

## General Workshops

SUUSI workshops are stimulating, fun, sensitive... and there's something for most everyone. The majority of workshops are held right on the campus. Morning workshops (Workshop #s in the 100s) are generally scheduled from 10:00am-noon and afternoon ones (Workshop #s in the 200s), generally 2:00pm-4:00pm. (Check to see if yours is one of the exceptions.) There are a few evening workshops (Workshop #s in the 300s) at 8:15pm. All day Workshops are #s in the 400s. Be sure to read the previous section "General Workshops and Nature Trips Information" for information on registering. For questions during the week regarding workshop logistics, or to drop/add workshops after registration, please go to the Information Office. **NOTE: There is no longer a waiting list.**

### Workshop Eligibility

Most workshops welcome Youth and Teens. Participation in some workshops is limited to adults at least 18 or 21 years of age. The minimum age of a participant (12+ means anyone 12 and older is welcome). Workshops designated for couples are open to all couples including unmarried and same sex couples.

### Attendance Policy

A minimum enrollment number is set for all workshops and those workshops with few sign-ups will be canceled. Therefore, you preregistering for the workshops you want to attend makes it more likely the workshop you want will happen. Each workshop has a designation at the end of its description indicating the workshop leader's attendance policy. They are REQUIRED, PREFERRED or DROP IN. You must register before attending all workshops, including DROP IN workshops. If you sign up for an attendance REQUIRED workshop, SUUSI will not register you for another workshop or Nature Trip in the same or an overlapping time slot. Only persons willing to attend all sessions should select workshops designated as attendance REQUIRED. PREFERRED attendance means that you need to attend all the sessions in order to get the full benefit of the workshop. In the case of DROP IN workshops, attendance is optional; however, you should register for DROP IN workshops so that minimum enrollment requirements can be met and so that a space big enough for everyone can be assigned for that workshop.

### Recommended Reading

Some workshop leaders have suggested specific books or web sites in their workshop descriptions. Reading these sites and books before SUUSI will allow you to get the most from the workshop.

### Workshop Locations

Workshops will be held at various locations around the campus. When scheduling your week's activities, keep in mind that it may take a few minutes to get to a workshop from a previous activity. Lists with the location of each workshop will be available in the Information Office on Sunday evening and throughout the week. Inevitably, some workshops will migrate to more comfortable spaces. Location changes and updates will be published daily in the SUUSI NUUS.

### \* Restricted \* Workshops \*

Some workshops can involve emotional experiences which may be stressful. These are designated by an asterisk \* in the workshop listings and are typically limited to individuals 18 years and older. These workshops are designed for normally functioning, psychologically healthy individuals, and are not intended as a substitute for counseling or therapy. If you are in therapy, you should register for \* workshops only with the permission of your therapist. Leaders have the right to request your withdrawal after the first session if they consider the content inappropriate for you.

### Workshop Limits

On the Registration form, we invite you to indicate alternative workshops as well as your first preference. Why? Sometimes the workshop is already full when we receive your registration. If the limit for a workshop is 12 people, we will register the first 12 people who request it. If you're the not-so-lucky 13th person... we will register you for the alternate workshop you have indicated on the Registration form. We are no longer doing waiting lists. However, when you get to Registration on at SUUSI, check and see if someone dropped that workshop. If so, there may be space and you may be able to register for it then.

## Morning Workshops

**100 Bridge Drop-in** **No Limit**  
Drop-in for an hour or two of bridge playing. A great chance to meet other players.

**Cyndy Bailes** has played bridge for years and has been a long-time beginning bridge teacher. This is the sixth year she has led this popular workshop offered at SUUSI.

\$12 **MTWThF** *drop-in* 12+ 10am-noon

**101 Bridge: Beginner Lessons** **Limit 12**  
Beginning Bridge players will be introduced to basics of the game, the steps to successful bidding, and elementary play of the hand.

**Cyndy Bailes** has played bridge for years and has been a long-time beginning bridge teacher. This is the sixth year she has led this popular workshop offered at SUUSI.

\$25 **MTWThF** *required* 12+ 10am-noon

**102 Couples Enrichment** **Limit 18**

New studies have shown healthy relationships correlate with healthier bodies, more satisfying sex, more income, children doing better, living longer, and better resolution of disagreements and problems. While not a cure for baldness, we lead enrichment events because we do better with this skill, knowledge, and encouragement. For couples only - and you both must register. See [bettermarriages.org](http://bettermarriages.org).

