ 7:00–9:00
Where: BRUU Flamingo Lounge
For ??s: Michelle @ 703-304-8453

UU Principle 4 & 6

Every person has the right to a free/responsible search for truth & meaning. We seek to build a world of peace, liberty, justice for all.



PLAYING the AFRICAN DRUM as SPIRITUAL MEDITATION

What would it be like to share in the magical experience of a room full of heart-thumping sound as you and kindred spirits build a rhythm on African drums? You would ascend to a natural, meditative high as you feel its amazing energy when the drums get really hot! African drumming takes us back to earth-centered traditions that deeply connect us in harmony with the earth and each other.

But you're not a drummer, you say? Hey, if you have a pulse, you can beat a drum . . . and if you have a heart, you can feel the spirit. Join the joy! We'll be learning drumming basics, phrase drumming, and West African rhythms. A few drums will be available as loaners, but bring your own if you can. Comfy clothes/no jewelry.



Presenter: Janette Muir
When: Sat., Mar. 25 & Apr. 1
@ 2:00 – 4:00
Where: BRUU Fellowship Hall
Bring: Your own drum (if possible)
For ??'s: Janette @ 703-447-3940

UU Principles 3 & 6
We encourage spiritual growth.
We seek to build a world of peace,
liberty, justice for all.

2 sessions

Sacred Circle Dancing

CIRCLE DANCE FROM MANY LANDS

In the first session,
we will join hands
to enjoy traditional
dance steps and
ancient melodies
drawn from
multicultural sources
in the spirit of
Sacred Circle Dance.
Easy-to-learn, low-impact
steps will help us build a sense of community.



CIRCLE DANCE OF MANY FAITHS

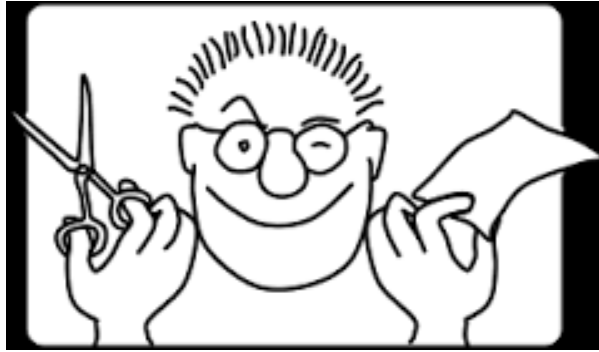
In the second session, we will dance to music from religious traditions around the world to help us connect to the divine as well as to our own spirit. In this interfaith program of Sacred Circle Dance, we'll use international musical sources to explore levels of religious experience.

Presenter: Judy Robison
When: Fri., Mar. 31 & Apr. 25
@ 7:00 – 9:00
Where: BRUU Fellowship Hall
For ??'s: Janette @ 703-447-3940

All Principles 3 & 6
We accept one another &
encourage spiritual growth.
We seek to build
a world of peace.

4 sessions

FLaSH Fiction



WRITINGS SO SHORT it'S LIKE poetry AS prose

Think you can write a story with fewer than 300 words?
Sure you can! It's word play and it's fun!

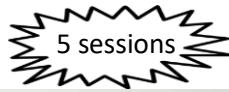
New writing genres, like nano-fiction, micro-fiction, drabbles, and short-shorts, help writers use strong vocabulary to say more with fewer words. They also help writers look at something old with new eyes. To write flash fiction, you start with a truth, end with a truth, or start with a fiction and end with a fiction. You can come up with new ideas or adapt a piece you've already written. Mix and match. It's all up to you! No prior writing experience is necessary.

Presenter: Christy Thomas
When: Sat., Apr. 1-8-15-22
@ 10:00 - noon
Where: BRUU Conference Room
For ??'s: Christy @ 703-391-0948



UU Principles 4 & 8

*Everyone has the right to seek a
free, responsible search for truth
& meaning. . . and have fun using
their own creativity!*



The Meaning of Life

*Perspectives from the World's
Great Intellectual Traditions*

- * What is the meaning of life? Is it happiness or wealth or power?
- * What is the *key* to finding meaning? Is it reason or a matter of individual freedom?
- * What do modern thinkers of the 17th & 18th centuries think?
- * But most important, what do *you* think?

This Great Courses series
will include a 30-min. DVD
lecture followed by group
discussion.

