
Morning Workshops

100 SUUSI '99 Walk/Run for Fun No Limit

Walkers, Runners, and In-betweeners—join the Tuesday morning SUUSI tradition—our 21st Annual Walk/Run for Fun where everybody's a winner. The on-campus course is more accessible for all ages and that gives you a few extra minutes of sleep. The course is approximately 1.5 miles, flat, and paved to accommodate walkers, joggers, and runners of all types. The race starts at 7:30 AM (be there by 7:15 to stretch and pick up your tag) and finishes with refreshments and awards in time for breakfast and morning activities. Fee includes another great collector T-shirt. Don't miss this SUUSI classic!

—Bob Glover with the help of many long-time Fun Walk/Run early-bird enthusiasts will be on hand.

\$12.00 T *Drop-In* Y 0+ 7:30-8:30

101 Magical Bellydance Limit 30

Invoke the passion of fire, the inspiration of air, the healing flow of water, and the strength of earth into your own body and life through beautiful, fun, and powerful movements. Wear fanciful clothes you can move freely in.

—Betsy Bickel (aka Mariel) is preparing for the millenium by spreading the forces of fun, freedom, and flexibility. May the forces be with you.

\$5.00 T *Drop-In* T 13+ 10:00-12:00

102 Goddess Grace: A Moving Meditation Limit 30

Take on the power and postures of 26 goddesses from around the world. This movement form blends yoga, bellydance, and other dance exercises with spoken affirmations to develop strength, grace, and flexibility. Wear clothes you can move freely in and bring a mat and a relaxed attitude.

—Betsy Bickel (See Workshop #101).

\$5.00 M *Drop-In* T 13+ 10:00-12:00

103 Health Ministry in Your Congregation Limit 30

This workshop will help you to: a) understand the spirituality-health connection and the role of the congregation contributing to health in the larger community, b) appreciate the many faces of health ministry, c) start one in your congregation that fits your particular needs.

—Ines Hoster is a Certified Healing Touch Practitioner and instructor, lay minister and board member of the Greater Atlanta Health Ministry Association. She trained as a Congregational Health Promoter through the Carter Center and started Health Ministries at UU of Atlanta five years ago.

\$7.00 ThF *Required* T 15+ 10:00-12:00

104 In-Line Skating Limit 20

Learn to skate—beginners to advanced. A great, low-impact, fun sport for social enjoyment and/or high-energy exercise. We begin with stopping and end with racing. Bring your own skates, borrow them from a friend, or rent them from a local shop.

—Doug Hughes enjoys the speed, the wind in his face, and the smooth gliding sensation of in-line skating. He has been skating for 5 years and has taught this workshop at SUUSI before.

\$6.00 MWF *Preferred* Y 12+ 8:00-9:30

105 Bridge: Drop-In Play No Limit

Drop in for an hour or two of bridge. This will be a great opportunity to meet other players and setup games at other times as well.

—Cyndy Bailes has played bridge for years and has been a long time beginning bridge teacher through the YWCA and community recreation programs.

FREE MTWThF *Drop-In* 10:00-12:00

106 Bridge: Beginner Lessons Limit 20

Beginning bridge players will be introduced to the basics of the game, the steps to successful bidding, and elementary play of the hand. There will be opportunity for practice each day.

Recommended reading: *The Basics of Winning Bridge* by Montgomery Coe.

—Cyndy Bailes (See Workshop #105).

\$15.00 MTWThF *Required* 10:00-12:00

107 Couples Enrichment* Limit 18

Through marriage enrichment, we work to make our good relationships better. Leaders model concepts in communication, play, conflict resolution, and lead by opening their own partnership. We build a safe community in which both mixed-sex and same-sex couples may practice what they choose to share. Enrichment is no substitute for therapy. **Recommended reading:** *How to Have a Happy Marriage* by David and Vera Mace, Abingdon Press, Nashville, TN, 1977

—Kip and Kristine Barkley are a certified leader couple with the Association for Couples in Marriage Enrichment (ACME). They have presented this workshop to many committed couples over the years.

\$15.00 MTWThF *Required* * 10:00-12:00

108 Women Who Write Limit 18

For women of all skill levels, including those who haven't tried this means of expression. Will create a safe, non-threatening space and write structured exercises that will help us put pieces of our stories on paper. Bring a journal or paper, pen, lap desk or writing surface so we can take our exercises outside.

—Earle Irwin is a prolific journal keeper and has been a member of a women's writing group for 3 years.

\$14.00 MTWThF *Preferred* 10:00-12:00

109 Creative Risktaking* Limit 20

Growing and changing involves risking. Through individual and group exercises, participants will develop an action plan for one specific life change they wish to make, and will identify internal and external sources of support for accomplishing that goal. Because each day builds on the previous day, and because working groups are formed early in the week, only those willing to attend all sessions should choose this workshop.

—Grace Burton, a mathematics educator, is interested in goal directed planning and classroom climate and has facilitated this workshop since 1982, her second SUUSI. She tries to practice what she suggests.

\$15.00 MTWThF *Required* * 10:00-12:00

110 The Growing Divide**Limit 35**

This workshop examines the growing divide between the very wealthy and everybody else (and the attendant increase in poverty in America). We will explore why this is occurring, discuss the results of excess inequality, and empower ourselves with strategies for change and the knowledge that we can do it. —Bo Changnon is a born-again activist who embraces the conservative notion of dismantling concentrated power whenever it becomes self-serving and the liberal notion of constructing a society free from oppression.

FREE Th *Preferred* T 16+ 10:00-12:00**111 How to Tell the Tale****Limit 20**

Explore the timeless oral art of storytelling with an experienced teacher and teller. Learn how to find a good story, prepare it, and tell it. Discover how to enhance your telling with audience participation, music, and puppets. For beginners and those with some experience who want to improve their skills.

—George Crafts has been telling stories and teaching storytelling skills at libraries and schools for thirteen years. Frequently, he performs with his wife, singer/songwriter, Dee Kysor, in the song-story duo Woven Yarns.

\$14.00 MTWThF *Preferred* T 15+ 10:00-12:00**112 Cooking Workshop I: Introduction****Limit 25**

This workshop (or the same one taken in 1998) is *required* prior to taking any other Cooking Workshop. The topics covered are: *Your Place in the Kitchen; Safety & Sanitation; Both Hands and Equipment; The Role of Mise en place (or cooking preparation) in the Kitchen; Pots on the Stove and Where did you place it?; Measuring/Handouts;* and most important, *Your Knife, and How to Use, and Care for It.* Bring a small paring knife and a 6 or 8 professional chef's knife. If you presently do not own one, visit a local professional cutlery shop or call Professional Cutlery Direct at 800-856-6994 for a catalog. (Before ordering, be sure to actually heft both a 6 and 8 to make sure which suits you). Also bring a cutting board large enough to do extensive chopping; a work apron, and closed-toed shoes (no sandals please). If your knives are not new, please have them professionally sharpened prior to this workshop.

—Alex de Britain has certification from both the Cordon Bleu Cookery School in London, and École Hoteliere de la Societe Suisse des Hoteliers (the Swiss Hotel School). He has held positions as Food & Beverage Trainer for the Sheraton Hotel Corporation, and Catering Director in Atlanta, Houston, New Orleans and The Woodlands, TX.

\$22.00 M *Required* T 14+ 10:00-12:00**113 Cooking Workshop 3:
Gifts from the Hearth****Limit 12**

The kitchen can be the source of truly marvelous and creative gifts for those whom you love. The whole concept of giving of your labors, is really the most personal gifts we can give. This Workshop is devoted to some classic and not so classic suggestions. Examples of what may be presented include: varieties of tapanades, Moroccan preserved lemons, flavored vinegars, oils and mustards, marinated goat cheeses, exotic insanity via spice mixes, to name just a few. **See Workshop #112 for items required for this workshop.**

—Alex de Britain (See Workshop #112)

\$34.00 T *Required* T 14+ 10:00-12:00**114 Cooking Workshop 5:****How Green is My Menu****Limit 12**

Various vegetables and fruits will be discussed, how to buy, store, and serve them; menus will be produced that bring out the best of each vegetable, together with combinations that might produce veggieburgers. Tomato paste and the Maillard Reaction will produce the most magnificent Green Garden Gravy this side of 4-day reduced 60 pounds of veal shanks! Soups and gravies out of pure vegetables can be a mainstock in your freezer, ready at a moment's notice, to defrost and serve! **See Workshop #112 for items required for this workshop.**

—Alex de Britain (See Workshop #112)

\$30.00 W *Required* T 14+ 10:00-12:00**116 Sculpy Sculpee****Limit 15**

Sculpee is a clay that is easily manipulated, very colorful, and hardens well with an oven. You can make little statues, amulets, and anything else that you can imagine!

—Jonathan Downey is a school teacher and has grown up in the SUUSI Youth, Teen, and Young Adult programs.