Recommended Reading: [bettermarriages.org](http://bettermarriages.org). *Seven Principles for Making Marriage Work* by John M. Gottman (Three Rivers Press, Randomhouse 1999)

**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.

\$30 **MTWThF** *required* 21+ 10am-noon

**103 Psychic Skills Development** **Limit 16**

Tune in to your innate psychic abilities using a method of alpha trance and guided meditation. It is relaxing, similar to the dream state. We will practice healing, increased sensory awareness, and psychic reception. Bring mat and/or blanket, pillow.

**Susan Baylies**, an artist by profession, has been doing and leading trances for over 20 years.

\$35 **MTWThF** *preferred* 13+ 10am-noon

**106 Music Simplified for Everyone** **Limit 16**

Experience your innate creative musicality and the relaxing powers of making your own music, even though you may never have played an instrument nor think you are musical. Learn new simple ways to instantly make beautiful music with family and friends without having to read a note.

**Frog**, a music therapist, as well as a designer and maker of "new" musical instruments, holds 3 patents and has written several books on simplifying music (see also [www.guitarsimplified.com](http://www.guitarsimplified.com)).

\$16 **MT** *required* 12+ 10am-noon

**107 Dulcimer Simplified** **Limit 12**

Experience your innate creative musicality and the relaxing powers of making your own music, even though you may never have played an instrument nor think you are musical. Learn new simple ways to instantly make beautiful music with family and friends on a variety of instruments, without having to read a note. Dulcimers are supplied.

**Frog**, a music therapist, as well as a designer and maker of "new" musical instruments, holds 3 patents and has written several books on simplifying music (see also [www.guitarsimplified.com](http://www.guitarsimplified.com)).

\$10 **F** *required* 12+ 10am-noon

**108 Guitar Simplified for Everyone** **Limit 16**

Learn to play the guitar without difficult and uncomfortable chord fingerings. New, easy, no fingerings method will have you playing your favorite songs instantly, without hours of practicing. Success is guaranteed, even for those with no musical background. Guitars provided for in-class use. (Also for banjos, ukuleles and dulcimers.)

Recommended Reading: [www.guitarsimplified.com](http://www.guitarsimplified.com)

**Frog** has taught his new GUITAR BARRE METHOD to thousands of children and adults, primarily through the auspices of the South Carolina Artist-in-Education program. For details, see [www.guitarsimplified.com](http://www.guitarsimplified.com).

\$20 **WTh** *required* 12+ 10am-noon

**109 Origami and Your Creative Spirit** **Limit 12**

Transform a single piece of paper into a beautiful work of art. Starting with basic forms we will progress to more complex creations. Even the most "artistically challenged" individuals will be able to take with them the skills needed to make decorations and gifts.

**Wendy Buettner** is an artist and has been studying origami for four years.

\$30 **MTW** *preferred* 16+ 10am-noon

**110 Intersections of Science and Religion** **Limit 30**

Popular culture depicts science and religion in perpetual conflict. This class will demonstrate a more interesting and complex relationship, beginning with the origins of science and religion and trace the interactions between the two over the centuries. Discussion will conclude with speculation on the future relationships of science and religion.

**Lanny Buettner** has an M. A. in Physics and a Ph. D. in Religion. He is active in the First Unitarian Church in Richmond, leading adult education classes and occasional services.

\$32 **TWThF** *drop-in* 14+ 10am-noon

**111 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

**Mary Feagan** has taught this course 20 times at SUUSI and continues to be astonished at the results. She has an MVA in Art Education and is a retired art teacher.

\$35 **MTWThF** *required* 14+ 10am-noon

**112 SEX: It's not just for the young anymore      Limit 18**

Sexuality is recognized as being an important part of the entire lifespan, from birth to death. Join us for a look at sexuality for adults, from 18 to 80+. Societal attitudes, along with self-attitudes, will be explored.

**Annie Golson and Ernie Burress** are trained facilitators for Our Whole Lives Sexuality Education for Grades 7-9.

Married for 25 years, they recognize the important role sex and sexuality play in their own lives.

\$30      **MTWThF**      *required* 18+      10am-noon

**113 Morning Yoga      Limit 20**

Extend your day, work out the kinks from your bed. Yoga can make you feel "as if" you've had a massage or even an adjustment. Learn breathing and subtle stretching from Pat. This is a gentle yoga and all you need is loose clothing and a flat pillow. Some things yoga is great for: energizing, slowing down, calming anxiety, movement for people with limitations, smoke-enders, cramps, cooling off, warming up, strengthening and peace of mind. Pat is prepared to teach beginners and those with experience. Bring a mat or large towel.