Presenter: Paul Galvin

When: Mon. @ 7:30-9:00,
Mar. 13-20-27,
Apr. 6 & 13

Where: BRUU Fellowship Hall

For ??s: Paul @ 703-361-7925

UU Principle 4

*Everyone has the right to
seek truth & meaning.*



1 session

A SOLUTION to CLIMATE CHANGE: CARBON TAX WITH a DIVIDEND

Climate change is in a logjam, it seems.
Is there any way we can seriously cut back
on fossil fuels so we can slow the rate of climate
change? We need a solution that would . . .

- Improve the environment
- Benefit the average citizen
- Be acceptable to Republicans *and* Democrats,
environmentalists *and* businesses, and
- Have a chance of passing Congress

Surprise! Maybe there is such a solution! Democrats have been calling for a tax on carbon for years. So the good news is that recently a group of Republicans -- including conservative economists and former Secretaries of State -- began pushing for a Carbon Tax Dividend plan.

BUT WHAT IS IT?

WOULD IT REALLY IMPROVE THE ENVIRONMENT?

WHO WOULD BENEFIT & WHO WOULDN'T?

These questions and more will be discussed in what promises to be a lively, maybe controversial, possibly hopeful class.

Principle 7

*We respect the
interdependent web of
all existence, of which
we are a part.*

| | |
|-------------------|------------------------------|
| Presenter: | Larry Underwood |
| When: | Thur., Apr. 27 @ 7:00 – 9:00 |
| Where: | BRUU Fellowship Hall |
| For ??s: | Larry @ 703-244-0695 |



A MUSLIM WOMAN'S LiFeStYle IN the U.S.



This class will be a presentation and discussion about the basic lifestyle of a young Muslim woman living in the United States. Attendees will learn about:

- * The basics of the Five Pillars of Islam and how they are practiced
- * The basic requirements for a Muslim woman's and man's clothing
- * The meaning of Surah Al Fatihah, the first Surah in the Holy Qur'an

Every minute of every day, I dare say, the Surah Al Fatihah is being recited some place on the Earth by more than 1.6 billion Muslims worldwide, like a wave going around and around our planet. I will make available articles of Islamic clothing that can be tried on by those who are curious. The presentation will end with time for Ask Me Anything.

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

| | |
|-------------------|----------------------------|
| <u>Presenter:</u> | Carole Whittaker Ahmed |
| <u>When:</u> | Thur., Apr. 13 @ 2:30-3:30 |
| <u>Where:</u> | BRUU Conference Room |
| <u>For ??s:</u> | Rosie @ 703-530-7968 |

*What's happening this Spring
in Marti Giese's
Blossomforth program?*



Marti

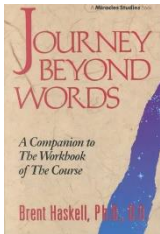
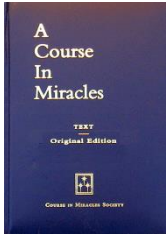
Blossomforth

Blossomforth is an educational program offering seminars, courses, discussions, consultations and musical events that Marti captions as “alternative thinking” about spirituality. This BRUU catalog lists Blossomforth offerings that are free or nearly free. Marti’s full program also includes offerings with fees. For a complete listing, check out the Blossomforth website.

www.Blossomforth.us
Marti@Blossomforth.us
[703-369-2606](tel:703-369-2606)

All classes meet at 10950 Meanderview Ct., Manassas

Blossomforth



[A Course in Miracles and Journey Beyond Words](#)

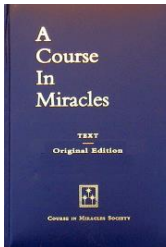
Dru Heller/Marti Giese

Weekly, Tuesday Mornings, 10:00 – 11:30 AM

Love Donation

A Course in Miracles is one of the most famous sacred texts ever written that assists us with personal transformation. Translated into 23

languages, it describes the fastest way to our ultimate Home. However, the language used to guide our journey is both beautiful and bewildering. Sadly, many give up studying the text before understanding its true power. Join us for a closer look at the magnificent teachings of *A Course in Miracles* with the aid of experienced teachers and *Journey Beyond Words*, companion teachings to *A Course in Miracles Workbook*.