\$18.00 M *Drop-In* Y 8+ 10:00-12:00**117 Sculpy Sculpee****Limit 15**

—Jonathan Downey (See Workshop #116)

\$18.00 W *Drop-In* Y 8+ 10:00-12:00**118 Jewelry Making****Limit 18**

In a fun and encouraging atmosphere, learn how to make earrings, necklaces and bracelets using beads and semi-precious stones. Larger projects may require extra cost.

—Carole Eagleheart is known for her enthusiasm and joyous teaching. She has been designing jewelry for more than a decade, and markets it nationwide.

\$36.00 MT *Required*
WTh *Preferred* T 13+ 10:00-12:00**119 Earth Circle****Limit 20**

Together we will chant, dance, and celebrate the Earth. The experience will include rock reading, guided visualization, and the making of medicine pouches.

—Carole Eagleheart is a certified teacher of the Wolf Clan Teaching Lodge of the Seneca Indians. She spends eight months of the year traveling the continent leading workshops.

\$8.00 F *Preferred* T 14+ 10:00-12:00**120 Drawing on (the) Right Side of the Brain****Limit 20**

Using many exercises from the book of the same title, this workshop really does amaze participants with their own success in drawing. **Recommended reading:** *Drawing on the Right Side of the Brain* by Betty Edwards

—Mary Feagan has taught drawing for about 15 SUUSIs. She has an MVA and has been an art teacher for 18 years.

\$13.00 MTWThF *Required* T 13+ 10:00-12:00

121 How Do You Do? Beyond NLP!*

Limit 40

Come join WIZ (aka Wally Evans) for his tenth year at SUUSI and the refinement of twenty years of curiosity. Certified on the master's level in NLP, hypnosis, Time Line therapy, and more, WIZ will present for your use simple effective models for change. This will be a doing class with meditations and exercises for connections with your inner self and awareness of behavioral processes. **Recommended reading:** *Heart of the Mind*, Connirae/Steve Andreas; *Cognitive Harmony*, Jerry Stocking; *The Satir Model*, Satir

—Wiz (aka Wally Evans) wandered the world and wondered with a curiosity of knowing there is more to know. He encourages you to bring a new curiosity to wonder about the things you are ready to wander into.

\$6.00 MTWThF *Required* * 10:00-12:00

122 Spiritual Journey in UU History

Limit 30

This workshop, new for SUUSI, will look at how Unitarian Universalists have changed their theological viewpoints through history. The participants will be encouraged to look at their own theological journey as they study others.

—Rev. Morris Hudgins has lead workshops on UU History for over 15 years now. Morris received his Master of Divinity degree from Duke University and his Doctorate of Divinity from Lutheran Theological Seminary in Philadelphia. Theology and history are his passion.

FREE MTWThF *Preferred* T 16+ 10:00-12:00

123 Disc (Frisbee) Golf

Limit 16

Learn to play one of the fastest growing sports around on this newly created 18 hole course. If you have always loved playing Frisbee, take it to the next level. Workshop fee will include your own golf disc. There will be a tournament with prizes on the second day. Find out about disc golf courses in your own area.

—Michael Jaffe has played disc golf for 13 years and loves it. He often plays in local tournaments. Michael has also taught tennis and skiing.

\$17.00 TW *Preferred* Y 11+ 10:00-12:00

124 Moving Beyond Money

No Limit

Money is seen as the panacea for many problems in life. Money has become a life force of its own, depriving many of true living. Explore cultural influences on your own finances, become empowered to select your own financial destiny, and transcend the power of money on your life. *No investment advice is offered.* **Recommended reading:** *The Richest Man in Babylon*, by George Claron 1955; *Key to Financial Freedom*, by Craig Johnson

—Craig Johnson knows what it is like to be penniless. He has a masters degree in hospital finance and has guided many individuals to financial freedom. He treats pennies as sacred.

\$5.00 MWF *Required* 10:00-12:00



125 Choosing a Path*

Limit 24

Many of us face major life decisions; marriage, divorce, career-change, retirement, elder care. In this workshop, we'll use collage, guided meditation, dream interpretation, and touch to guide us through these choices and on the path to implement them. **Recommended reading:** *Where People Fly and Water Runs Uphill* by Jeremy Taylor; *Dream Power* by Ann Faraday.

—Earl Koteen is an experienced teacher of dreamwork, meditation, personal growth and a strategic planner.

\$18.00 MTWThF *Required* * 10:00-12:00

127 Goddesses, Faeries & MerMaid

No Limit

This workshop will consider the female face and form in fact and fantasy. Through discussion and sharing, we will tell our personal stories and interests. As we learn more about these creatures, we will discover their herstory. Participants are encouraged to bring their stories and artifacts to share. Angel people are welcome as well. **Recommended reading:** Any book about Goddesses, Faeries, etc.

—Some days, Michelle Lloyd feels like a Faerie, some days like a MerMaid, but she always feels like a Goddess. The ongoing discovery of the female keeps her connected to her past and gives her hope for her future.

\$10.00 TTh *Preferred* T 15+ 10:00-12:00

128 Philosophy By Doing It!

Limit 15

This workshop starts out with a reading of Plato's *The Cave*. The rest of the time is devoted to experiencing the ascent from the cave to the light by probing the classic questions plaguing mankind since Socrates: Ethics, God, Politics, Knowledge and Quality of Life. Be prepared to become a dynamic part of philosophical dialogue designed to throw off the veneer and discover the essence of what is.

—Frances Lynch has a masters of education plus 60 more graduate credits. Her field for over 20 years has been World Cultures. She received an award for her innovative philosophy course.

\$10.00 MTWThF *Preferred* 10:00-12:00

129 Introduction to Conflict Resolution* **Limit 30**
 Introduction to Conflict Resolution will give each participant a tool belt of ways to understand conflict in their everyday lives. With these tools at your disposal, you'll learn to resolve conflict creatively. We will join hands in an effort to resolve our differences and make them the strength of our diversity. Recommended reading: *Getting To Yes*
 —Patrick Malone has almost 30 years of experience in movement dynamics, with 20 years being involved in non-violence and civil disobedience. Patrick has been teaching conflict resolution for 5 years.
 \$18.00 MTWTh *Preferred* *T 16+ 10:00-12:00

130 Ecology/Pharmacy of the Rainforest **No Limit**
 Golly-wow eco-travel overview of Amazon rain forest biosphere. Multi-media with surround sound and breathtaking color will have you amazed. Second hour will describe natural classes of drugs and their origins. No prior medical training or knowledge required. Recommended reading: *Tales of a Shaman's Apprentice*, Mark Plotkin; *Ecology/Survival, an Annotated Bibliography*, Craig Johnson
 —Craig Johnson has traveled in 31 countries and studied traditional medicine in American medical schools and has read widely in alternative medicine. He has participated in pharmacy education in the Amazon rain forest.
 FREE T *Drop-In* 10:00-12:00

132 Understanding the Blues **Limit 30**
 Do you enjoy blues music, but don't know much about it? Do you feel lost in music stores featuring sections of Delta, Atlantic, Chicago, etc., but don't know the differences in sound? Are you unfamiliar with many of the names of the players? If so, then this is for you! Dave will expose the historical development of blues music and provide answers to all your questions! —Dave Krukowski is a musician who enjoys listening and teaching as much as he likes to perform. He likes to listen to classic preselected cuts to hear styles and sounds of various blues musicians. Dave enjoys the blues!
 \$8.00 MTWThF *Preferred* 16+ 10:00-12:00

133 Yummy, Easy-to-Fix, Healthy Food **Limit 20**
 How you (and your kids and grandkids) eat affects the health of all of you. Learn how to interpret food labels including deciphering the list of ingredients—and how to modify recipes. Share free and cheap food and nutrition materials. At each session we will make a delicious, healthy dish and EAT it! —Corinne LeBovit received an MS in Nutrition from Cornell University and completed graduate work in teaching food and nutrition at Teachers College, Columbia University. She is a Registered Dietitian.
 \$10.00 MWTh *Required* 10:00-12:00

134 Raising Good Kids in Tough Times **Limit 40**
 Here's help in dealing with the high tech and low values presented by the media through CD's, VCR's, talkshows, and internet. Learn to cope with 90s parenting - too little time, too little help. Small group practice of crucial, good habits: listening, keeping your adult perspective, your example, and your companionship will be covered.
 —Roger McIntire taught family counseling and child psychology for 32 years. He is the father of three and author of many books including *Raising Good Kids in Tough Times: 5 Crucial Habits for Great Parents*.
 \$3.00 M *Preferred* 10:00-12:00

135 Teenagers and Parents **Limit 40**
 Useful strategies in raising teenagers to become responsible adults while keeping their friendship will be discussed. Learn strategies for dealing with: communication, curfews, school skills and homework, social skills and habits. Practice the ten useful steps to a better relationship with your teen(s) and apply the steps to the situation(s) you bring to the session.
 —Roger McIntire has worked with parents and teens as counselor, teacher, and friend. He is the father of three and author of many books including *Teenagers and Parents: Ten Steps to a Better Relationship*.
 \$3.00 W *Preferred* 10:00-12:00

