

# Adult Religious Education

## Summer 2010

### **Spiritual Practices**

**Sunday, July 11, 11:30 a.m. – 1:00 p.m.**

**Led by Elizabeth Marsh**

Summer brings renewed energy to our souls. The time is right for us to begin, renew, or continue a spiritual practice. We'll share what our spiritual practices have meant for us or what we dream them to be. If you have a journal, please bring it; we may do some writing.

This program will be similar to one offered by Elizabeth last December. All are invited, whether you attended in December and would like to deepen your exploration, or if this will be your first time. **Childcare is available with one week prior notice!** Email childcare request to [dkahn@uucr.org](mailto:dkahn@uucr.org).

### **Book Discussion: *Don't Think of an Elephant!***

**Wednesday, July 14, 7:30 - 9:00 p.m.**

**Led by Elizabeth Marsh**

Do you want to feel empowered to speak about your values in political discussions? Are you ready to articulate your progressive values more clearly to others? Come, learn how conservatives and progressives think, and join this book discussion! Ahead of time, we'll read *Don't Think of an Elephant!*, the 2004 book by linguist and cognitive scientist George Lakoff. Together, we'll put the book's theory into action. **Childcare is available with one week prior notice!** Email childcare request to [dkahn@uucr.org](mailto:dkahn@uucr.org). Contact Elizabeth ([emarsh@uucr.org](mailto:emarsh@uucr.org)) for more information.

### **Summer Reading List!**

*People of the Book*, by Geraldine Brooks (for September 15 Book Discussion led by Carolyn Pooley). *A House for Hope*, by John Buehrens and Rebecca Parker (for four-session class, "The Promise of Progressive Religion for the Twenty-First Century," led by Rev. Lynn Strauss beginning September 12).