[Learning Tools We Use on Earth](#) – Marti Giese and Friends

Monthly, 11:30 – 1:00 PM. See dates and topics below.

Love Donation

A Course in Miracles tells us we've come to this world to help us learn how to leave it behind. While here we encounter learning tools that can aid us with our journey. Among them are the notions of time, thought, and separation. Join us for

this brown bag lunchtime discussion series in which we discuss how we can use these Earth tools to our best benefit.

Tuesday morning, April 11: Time

Tuesday morning, May 9: Thought

Tuesday morning, June 13: Separation

Blossomforth



[Meditation Basics](#) Marti Giese

Weekly, Tues. or Wed., by Appointment

Sliding Scale

Meditation relieves stress, improves sleep, and increases one's overall sense of well-being.

Regular practice gives access to our Higher

Mind and opens a pathway for receiving helpful inner guidance. Research shows the benefits of regular meditation reach into all aspects of daily life. If you are new to meditation or trying to build a sustained practice, join me for some meditation basics. We'll talk about what to consider as you set up a regular practice at home and use exercises that help you focus attention.



[Your Life Purpose through the lens of Numerology](#)

Marti Giese

Alternate Wednesday Afternoons, 1:00 – 2:30 PM,

Six Sessions, Begins April 12

Love Donation

People from all times and walks of life share an innate drive for meaning, purpose, and direction. Modern day mystic Dan Millman has written over a dozen books about these topics including *The Way of the Warrior*, *The Four Purposes of Life*, and *The Life You Were Born to Live*. Some of Millman's books combine his intuitive ability with an in depth understanding of numbers and the vibrations they represent. Join me for a thought-provoking look at numerology's relevance to modern life and your unique life purpose.

Blossomforth



6 sessions

[Seed Thought Meditation Level II:](#)

[Evolution of the Soul](#) Marti Giese

**Alternate Wednesdays, 1:00 -2:30 PM, Six Sessions,
Begins April 5**

Love Donation

Prerequisite: *Previous Meditation Experience or
Meditation Basics (see above)*

Group meditation is an excellent way to practice sustained, focused attention, reduce stress, and learn from the insights of others. Contemplation meditation focuses on different aspects of a series of seed thoughts. Seen from an enlightened perspective, seed thoughts can give us insight into the evolution of the soul, the focus for our 2017 group meditations. These sessions offer additional practical application exercises to enrich our work.

4 sessions



[See How Life Works](#) ACIM DVD Series by Carol Howe

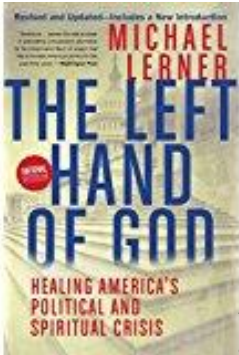
**Monthly, Saturdays 10:00 – 11:30 AM Mar 18, April 22,
May 20, June 10 -- *Participate* in one or all**

Teachings of *A Course In Miracles (ACM)* - Love Donation

This winter participate in the classroom of international teacher Carol Howe whose experience of *A Course in Miracles* began with Bill Thetford, one of the original

transcribers of *A Course in Miracles*. Howe's practical teaching style and illustrations combine to bring the teachings into our life and help us personalize the lessons. Join us for two winter sessions as we watch and discuss what we are learning as we sip hot tea with cookies. Winter term's topic: ***How Relationships Work.***

Blossomforth



Mobilizing Disaffected American Voters

Cherie Romanek

Sat., June 10 @ 1:00 – 3:00 PM

Americans have a strong ethical instinct, a fundamental goodness, caring and generosity that can be tapped whenever they are empowered to act on it. Usually that takes the form of a natural disaster. Now we are confronting a manmade disaster that threatens the very pillars of our democracy.

Join us in discussing Dr. Michael Lerner's vision for a new political bottom line, which he describes in his book *The Left Hand of God: Healing America's Political and Spiritual Crisis*. A renowned social theorist, theologian and psychotherapist, Lerner rejects the globalization of selfishness and identifies the very real spiritual crisis that many Americans experience as they strive to build "a more perfect union." His aim is to unify and re-energize the dispirited American electorate under his eight-point Spiritual Covenant with America.

The *Boston Globe* describes Lerner's work as "a rallying cry... a kind of handbook for creating a movement that can be for the Democrats and Greens what the Religious Right has been for the Republicans."