136 Sons and Daughters College Bound! **Limit 40**
 Keys to getting in, doing well, and avoiding the 4 big mistakes will be discussed. Learn strategies for: selecting a college, applications, financial aid, study time, test time and pitfalls to avoid later. For parents and/or teens college bound. Already accepted? These strategies are all the more crucial, then!
 —Roger McIntire, Professor and Associate Dean at the University of Maryland does parent orientation and freshmen advising. He is the author of *College Keys: Getting In, Doing Well, Avoiding the 4 Big Mistakes*.
 \$3.00 F *Preferred* 10:00-12:00

137 International Language Esperanto **Limit 25**
 The International Language Esperanto, developed over 100 years ago as a solution to the world language problem, is a flourishing and vibrant language. It is the most modern of all modern languages. because of its simplified grammar and spelling.
 —Maria Murphy is a Polish-born family physician. She learned Esperanto when she was still in high school. Ever since then, she has promoted and taught Esperanto at every opportunity she gets!
 \$25.00 MTWThF *Preferred* Y 12+ 10:00-12:00

138 Archetypal Healing - Mind, Body, Soul * Limit 20

Expand healing your mind, body and soul. Using imagery, movement and storytelling, learn to harness the power available in the archetypes. Activate the energy of the Jester, Creator, Lover, etc. creating greater health and well being. This fun, interactive and stimulating session offers insights from fellow participants, faculty and most importantly, yourself. **Recommended reading:** *Awakening the Heroes Within*, by Carol Pearson

—Betty and Don Myers have enjoyed exploring the archetypes for over 10 years. Both earned MS degrees in Change Management, are Organizational Consultants and like this stuff a lot better!

\$26.00 MTWThF *Required* * 10:00-12:00

139 Gay and Lesbian Parenting Limit 50

This workshop will be an in depth look at parenting from a gay/lesbian perspective. Central issues to be discussed will be the how to's re: legal issues, custody issues, talking to children about lesbian/gay issues. We will look at the obstacles and benefits to being a gay/lesbian parent (or how to support families of this structure.) There will be an open question and answer time as well as group discussions.

—Kelli Wright is the single lesbian mother of six year old and less than one year old sons. She is a junior at Old Dominion University pursuing a counseling degree. She has been Vice Chair of the New River Valley Aids Coalition, is a member of Moms Group (organization for lesbian moms), and has worked in the Single Parent/Displaced Homemakers office for two years. She is committed to educating all those who truly seek diversity.

\$15.00 MTWThF *Preferred* 10:00-12:00

140 Self Empowerment:**Living the Life of our Dreams * Limit 20**

We often surrender our dreams to the busy-ness of life. In this course we will: take the time through centering and meditation to listen to our inner voice and discover what's really important to us; look at why we're not doing it; learn a system for increasing our effectiveness; and create our own practical guidebook to take home and serve as a touchstone to renew our daily focus on living our dreams. **Recommended reading:** *Living in the Light*, Shakti Gawain; *Do It*, John-Roger & Peter McWilliams

—Zimri Putney is a physicist and management consultant who teaches empowerment to corporations in quality management programs, to individuals in workshops, and mostly to himself. This is his sixth summer teaching at SUUSI.

\$18.00 MTWThF *Required* * 10:00-12:00

141 Stalking The Wild Songline Limit 15

By sharing basic exercises and encouraging participants to brainstorm, Dana will guide students in to the place in themselves they'll most naturally write about. The class will discuss diverse songwriting styles and explore the possibilities. Students are encouraged to bring examples of their own favorite songwriters. Please bring a pen and notebook. A guitar is also recommended. Other instruments welcome, as well.

—Dana Robinson has been a songwriter and multi-instrumentalist (guitar, fiddle, mandolin, banjo) for 27 years. With 4 CD's to his credit, Dana has appeared at Carnegie Hall and maintains a national touring career.

\$15.00 MTWTh *Preferred* Y 10+ 10:00-12:00

142 Drumming on the Edge & Drum Making Limit 15

Partake in the oldest profession. Drum making is one of the world's oldest professions. Learn the history and art of drum making as you craft a one of a kind talking drum. A reasonable amount of arm and hand strength is required.

—Henry Robles has been drumming since his teenage years. He has played a variety of different styles of music and has expanded his love of playing drums to creating drums. He currently plays drums with New Myth and owns Wrap Trap Drum Co. His wife, Sharon Robles, co-leads this workshop.

\$75.00 MTWThF *Required* 10:00-12:00

143 Haiku Limit 20

This workshop offers you an opportunity to hear and create the Japanese poetic form—haiku. Haiku celebrates the diverse aspects of nature in 17 sound/syllables. Composing haiku instills a mindfulness toward nature. These are perfect poems to compose while hiking, driving, or at work if you are bored!

Recommended reading: *The Essential Haiku*, by Robert Hass; or any other collection of Haiku poetry

—Wyman Rousseau is a minister of the Piedmont UU Church in Charlotte, North Carolina.

\$10.00 TTh *Required* 10:00-12:00

144 SUUSI Cantatori No Limit

Like to sing? In this workshop, the group will explore a variety of periods and styles of chorale music. We may provide music for worship services or theme talks, when invited. The ability to read music is helpful but not required; good listening is a must! Bring a blue skirt or pants if you have them—this is not a requirement.

—Eleanor Sableski is Director of Music for the Eno River UUF in Durham, NC. She has an MAT in Music Education. Chorale music is her first love, both as conductor and chorister.

\$20.00 MTWThF *Preferred* 16+ 10:00-12:00

145 Introductory Watercolor Painting Limit 12

Watercolor is a wonderful medium for creative expression requiring no previous art experience to produce satisfying results. As with many endeavors, results depend largely on a relaxed spirit and well-chosen tools. Materials are included so all you need to bring is a positive attitude. (Fee includes a good brush to take home).

—Ortrude White is an architect and management consultant with a special interest in the creative process. She has taught this course several times at SUUSI.

\$50.00 M *Required*
TWThF *Preferred* 10:00-12:30

146 Trigger Point Therapy**Limit 30**

If you, your family, or anyone you know has pain, this class can teach you a method of relieving that pain. People with severe chronic pain can learn a method to ease the constantly reoccurring pain. Those with occasional pain can learn methods to alleviate and correct the source of the problem. Wear a bathing suit or shorts.

—Clare Smith, MS, PT, is the clinic administrator of an outpatient physical therapy practice specializing in patients with myofascial pain. Trigger Point Therapy is what she does on a daily basis to help people with both acute and chronic pain.

\$8.00 TTh Preferred 10:00-12:00

147 Creating Daily Love Affirmations**No Limit**

Want to make your loved one feel special every day? Improve and enliven your relationship with daily affirmations you can create from materials on hand. You'll be surprised how easy it is to say 'I love you—and your loved one will be delighted with these gifts from your own hand and heart!

—Brooke Bell specializes in managing and motivating people—formerly as a Director of Customer Service for a major airline, and now as VP of Zebra Productions. No matter how busy, she creates love affirmations daily.

\$7.00 M Drop-In 10:00-12:00

148 Who Wrote the Bible?**Limit 20**

Who really wrote the bible? We'll learn about J, E, P, D, and all the alphabet soup of the gods. There will be plenty of discussion. **Recommended reading:** *Who Wrote The Bible* by Richard Elliot Friedman

—Vince Teeter has been studying the bible and leading workshops at SUUSI and UU congregations for five years.

\$12.00 MTWThF Preferred T 15+ 10:00-12:00

149 NLP—Tools for Change***Limit 20**

Learn NeuroLinguistic Programming eye accessing cues, the window to the brain, and how to use them in conversation and in change work. Discover submodalities and use them to change habits and to motivate. Customize your own Swish pattern to become better at whatever you want.

—Sharon Sweede, MD, is a Master Practitioner of NeuroLinguistic Programming, certified by NLP Comprehensive. She is a family physician practicing addiction medicine in Asheville, NC.

\$12.00 MTWThF Preferred *T 14+ 10:00-12:00

150 Introduction to T'ai Ji**Limit 25**

This workshop introduces participants to the long Yang form of T'ai Ji Chuan. Instruction will concentrate on the first section of the form. Selected movements from later in the form and two-person exercises will be presented.

—Tony Trojanowski has practiced martial arts since 1979. He earned a black belt in Tae Kwon Do in 1982 and has practiced T'ai Ji since 1986.

\$10.00 MTWF Preferred T 15+ 10:00-12:00

151 Jazz Dance**Limit 30**

Beginning with the blues and progressing to hip hop, each class will explore the roots of jazz dance using a basic exercise warm up, followed by a dance combination based on a specific jazz era. A gentle cool-down concludes the class. Wear comfortable clothing; a mat or towel is helpful for floor exercises

—Kay Wylie-Jacob, Ph.D., has performed with Twyla Tharp and Meredith Monk. She served as Artistic Director of the Big Apple Dance Theatre and has toured UU churches as a dance soloist.

\$8.00 MTWThF Preferred Y 12+ 10:00-12:00

152 Following The Yellow Brick Road**Limit 50**

Experience a fun, enlightening, and highly interactive mock service you can use in your congregation. Using the soundtrack from *The Wizard of Oz*, explore the meaning of community, commitment, and the value of diverse contributions. This service is particularly helpful for congregations that need to rebuild a sense of community and commitment. A question and answer period follows the mock service. **Recommended reading:** *The Wizard of Oz*, if you do not already know it by heart!

—Claire Prideaux professionally develops programs to help people develop life skills. She is interested in helping UU congregations build stronger communities.

FREE M Drop-In 10:00-12:00

153 Following The Yellow Brick Road**Limit 50**

(See Workshop #152).

FREE T Drop-In 10:00-12:00

154 Following The Yellow Brick Road**Limit 50**

(See Workshop #152).

FREE Th Drop-In 10:00-12:00

155 Following The Yellow Brick Road**Limit 50**

(See Workshop #152).

FREE Fri Drop-In 10:00-12:00

Afternoon Workshops

200 Wicca 101***Limit 20**

Can't tell a pentagram from a pentagon? Here is an introduction to the Old Religion. Learn about these traditions, symbols, and rituals revived from ancient times. We will examine pagan remnants found within Christendom, and also resources like CUUPS at <http://members.aol.com/uucfl/cuups.html>. **Recommended reading:** *A Guide For the Solitary Practitioner*, Scott Cunningham. *Drawing Down the Moon*, Margot Adler.

—Kip Barkley is a long time UU who maintains his connection to the Old Religion as an eclectic solitary. Mary Ann Somervill has recently discovered paganism in the same way she long ago discovered UUism...click!

\$5.00 TTh Preferred * T 14+ 2:00-4:00

201 Drumming for Ritual for Beginners **Limit 50**

Drumming for ritual is one of many drumming technics. It involves the one drum method. Regardless of how many drums are performing, it sounds like only one drum. This takes a great deal of listening ability. Drumming for ritual is only a part of the ritual and must be played so as to support the chanters and dancers, not overpower them. This workshop is designed for those *with little or no experience* drumming. Participants need to provide their own drums. Attendance at one of these workshops is required for anyone wishing to drum at Friday night's worship service.

—Allison Dunmore has been playing African drums for 10+ years. She had lead drumming workshops at SUUSI, Carolina Spirit Quest and CUUPS Convo. Kate Hofmann is a long time SUUSI goer. She has been playing African drums for the last five or so years and has been drafted to be co-leader for many different drumming workshops.

\$14.00 MT *Required* T 14+ 2:00-4:00

202 Drumming for Ritual for Advanced Drummers **Limit 50**

Drumming for ritual is one of many drumming techniques. It involves the one drum method. Regardless of how many drums are performing, it sounds like only one drum. This takes a great deal of listening ability. Drumming for ritual is only a part of the ritual and must be played so as to support the chanters and dancers, not overpower them. This workshop is designed for those *with experience* drumming. Participants need to provide their own drums. Attendance at one of these workshops is required for anyone wishing to drum at Friday night's worship service.

—Allison Dunmore(See Workshop #201).

\$14.00 WTh *Preferred* T 14+ 2:00-4:00

203 How to Start an Investment Club **Limit 25**

Have you ever thought of starting an investment club? Come and learn the necessary ingredients for a successful club. Make money and have fun, too. **Recommended reading:** *Beardstown Ladies*

—Eileen Baker is president of Women in Charge investment group and was instrumental in organizing the group.

\$5.00 T *Required* 2:00-4:00

204 Grant Writing 102 **Limit 10**

Participants will learn grant writing techniques and have a chance to discuss and implement these techniques. Those who have a proposal to write, please bring your information to the workshop.

—Cyndy Bailes has been responsible for raising millions of dollars for non-profit agencies and churches and is now a fundraising consultant.

\$7.00 T *Preferred* 2:00-4:00

205 Psychic Skills Development **Limit 18**

Tune in your innate psychic abilities using a method of alpha trance and guided meditation. This mindstate is similar to dreaming, but you will learn to go there while remaining awake. We will practice psychic communication, sensory awareness, and self and group healing. Bring a mat and/or a blanket and pillow.

—Susan Baylies, a self-employed artist, has been using and guiding trances for over 20 years.

\$20.00 MTWThF *Preferred* T 14+ 2:00-4:00

206 The Growing Divide **Limit 50**

This workshop examines the growing divide between the very wealthy and everybody else (and the attendant increase in poverty in America). We will explore why this is occurring, discuss the results of excess inequality, and empower ourselves with strategies for change and the knowledge that we can do it.

—Bo Changnon is a born-again activist who embraces the conservative notion of dismantling concentrated power whenever it becomes self-serving and the liberal notion of constructing a society free from oppression.

FREE M *Preferred* T 16+ 2:00-4:00

207 Shall We Waltz? **Limit 30**

It's smooth...it's classic...it's romantic...it's the waltz. Whether you want to learn the basic steps or wish to smooth out and improve your existing skills, join us for some wonderful waltzing.

—Gayle Birge and Tim Steinmeier have each been dancing for over 10 years. Both have attended numerous dance classes and workshops all over the US. Tim performs vintage dances throughout southern California with the Yesteryears Dancers.

\$5.00 M *Required* T 16+ 4:00-6:00

208 Advanced Waltz and Contra Moves **Limit 40**

Are you ready for the next level? Want to learn some cool moves? We'll teach several exciting steps, turns and embellishments. Dancers should be comfortable with basic waltzing and contra dancing.

—Gayle Birge and Tim Steinmeier (See Workshop #207).

\$5.00 T *Required* T 16+ 4:00-6:00

209 Weaving Paper Polyhedra **Limit 20**

Decorate your Christmas tree with attractive polyhedron models woven from construction paper! These models include cubes, dodecahedra, and solids with five-pointed stars. Weave them like you would weave a basket. It is fun to do and your creations will make attractive decorations.

—Jim Blowers has a PhD degree from Northwestern. While at graduate school, he found this little-known arts and crafts idea in a mathematics journal and used it to make a variety of attractive models.

\$5.00 T *Preferred* T 14+ 2:00-5:00

210 Stitch and Bitch**No Limit**

All stitchers welcome! Wind down from SUUSI activities with needlework and enjoyable conversation. Participants should bring their in-process projects. Maybe this could be a good time to finish those UFO's (unfinished objects) or start something new.

—Julianna Bickus counts quilting as one of her passions. She enjoys being around other SUUSI needlecrafters, whatever their interests.

\$5.00 MTWThF *Drop-In* 4:00-6:00

211 Talk about Religion!**Limit 18**

Religion is often a taboo subject, easily leading to arguments over differences. Not here! In this workshop, expanded to 4 days by popular request, Bo creates a safe environment which embraces diversity. We commonly discover that the so-called differences are simply different ways of expressing the same inherent spiritual ideas.

—Bo Chagnon is a professional musician, presenter of Sunday services for UU societies, and workshop leader. He will share his own religion, Recapitulationism, during the workshop.

FREE TWThF *Preferred* T 16+ 2:00-4:00

212 Yevgeny Yevtushenko, really a UU?**No Limit**

For three decades Yevtushenko has been the most famous poet in the Soviet Union. Even in English, his writing ring true and prove that poetry knows no borders, no capitals, no provinces. Selected poems will be read after background is given, with sprinklings of Russian culture and geography. **Recommended reading:** *Russka*, by Edward Rutherford; *The New Russians*, by Hedrick Smith

—George Jackson has a Ph.D. from Johns Hopkins. For the past 7 years he has been an avid student of Russian following an unforgettable stay in Siberia.

FREE MWF *Preferred* Y 10+ 2:00-4:00

213 Hands of Light**Limit 30**

Our physical bodies exist within a larger body, a human energy field or aura. It is through this energy field that we have the power to heal ourselves and others. Discover how you can use 'hands-on' techniques of Therapeutic Touch and Reiki for relaxation and health. Bring drinking water and towel for sitting/laying on the floor.

—Kathy Kochevar has been trained in Reiki and Therapeutic Touch. She is a practicing 'Energy Worker' and has taught and facilitated Healing Circles and Workshops throughout the Raleigh, NC area.

\$3.00 T *Required* T 16+ 2:00-4:00

214 Very Gentle Yoga**Limit 20**

If you'd like to try yoga, and feel a regular class may be too strenuous, this may be just right for you. Postures are modified to meet your needs. We will emphasize breathing and relaxation. An increased range of movement and flexibility will come with practice. Wear loose, comfortable clothing. Please bring a blanket or mat.

—Nancy Shaw Burns has practiced yoga for many years. She is a member of the SunCoast Yoga Teachers Association. Nancy enjoys sharing yoga with others. She teaches yoga at her church in Asheville.

\$12.00 MTWThF *Preferred* 2:00-4:00

**215 The Magic of Runes****Limit 15**

Runes are symbolic markings used by ancient Northern European people for divination and magic. Join runeworker Carol Eagleheart for a fascinating introduction to this ancient tool, and a chance to make your own set of runes.