WHO'S TEACHING THIS SPRING?

Dark Money: **Marti Giese, MA, MDiv.** – Marti's work career includes teaching special needs children, counseling domestic violence victims, and providing chaplaincy to seniors and hospice patients. Marti has a M.Div. in pastoral counseling and metaphysical/esoteric wisdom teachings, and an M.A. in Human Resources/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.

Effective Propaganda—and—Genetics & the Future: **Frank Gregorio** 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.

How to Stay Healthy in Old Age: **John Ellis, MD, MPH, MBA** is a retired physician with over 50 years of experience in private practice (Atlanta). He is a Fellow of the American Academy of Family Practice. At USAF headquarters, he served as Special Ass't for Medical Programs. With an MPH in Occupational medicine with emphasis on disease prevention, aging, and health maintenance public policy, he served as Dept. of Energy's occupational medicine consultant for the Energy Employees' Occupational Illness Compensation Program.

A Single Step: **Dr. Dee Brown** is a retired professor and clinical psychologist who worked in Europe and Asia for 17 years. When she was not teaching, she traveled at length to 70 countries and all continents except Antarctica (because cold sucks!). She still presents classes and workshops for various community groups, helps train dogs for Guiding Eyes for the Blind, and works with retriever rescue groups. Her love of theater is fulfilled by volunteering with many of the theaters in the area.

(continued)

WHO'S TEACHING THIS SPRING?

Ancient Religious Sites around the World: **Michelle Cole Luman** is an archaeologist with an M.A. in Applied Archaeology and a B.A. in Historic Preservation. Her training also includes museum studies, cultural anthropology, ethnography, geography, GIS, architectural history, folklore and world religions.

Playing the African Drum as Spiritual Meditation: **Janette Muir** became acquainted with the magic of African drumming at SUUSI a few years ago. (SUUSI is a favorite UU summer retreat for the Southeast U.S.) When she returned, African drumming played on in her head and heart. BRUU enjoyed her drumming at Sunday services and in a Saturday drumming class. Now a couple of years later, we think there are enough new faces among us to merit another drumming class. Come & get mesmerized!

Sacred Circle Dancing: **Judy Robison** has traveled extensively over the past 15 years to learn and lead Sacred Circle Dance in the US and abroad, including Mexico and Greece. She completed certification training at Findhorn, Scotland, an ecovillage that is considered the birthplace of SCD. She currently shares leadership of an ongoing dance circle at the UU/Arlington, and is glad to bring this to BRUU as a means of building community and creating sacred space.

Flash Fiction: **Christy Thomas** taught English and creative writing in the public school for 30+ years. Her hobbies in retirement are taking writing courses offered to seniors and writing flash fiction. She is a member of Writers of Chantilly, Writers Guild of Northern Virginia, and Reston Writers.

Meaning of Life: **Paul Galvin** has worked in public education as a school counselor and is a former minister of religious education. As an original member of BRUU, he has served as president, treasurer, a member of numerous committees, and now as chair of the adult education committee.

WHO'S TEACHING THIS SPRING?

Climate Change Solution: **Dr. Larry Underwood** has been an environmentalist most of his adult life. He lived in Alaska for 25 years where he conducted research in cold adaptation and Arctic ecology. He has also taught biology courses at the University of Connecticut, the University of Alaska, Northern Virginia Community College, and George Mason University. Recently, he became the Citizen's Climate Lobby's Liaison to U.S. Rep. Barbara Comstock.

A Muslim Woman's Life in the U.S. **Carole Whittaker Ahmed** was born in Pennsylvania, baptized Episcopalian (her mother's faith) and confirmed Presbyterian (her father's faith). She earned a BS in Environmental Science at Mary Washington College, an M.A. in Library Science from Catholic University, and a diploma in audio engineering from the Institute of Audio Research in NYC. Since her marriage to her husband, Nazim, she converted to Islam, has practiced as a Shia Muslim, and has followed several Sunni schools of thought. Carole has been a member of the Muslim Association of Virginia since 1999 and a member of BRUU since 2003. Currently she is Library Assistant Administrator at the Potomac Community Library in Woodbridge.

Blossomforth classes: See **Marti Giese's** bio above under *Dark Money* above.