—Carol Eagleheart is known nationally as a runeworker and workshop leader.

\$14.00 M *Preferred* T 14+ 2:00-4:00

216 Goddess Candles**Limit 20**

With song, ceremony, and our own creativity, we will transform tall glass seven-day candles into celebrations of the Goddess.

—Carole Eagleheart is a nationally-known singer and songwriter. She tours the continent leading workshops as well as giving concerts and Sunday services.

\$13.00 W *Drop-In* Y 12+ 2:00-4:00

217 Fast Dancing for Shy Feet**Limit 30**

This workshop is guaranteed to lower inhibitions, increase dance pleasure, and introduce kind dance partners. It is especially for developing free-form fast dancing skills. This class pumps so much music into us, we need to dance, said one participant. **Recommended reading:** *Sweat Your Prayers* by Gabrielle Roth

—Mary Feagan, once a shy dancer, shares her process of going from shyness to downright exuberance on the dance floor.

\$5.00 M *Required* T 13+ 2:00-4:00

218 Finding Grandmama God**Limit 20**

Using voice dialogue as a springboard, this course helps participants develop kind inner grandmotherly voices. It uses goddess spirituality and personalizes it, as we balance and mellow old patriarchal voices. **Recommended reading:** *Embracing Our Selves, The Voice Dialogue Manual* by Hal and Sidra Stone

—Mary Feagan, a nun for 11 years, has been healing her old patriarchal indoctrination with reading, Nature, journal-writing, and conversations with Grandmama God.

\$3.00 Th *Preferred* T 13+ 2:00-4:00

219 Playreading

Playreading is a just for fun time every afternoon; a stress-free time to read plays and ham it up. Feel free to come every day or any day. Each day is different. We hope to do skits at cabaret. Note: Not a discussion.

—Sue Folk is a veteran Playreader Leader, this being her 21st offering at SUUSI. She also leads a group in Columbia, SC.
\$8.00 MTWThF *Drop-In* 2:00-4:00

220 Early-Afternoon Late-Night**Limit 30**

Once again, Bill and Lorain offer a supportive sharing circle where musicians, would-be musicians, and listeners can all feel at home. Similar to Late Night for those who can't stay up late (or who just can't get enough music). **Recommended reading:** *Rise Up Singing*; any collection of folk songs

—Bill and Lorain Harouff are UU folksingers from Virginia's Shenandoah Valley. They've shared concerts and musical worship services at UU churches in 23 states and Ontario. They've recorded 5 albums and have been SUUSI regulars since 1987.

\$7.00 MTWThF *Drop-In* 2:00-4:00

221 Dried Foliage Upholstered Chalice**Limit 10**

Create a chalice of layered salal leaves using an upholstery technique (glue gun onto styrofoam form). This chalice is a unique expression in natural foliage of the symbol for our UU faith. Replaceable votive candles are incorporated to provide the flame. It is permanently color enhanced with floral sprays, approximately 13 high.

—Deborah Holt is a juried member of the American Institute of Floral Designers. She is currently creating unique designs in dries for Reincarnation, Inc. She holds a degree in Art, with 35 years of floral design experience.

\$30.00 TTh *Required* T 15+ 2:00-4:00

222 Macramé Sampler/ Chalice Motif**Limit 10**

Using basic macramé knots, you will create a unique, original chalice pattern in white nylon mason line. The sampler hangs from a pin, ready for you to wear. The skills you will learn in this workshop are easily adaptable to other projects. You'll be able to create belts, clerical scarves, etc., on your own.

—Deborah Holt is a textile artist, with a BA in Art from UK with additional course study at UF and Syracuse U. Her macramé designs have been published in McCall's.

\$20.00 MWF *Required* T 15+ 2:00-4:00

223 Healing Touch: An Introduction**Limit 20**

This workshop offers a brief historical review and discussion of scientific research followed with practical experiences of the human energy field, and several pain relief methods. Discover your gift of touch and caring intentionally, and develop new sensitivities and deepening spiritual awareness. Energy medicine reduces stress, anxiety, pain, blood pressure, supports the immune system, and more. Participants should bring blanket, pillow and socks. **Recommended reading:** *Accepting Your Power to Heal*, Delores Krieger; *Anatomy of the Spirit*, Carolyn Myes

—Ines Hoster, MS is a Certified Healing Touch Practitioner and instructor teaching energy medicine in the US and Germany and has a private practice in Atlanta, GA. She started the Healing Circle at UUC of Atlanta in 1995.

\$12.00 WTh *Required* Y 10+ 1:00-5:00

224 Celestial Wonders: History of Space Flight No Limit

Ever wonder what's on the other side of the sky? Experience a cosmic multi-media extravaganza of universal wonders and mankind's journey to the stars, with surround sound. Many of NASA's best in-flight images and fabulous views from the world's great observatories will keep you entranced. **Recommended reading:** *Moon Shot*, by Alan Shephard; *Space*, by James Michener

—Craig Johnson has built observatory telescopes and hand figured their optical trains. He has visited the major observatories of the world and its space flight centers.

FREE Th *Drop-In* 2:00-4:00

225 Castle Architecture of the U.K.**No Limit**

Ever wonder about living in a castle... wandering on the battlements at sunset? Come climb the turrets in this photo journey of the best castles in England, Wales, and Scotland. Craig will present an overview of defensive architecture incorporated into castle design. There are 300 new images for 1999 and a much faster pace!

—Craig Johnson lived in the clock tower of an English castle and watched many sunsets over the Irish Sea. In 1998 he returned to England and Wales to spend a month photographing castles.

FREE T *Drop-In* 2:00-4:00

**226 SUUSIBOYZ****Limit 100**

The BOYZ begin a new era, with a change in the style and rhythm. We are not professional singers, just brothers who enjoy music, singing together, and companionship—a great combination!

—Alexis Jones helped create SUUSIBOYZ to provide the sounds of males singing together and with others. The outcome is wonderful.

\$24.00 MTWThF *Preferred* 1:00-1:45, 4:30-5:15

227 Fairy Tales To Recreate Our Lives ***Limit 20**

Fairy tales have been used throughout the ages to help people reflect on their lives and share traditional wisdom. This workshop will use fairy tales and other creative activities to explore our current quests. We will also work on writing our own magical story, symbolic of our personal journey. **Recommended reading:** *Once Upon A Mid-Life*, by Alan Chinen

—Susan Karlson is a licensed clinical social worker with practices in Charlottesville and beyond. She uses the symbols present in stories and dreams to help people uncover their vast inner resources.

\$14.00 MTWThF *Required* * 2:00-4:00

- 228 Cooking Workshop 2: Pepper, It's Not Just for Pineapple, Anymore** **Limit 12**
An in-depth examination and tasting of various herbs, spices, marinades, dry rubs, and combinations. Introduction to herb and spice flavored olive oil and vinegar, their mixture and storage; they also make great gifts. The handling, storing, and usage of herbs and spices and how best to use them. Samples of these seasonings will be employed as well as the tools often used to bring out the best flavors of them. **See Workshop #112 for items required for this workshop.**
—Alex de Britain (See Workshop #112).
\$30.00 M *Required* T 14+ 2:00-4:00
- 229 Cooking Workshop 4: Salad Daze** **Limit 12**
With an introduction to ingredients, an examination and tasting of varieties of finished products, the venue followed for salads can be both healthful, appetizing and creative. The dressing becomes the star of the show, but the ingredients do a great job of supporting. Think of the classic Caesar Salad, made at the table, warm salads that become an instant meal, composed salads and those that are more relaxed. **See Workshop #112 for items required for this workshop.**
—Alex de Britain (See Workshop #112).
\$34.00 T *Required* T 14+ 2:00-4:00
- 230 Cooking Workshop 6: The Breast of Times** **Limit 12**
The lowly chicken breast — one that you, yourself remove from the chicken — can be turned into a truly healthful, and gourmet, entree. Skin on? Skin off? Presoaking in Brine? Marinade? Range-fed chickens, with a full breast, and then stuffed and baked, with a minimum of calories. This is the breast of times! **See Workshop #112 for items required for this workshop.**
—Alex de Britain (See Workshop #112).
\$39.00 W *Required* T 14+ 2:00-4:00
- 231 Mindfulness Meditation** **Limit 25**
Participants will be introduced to mindfulness meditation as taught by Zen Master Thich Nhat Hanh. This workshop will focus on learning, practicing, and discussing our feelings about mindfulness meditation, while sitting, walking and eating. The workshop will include having lunch together mindfully, on Wednesday, before the workshop. Please wear comfortable clothes. **Recommended reading:** *The Miracle of Mindfulness* by Thich Nhat Hanh (Beacon Press)
—Ken Knight is a psychotherapist who has been practicing mindfulness for about 10 years. He teaches it to his clients for temper control and relief from anxiety. CJ Kirk is a psychotherapist who studies and practices mindfulness meditation in his work and daily life. His focus is making meditation understandable and useful to each individual.
\$6.00 MW *Drop-In* 2:00-4:00
- 232 Chamber Music Jamboree** **No Limit**
Instrumentalists and vocalists are invited to have fun playing in groups of two or more. Please bring music to share. For those interested, there will be performances during the week, including the Chamber Concert on Thursday evening.
—Deborah Langrock is a flutist who enjoys facilitation and playing chamber music.
\$10.00 MTWTh *Drop-In* Y 10+ 2:00-4:00
- 233 Bawdy, Naughty and Novelty Music** **No Limit**
The material seems endless, the fun is boundless, and tastelessness just goes on and on. Come join us for a few afternoons of political incorrectness. Please bring tapes, books, or whatever you have to share/contribute to the mix. This is a full participation workshop, not for the timid.
—Michelle LLOYD is a DRE, by day, and a frustrated entertainer most of the rest of the time. She spends most of her time with children and therefore **needs** this special time with adults!?
\$7.00 TTh *Drop-In* 2:00-4:00
- 234 The Art of Perfume** **Limit 15**
The mystery, the memories and the material all blend together for an enjoyable afternoon. We will discuss the history of perfume, as well as share some of our best/worst smell memories. We will also make at least one perfumed item to take home. A good for a class for an adult and a child over 10.
—Michelle Lloyd is a person who believes that you can tell a lot about a person by the way they smell. After a hectic day of work as a Director of Religious Education, she relaxes with aroma therapy.
\$7.00 W *Required* Y 10+ w/Adult 2:00-4:00
- 235 Country Line Dancing** **Limit 50**
Back by popular demand, this workshop will teach participants, step-by-step, some of the hottest beginner and intermediate line dances. You won't need a partner, just leather soled shoes (e.g. boots or loafers) and a desire to have fun!
—Rosie Love has taught line dancing to hundreds since '93 and her love of dance is infectious.
\$5.00 W *Preferred* T 14+ 2:00-5:00
- 236 Moon and Stars** **Limit 25**
This slide illustrated workshop will introduce beginners and amateurs to constellations, planets and our moon. The importance of the use of binoculars in moon and star gazing will be discussed. **Recommended reading:** *Stars: A Golden Guide Series* by Zim and Baker
—Don Male is a retired research scientist and now, a UU minister. He served 10 years on UUA's Board of Trustees (4 as UUA Secretary). This will be his 41st year at SUUSI.
FREE T *Drop-In* Y 10+ 2:00-4:00
- 237 Listening to Jazz** **Limit 20**
This workshop will trace the history of jazz from ragtime to Dixieland to modern jazz but will also teach you how to listen to music in general.
—John McClenon teaches chemistry for a living but has a 15 piece danceband on the side. He has played and listened to jazz for over 50 years.
\$13.00 MTWThF *Drop-In* T 15+ 2:00-4:00
- 238 Laid-Back Folk Dancing** **No Limit**
This workshop is geared to those of us who move more slowly than we used to. Fascinating music and simple steps will have you moving to ethnic rhythms and melodies from Greece, Israel, Balkans, contra, long-ways and more!
—Lilly McEachern started folk-dancing in 1935, and still dances weekly with a Roanoke dance group. She started teaching at SUUSI in 1965. She loves the stuff!
\$12.00 MTWThF *Drop-In* Y 12+ 2:00-4:00

239 Day at the Improv**Limit 20**

Through guided games and activities, participants will gain trust and rapport with each other. In learning how to work without a script or props, players will engage their creativity to improvise original scenes filled with imagination, humor, and wit. Improv can enhance one's confidence, self-esteem and speaking ability.

Recommended reading: *Improvisation for the Theatre*, by Viola Spolins

—Maggie McLaney performed in Atlanta with two improvisational troupes: Lightside City Players and Laughing Matters. She's taught Improv workshops to kids of all ages.

\$12.00 MTWThF *Preferred* 2:00-4:00

240 Massage: The Gift of Pleasure**Limit 16**

Being able to touch skillfully and sensitively enhances our sensual expression. To touch with awareness is a beautiful gift for a friend or lover. Workshop consists of demonstrations and practice. Open to individuals and couples. Wear brief clothing or bathing suit (two-piece for women). Bring a sheet, towel and sleeping bag or heavy blanket for each participant. Oil will be furnished. **Recommended reading:** *The New Massage*, by Gordon Inkeles; *The Massage Book*, by George Downing or any other massage book

—Dick Merritt, a professional member of the American Massage Therapy Association, has lead this workshop at SUUSI since 1988.

\$24.00 MTWThF *Required** T 16+ 2:00-4:30
w/parental consent

241 happyfeet for couples I**Limit 26**

In happyfeet for couples, the band of gypsies traveling temple of earthly delights brings you a sensual date at SUUSI. Please BRING TOWELS! and pillows if you wish and wear comfortable clothing. We will have everything else the two of you will need to bathe and massage each other's feet in a beautiful, romantic space.

—rebecca moon and the traveling temple of earthly delights create sensual aromatherapy concoctions and beautiful spaces for heaven on earth experiences.

\$6.00 T *Preferred* 1:00-4:00

242 happyfeet for couples II**Limit 26**

—rebecca moon (See Workshop #241).

\$6.00 Th *Preferred* 1:00-4:00

243 Turning Talk Into Community**Limit 50**

Use talk and activity to build community while replenishing the spirit during Sunday Services. Learn how Sunday Services can be made interactive and develop ideas for Sunday Services that incorporate interactive activities while meeting the goals of the particular service. Although ministers could definitely benefit from this workshop, it's great for lay-led congregation participants as well.

—Claire Prideaux professionally develops programs to help people develop life skills. She is interested in helping UU congregations build stronger communities.

FREE T *Drop-In* 2:00-4:00



- 244 Turning Talk Into Community** **Limit 50**
—Claire Prideaux (See Workshop #243).
FREE Th *Drop-In* 2:00-4:00
- 245 Swing Dancing** **Limit 60**
Do you like to dance holding on to your partner, but feel like you don't know what to do? Then this workshop is for you. Learn enough about swing to dance at almost any occasion. Swing dancing is versatile and fits music from the 30's to now. Wear shoes that won't stick to the floor and comfortable clothes. —Clare Smith is a licensed Physical Therapist and competes in waltz, two-step, cha cha, and east and west coast swing dancing.
\$10.00 MTThF *Preferred* T 14+ 2:00-4:00
- 246 India Sent Us Her Best** **No Limit**
From 1920 to 1952, a fully enlightened Master of Yoga graced America with the wisdom of his native India. Through his shining example and liberating teaching, Paramahansa Yogananda greatly accelerated this country's spiritual evolution. His timeless message continues to attract thousands. This workshop introduces Yogananda's extraordinary life and teachings and offers a chance to experience his methods.
Recommended reading: *Autobiography of a Yoga* and *The Science of Religion*, both by Paramahansa Yogananda
—Valerie Putney has practiced Yogananda's Kriya Yoga for 13 years. It has changed her life and illuminated her teaching.
\$7.00 M *Preferred* T 14+ 2:00-4:30
- 247 Artisan's Bazaar: A Place to Shop!** **Limit 12**
An opportunity to display and sell your unique hand-crafted items in an atmosphere of caring and support. Items must be 100% hand-crafted by the participating artist. Register by July 1st by sending a description/photos of your art to Geraldine Ludeman, 399 Paloma Ave, Boca Raton, FL, 33486. She can be reached by phone: 561-368-5396 or by e-mail: prc555@juno.com. All artists MUST register for this workshop prior to SUUSI but the workshop fee is due at registration. If sales exceed \$250, the artist agrees to donate 10% to SUUSI. Please note the change in our workshop opening hours.
—Geraldine Ludeman creates garments using an unorthodox mix of fabric and color, designs to satisfy the free spirit. She looks forward to working with other artists in a welcoming, creative space. R.J. Perz-Edwards is a long time woodworker who has been making drums for three years. This is his third year with the Artisan's Bazaar.
\$25.00 MTWThF *Required* 12:00-2:00 & 4:00-6:00
- 248 Women's Music** **No Limit**
This workshop offers a time for renewal and refreshment, singing and listening to music that reflects on or celebrates women's lives.
—Eleanor Sableski conducts the Common Women's Chorus in Durham, NC.
\$15.00 MTWThF *Preferred* T 15+ 4:15-5:30
- 249 Alternative Healing** **Limit 25**
Trying to make sense of what you hear about herbs, vitamins, minerals, homeopathics, and other supplements? This introductory workshop will explore healing options and hopefully, help you develop your own program for health and well-being. While geared for the novice, experienced folks are welcome to join us.
—Dana Taylor is a Nutritional Consultant at Health Unlimited in Atlanta. She enjoys working with people on their healing paths.
\$25.00 MTWThF *Preferred* Y 12+ 2:00-4:00
- 250 Sparkley Fairy Crowns I** **Limit 15**
Add a little magic to your life! Make Sparkley Fairy Crowns to wear to SUUSI activities or to use as gifts. Easy for beginners—you don't need art skills to create beautiful crowns in adult or child sizes.
—Ethel-Marie Underhill is a mother, grandmother, former La Leche League leader, church pianist, knitter and fiber artist who discovered Sparkley Fairy Crowns at SUUSI and wants to share their delight.
\$10.00 M *Drop-In* Y 12+ 2:00-4:00
- 251 Sparkley Fairy Crowns II** **Limit 15**
—Ethel-Marie Underhill (See Workshop #250).
\$10.00 W *Drop-In* Y 12+ 2:00-4:00
- 252 Tennis Round Robin** **Limit 20**
Players of all levels are welcome to play in a round robin tournament of mixed doubles. You will play with different partners and different opponents each round. Please bring one can of tennis balls.
—Harry Tarpinian has directed a number of mixed doubles tournaments.
\$12.00 MTWThF *Preferred* T 14+ 4:00-6:00
- 253 Empowering Your Voice (for Everyone)** **No Limit**
Your voice is often your first contact with other people. From the first Hello, your voice is your aural ambassador, carrying your thoughts and emotions, your spirit and your intentions. We'll consciously breathe and laugh and listen and articulate to strengthen your natural communication resource. Come put your best voice forward!
—Amy Carol Webb is a professional performing songwriter and storyteller known as The Songweaver. She holds a BA in Speech/Theatre and has taught voice to all ages.
\$6.00 MT *Drop-In* Y 12+ 2:00-4:00

Workshops 254 and 256 are designed so that anyone who wishes to participate can find others who wish to play as well. No leader is specified. Each group will organize their own activities with the help of the Special Events/Athletics staff. Please stop by the Athletics/Special Events table during Registration for more information.

| | | | | |
|------------------------------------|--------|------------------|-------|-----------------|
| 254 Soccer Anyone? | | | | No Limit |
| FREE | TTh | <i>Drop-In</i> | | 4:00-6:00 |
| 255 Recreational Basketball | | | | Limit 12 |
| FREE | TTh | <i>Drop-In</i> | T 14+ | 4:15-5:45 |
| 256 Golf Outing/Tournament | | | | Limit 25 |
| \$6.00 | MTWThF | <i>Preferred</i> | T 14+ | TBA |

Evening Workshops

| | | | | |
|--|---|------------------|-------|-----------------|
| 300 The Growing Divide | | | | Limit 35 |
| This workshop examines the growing divide between the very wealthy and everybody else (and the attendant increase in poverty in America). We will explore why this is occurring, discuss the results of excess inequality, and empower ourselves with strategies for change and the knowledge that we can do it. —Bo Chagnon is a born-again activist who embraces the conservative notion of dismantling concentrated power whenever it becomes self-serving and the liberal notion of constructing a society free from oppression. | | | | |
| FREE | M | <i>Preferred</i> | T 16+ | 6:45-8:45 |

| | | | | |
|--|----|------------------|-------|-----------------|
| 301 Creating a Just Economy | | | | Limit 35 |
| In this participatory workshop we will explore ways in which, both individually and collectively, we can help to create economic justice. Prior attendance at The Growing Divide workshop is helpful but not required. —Bo Chagnon has discovered directly through experience that taking action to end injustice is satisfying, fulfilling, and often exciting. | | | | |
| FREE | Th | <i>Preferred</i> | T 16+ | 6:45-8:45 |

| | | | | |
|---|---|----------------|-------|-----------------|
| 302 Goddess Dance Ritual | | | | Limit 30 |
| This is a facilitated, earth-centered ritual using movement derived from the participants and from the Goddess Grace and Magical Bellydance workshops. (See workshops #'s 101 and 102.) Dress for ritual and bring any alter objects and ideas you want included. All are welcome. —Betsy Bickel (See Workshop #101). | | | | |
| FREE | T | <i>Drop-In</i> | T 13+ | 7:00-9:00 |

| | | | | |
|---|---|-----------------|--------|-----------------|
| 303 Wicca 201* | | | | Limit 13 |
| We will share an outdoor evening ritual in the Wiccan Tradition. It will be helpful if you have taken Wicca 101. We will gather by candle light, explain what we are about to do, and invite you to participate. Recommended reading: <i>The Truth About Witchcraft Today</i> , by Scott Cunningham —Kip Barkley is a long time UU who has been acting out for some time. Mary Ann Somerville has recently discovered paganism in the same way she long ago discovered UUism...click! | | | | |
| \$5.00 | W | <i>Required</i> | *T 14+ | 9:00-10:00 |

| | | | | |
|---|---|-----------------|-------|-----------------|
| 304 Intro to Contra Dancing | | | | Limit 75 |
| Learn the basics in sets and circle mixers to enjoy this fun and energetic traditional dancing. Patient and thorough instruction will have you dancing and smiling in no time. No experience necessary. Beginners should arrive no later than 6:45 pm. —Gayle Birge and Tim Steinmeier (See Workshop #207). | | | | |
| \$5.00 | M | <i>Required</i> | T 16+ | 7:00-9:00 |

| | | | | |
|--|---|----------------|-------|-----------------|
| 305 Contra Dance | | | | Limit 75 |
| Dance to the infectious rhythms of live traditional music at the 8th annual SUUSI Contra Dance. Beginners must have attended Intro to Contra Dancing workshop. All dances and mixers are walked through and called. —Gayle Birge and Tim Steinmeier (See Workshop #207). | | | | |
| \$8.00 | T | <i>Drop-In</i> | T 16+ | 7:00-9:00 |

| | | | | |
|--|---|----------------|-------|-----------------|
| 306 Stories of the Constellations | | | | No Limit |
| The night sky has been a source of inspiration for the telling of stories. This workshop will feature the stories behind our 88 constellations, including stories from Greek, Roman, Native American, and Chinese mythology, as well as the stories behind the naming of modern constellations. Recommended reading: <i>Star Tales</i> by Ian Ridpath; <i>Sky and Telescope</i> magazine —Jim Blowers has a PhD in Mathematics and a lot of experience and interest in astronomy. He has photographed two eclipses and has presented speeches at his astronomical society for the past 13 years. | | | | |
| \$5.00 | M | <i>Drop-In</i> | T 16+ | 6:45-8:45 |

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|---|---|------------------|--|-----------------|
| 307 UUs On-line | | | | Limit 15 |
| The Internet can serve as an enjoyable, expedient, and cost-effective vehicle for UU's to communicate. This workshop will show you how to connect to the Internet and on-line services with special emphasis on Unitarian-Universalist groups. —Jim Blowers has a PhD in Mathematics and a lot of experience and interest in computers. In his career as a computer scientist for the US Army and at home, he regularly accesses the Internet and other on-line services and bulletin boards. | | | | |
| \$6.00 | W | <i>Preferred</i> | | 6:45-8:45 |

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|--|---|----------------|--|-----------------|
| 308 Risktaking Reunion | | | | No Limit |
| This is the annual reunion of those who have completed the Creative Risktaking workshop. We will celebrate past successes and envision future dreams. —Grace Burton has facilitated 15 groups of SUUSI risktakers. The rest of the year, she is a professor of mathematics education at the University of North Carolina at Wilmington. She always has a risk or two in process. | | | | |
| FREE | M | <i>Drop-In</i> | | 6:45-8:45 |

309 On-Going Yoga Before Dinner**Limit 15**

If you have done any yoga, this class will be a mindful exploration of our flexibility, strength, and relaxation. We will experiment with simple postures and play with the more challenging ones. Bring two blankets and wear comfortable, stretchy clothes. **Recommended reading:** *Yoga The Iyengar Way* published by Knopf

—Carol Davidson has been involved with yoga more than 25 years, teaching and studying at the Yoga Institute of Miami and teaching at Manchester Community Technical College and World Gym in Connecticut.

\$8.00 MTWThF *Preferred* T 14+ 4:15-5:15

310 Magic: The Gathering**No Limit**

A strategic card game, Magic has been very popular with youth and young adults for several years. We will play duels, discuss deck types, and have 1 sealed deck tournament. There will be a prize for the winner of the tournament. Materials cost includes a starter deck, and two boosters from the latest stand-alone set. Please bring cards if you have them! **Recommended reading:**

Magic: The Gathering Player's Guide

—Jonathan Downey has been teaching and playing Magic since the Ice Age TM. He is a level 1 DC1 sanctioned Judge.

\$32.00 MTWThF *Drop-In* Y 8+ 7:00-9:00

**311 Mid Life Tales Part II *****Limit 20**

At SUUSI 98, we wrote our own fairy tales. In this follow-up workshop, we will share further adventures with one another and explore our ongoing symbolic journey. **Recommended reading:** *Once Upon A Midlife*

—Susan Karlson, LCSW. works with people of all ages in her practices in Charlottesville and Stainton, Virginia. Stories and dreamwork reveal the inner magic present in each of us.

\$3.00 W *Required* * 7:00-9:00

312 Ecology/Pharmacy of the Rainforest**No Limit**

Golly-wow eco-travel overview of Amazon rain forest biosphere. Multi-media with surround sound and breathtaking color will have you amazed. Second hour will describe natural classes of drugs and their origins. No prior medical training or knowledge required. This is a perfect way to spend your time after, before, or in between TWOB performances. **Recommended reading:** *Tales of a Shaman's Apprentice*, Mark Plotkin; *Ecology/Survival, an Annotated Bibliography*, Craig Johnson —Craig Johnson has traveled in 31 countries and studied traditional medicine in American medical schools and has read widely in alternative medicine. He has participated in pharmacy education in the Amazon rain forest.

FREE F *Drop-In* T 14+ 8:00 - 9:00

313 Lift Up Your Voice**No Limit**

Join us to raise a joyful noise! Any kind of voice qualifies to sing and sigh, to laugh and praise—to celebrate the Spirit with it's first and most natural instrument—your human voice. Release your heart and soul in song! No wrong notes! No experience necessary! Just bring your neck!

—Amy Carol Webb is a professional performing songwriter and storyteller known as The Songweaver. She holds a BA in Speech/Theatre and has taught voice to all ages.

\$6.00 MT *Drop-In* Y 12+ 7:00-9:00

314 happyfeet for couples III**Limit 26**

In happyfeet for couples, the band of gypsies traveling temple of earthly delights brings you a sensual date at SUUSI. Please BRING TOWELS! and pillows if you wish and wear comfortable clothing. We will have everything else the two of you will need to bathe and massage each other's feet in a beautiful, romantic space.

—rebecca moon (See Workshop #241).

\$6.00 T *Preferred* 6:00-9:00

315 happyfeet for couples IV**Limit 26**

—rebecca moon (See Workshop #241).

\$6.00 Th *Preferred* 6:00-9:00

316 Dream Work***Limit 12**

Discover for yourself how dreams are keys to understanding our past and tapping into the wisdom of the unconscious. Mathew Fox states that the ultimate effect will be transformational. C.G. Jung wrote, Dreams are impartial products of the unconscious psyche that show us the unvarnished, natural truth. The workshop will be based on the work of Rev. Jeremy Taylor, a UU minister in the San Francisco Bay area. **Recommended reading:** *Where People Fly and Water Runs Uphill* by Jeremy Taylor.

—Doug Walters has lead Dream Groups at the Chattanooga and Knoxville UU churches. He has taken numerous workshops with Rev. Taylor including two one week trainings at The Mountain. Doug is a past president of the Thomas Jefferson District and has been an active UU for 25 years.

\$12.00 MTWThF *Preferred* * 7:00-9:00

317 Drawing and Painting Inside and Out Limit 16

Beginning and experienced artists will relax and experiment with their own materials indoors and out, on and off campus, in a supportive, energizing atmosphere with a devoted, knowledgeable leader. Participants may be asked to help with transportation to nearby scenic locations. **Recommended reading:**

—Andrea Morrison studies and creates art continually and is delighted to enable other SUUSIites to enjoy and advance their artistic skills and interests.

\$22.00 MTWThF *Preferred* T 14+ 1:30-4:30

318 The Yellow Brick Road Limit 50

Experience a fun, enlightening, and highly interactive mock service you can use in your congregation. Using the soundtrack from *The Wizard of Oz*, explore the meaning of community, commitment, and the value of diverse contributions. Particularly helpful for congregations that need to rebuild a sense of community and commitment. A question and answer period will follow the mock service. **Recommended reading:** *The Wizard of Oz*, if you do not already know it by heart!

—Claire Prideaux (See Workshop # 243).

FREE W *Drop-In* 7:00-9:00

319 Self Empowerment Reunion No Limit

This will be a reunion of SUUSIites who have taken any of Zim's empowerment workshops. We'll share our experiences, our successes and failures, and our new dreams and goals.

—Zimri Putney is a physicist and management consultant who teaches empowerment to corporations in quality management programs, to individuals in workshops, and mostly to himself. This is his sixth summer teaching at SUUSI.

FREE T *Drop-In* 7:00-9:00

320 Movies: Pullers of Our Mythic Chains Limit 40

Be ready to peer below the surface into our mythic cauldron using such current films as *What Dreams May Come* and *Pleasantville*. Another in a SUUSI series of Jeff's courses on film structure and cultural consciousness, this one is dedicated to the proposition that exposing the myths that control our lives offers us the opportunity to liberate our force. **Recommended reading:** *Hero With a Thousand Faces* by Joseph Campbell, *The Hero Within* by Carol Pearson.

—Jeff Stein was VP for production of features in Hollywood. He is now on the faculty of The Watkins Institute Film School. Be looking for his upcoming book: *Watching Movies As If Your Life Depended On It*.

\$5.00 MW *Preferred* 7:00-9:00

321 Irish Ceili Dancing Limit 150

Did you watch *River Dance*? Did you know that Irish Ceili dancing is like American folk dancing in high gear? If you can square dance or contra dance, you can ceili. If not, take the Contra Dance workshops on Monday and Tuesday and you'll be ready.

—Vince Teeter has danced Irish Ceili for 12 years, including exhibitions and has on occasion been paid. He has lead Ceili dance at Irish dance competitions and SUUSI I.G. events.

\$5.00 WThF *Preferred* T 13+ 6:45-8:45

322 Home Run and Hole-In-One Limit 14

An early evening excursion to Cox's miniature golf and batting cages. We will each play 18 holes of miniature golf and take three turns in the batting cage. This is a great workshop for parent(s) to take with their children. NO sandals or open-toed shoes, please.

—Dave Salman can't run or throw, but he can hit (at least against the slow pitch machine.) He plays a great front nine, before being overcome by the prospect of breaking par. His son, Lon Mayer-Salman, will co-lead the workshop this year; he is following in his dad's footsteps but they are big shoes to fill.

\$15.00 T *Preferred* Y 9+ w/Adult 6:45-9:45

323 Reading and Writing Erotica Limit 15

This workshop offers an opportunity to share your own erotic writing and that of others in a safe space, with support and without criticism

—Natalie LeVasseur has taught preschool through college, Sunday school and AYS. She has been a lactation consultant and is now a law student at the University of Tennessee. She is an avid reader and writer of erotica and has led this workshop at her church, SUUSI and SWIM.

\$15.00 MTWThF *Preferred* 7:00-9:00

All Day Workshops

Service Project: Habitat for Humanity

Women's Resource Center—a shelter for battered women and children. The Club—a daycare for mentally retarded adults. You will be able to choose from several projects at the two locations in areas of landscaping, gardening, indoor or outdoor repairs, maintenance, and construction. The confirmation packet will include descriptions of available projects. Participants should come prepared for the session—comfortable cloths that can handle some dirt, sturdy shoes (no sandals, please). Remember sun screen and a hat if you want to work outdoors. Bring some basic tools. Any level of experience is accepted including novice as long as you are willing and able to reach out and lend a helping hand. Sign up for one or more sessions.

Bob Underhill has coordinated the SUUSI Service Project for many years. For more information contact him at (540) 951-2277.

FREE Drop-In T 15+

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|------------|----|-------------|------------|----|-----------|
| 401 | M | 10:00-12:30 | 402 | M | 1:30-4:00 |
| 403 | T | 10:00-12:30 | 404 | T | 1:30-4:00 |
| 405 | W | 10:00-12:30 | 406 | W | 1:30-4:00 |
| 407 | Th | 10:00-12:30 | 408 | Th | 1:30-4:00 |
| 409 | F | 10:00-12:30 | 410 | F | 1:30-4:00 |

411 Cooking Workshop 7:

You've Asked for It

Limit 15

Send an email to AdeBritian@aol.com and request the *My Best and Worst Foods* Questionnaire, fill it out, and return it via email. From this, a master copy will be compiled to show you how you can prepare your favorite items, menus, or entrees in healthful, full-flavored fashion. Because there is so much to review, this workshop is longer. Lunch will probably be offered from your labors! **See Workshop #112 for items required for this workshop.**

—Alex de Britain (See Workshop #112).

\$43.00 Th *Required* T 14+ 10:00-3:00



400 Teen Way-Off Broadway

Limit 30

TWOB returns to SUUSI for its 13th year! This intense, week-long workshop wraps up in two performances on Friday night for the entire SUUSI community. Actors, singers, dancers, stagehands, set designers, set builders, and tech support are needed and welcomed. Don't miss your chance to participate in the last TWOB of the millenium!

—Mina Greenfield, in her 8th year with TWOB, returns as director.

\$25.00 MTWThF 14-17 **Teens Only** M 10:00-12:00
AttendanceRequired T-TH 2:00-4:00
 F All Day

Support Groups

324 Twelve-Step Support Group Gathering

No Limit

This is a chance to connect with past current and/or potential members of twelve step support groups. Based on participants, the group may continue to meet in total or split into separate specific 12 step groups.

— Leaders will be chosen from the group on a volunteer basis.

FREE SMTWThF *Drop-In* S 9:00-10:00
 M-F 7:00-8:00

953 Men's Support Group

No Limit

An opportunity for men to come together, and give and receive support for facing the problems and challenges that life brings to all of us.

—Patric Leedom will facilitate the group. He's been active in men's groups for 12 years.

FREE MTWThF *Drop-In* 4:10-5:30