**Pat Harris** has studied with the Pierce Program, through the method of Desikachar and the teachings of his father, Krishnamacharya, since 1977. Pat is available to teach some advanced asanas (movements) to those who have studied yoga.

\$30      **MTWThF**      *preferred* 14+      10am-1pm

**114 Moving Beyond Money      Limit 16**

Five sessions that will change your view of money. Make money work for you instead of you working for it. Session 1: Nine Surprising Cultural Myths about Money; Session 2: The Seasons of Money—Preparing for them can open up a whole new world to you. Session 3: Reaching for the Stars—Planning for Financial Success. 4: Tools for Building Your Financial Future. 5: Flying Further—Increasing Your Spending Efficiency

**Craig Johnson** has a master's degree in hospital finance and retired twenty years early because these principles really do work. His last day of work he drove to the docks and went to the Mayan Riviera by cruise ship.

\$25      **MTWThF**      *preferred* 18+      10am-noon



**115 Congregational Banner Construction      No Limit**

The UUA guidelines for basic banner construction will be covered, with addition of various techniques and materials that can be used for executing original designs.

Recommended Reading: <http://www.uua.org/ga/ga01/banners.html>

**Ellen Lee** retired after 20 years of teaching in a school of nursing. Needlework of many types is her avocation; she constructed the SUUSI tee-shirt banners.

FREE      **T**      *preferred* 12+      10am-noon

**117 Bible Through the Back Door      Limit 20**

We will look at the Bible from the perspective of those who are marginalized, especially gay and lesbian people of faith. What does the Bible REALLY say about homosexuality, and to whom?

**Sara Mackey** is a recent graduate of Union Theological Seminary in Richmond, VA. She has worked in elementary and adult education, and she is currently taking a course in spiritual guidance at Richmond Hill, an urban retreat center.

\$8      **Th**      *drop-in* 14+      10am-noon

**118 Day at the Improv      Limit 18**

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. Monday Required.

Recommended Reading: *Improvisation for the Theatre* by Viola Spolin

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

\$35      **MTWThF**      *preferred* 18+      10am-noon

**119 Drawing and Painting Inside and Out      Limit 16**

Bring some paint, pencils, or pastels for some relaxing enriching, productive time in a supportive, encouraging atmosphere. Beginners are welcome! Andrea will assist you to select any needed supplies at convenient Blacksburg art stores and will provide guidance, as needed with art techniques and principles.

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

\$35      **MTWThF**      *preferred* +14      1:30pm-4:30pm

**120 SUUSI '02 Walk/Run for Fun      No Limit**

Walkers, runners, and in-between—join the Tuesday morning SUUSI tradition, our 24th 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. We'll start at the old Duck Pond and walk, run, or jog for approximately 1.5 miles. The race starts at 7:30am (be there by 7:15 to stretch and pick up your tag) and finishes with awards. Make sure you bring a bottle of water. Great collector T-shirt will be available for purchase at the finish line. Don't miss this.

**Bill Neely** is a recreational runner who enjoys this traditional Tuesday morning gathering of walkers, runners, and long-time Fun Walk/Run volunteers.

\$8      **T**      *drop-in* 6+      7:30am-8:30am

**121 Self-Empowerment—Living the Life of Your Dreams****Limit 20**

We often surrender our dreams to the busy-ness of life. Through centering and meditation we will listen to our inner voices to get in touch with what's really important to us, look at why we're not doing it, learn a system for increasing our effectiveness and set specific goals and actions to bring it into our lives.

Recommended Reading: *Living in the Light* by Shakti Gawain  
**Zimri Putney** is a physicist, management consultant and venture capitalist who teaches empowerment to corporations, individuals, and mostly to himself. This is his eighth summer teaching at SUUSI.

\$40 **MTWThF** *required* 18+ 10am-noon

**122 Pay What's Right, Not What's Left****Limit 30**

We express our UU principles of "worth and dignity" and "equity and justice" in the way our churches compensate our ministers and other professionals. This workshop will look at the UUA's guidelines and recommendations for fair salary and benefits, and discuss some of the issues faced by churches with tight budgets and competing priorities.

Recommended Reading: <http://www.uua.org/ministry/ocsf>  
**Wendell Putney and Martha Shore** are UUA Compensation Consultants for the TJ District. Both have held several offices in their congregations, and consult regularly with congregations that are engaged in the ministerial search process.

FREE **T** *drop-in* 21+ 10am-noon

**123 Pay What's Right, Not What's Left on Thursday****Limit 30**

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FREE **Th** *drop-in* 21+ 10am-noon

**124 Don't Sweat the Small Stuff: Facilitating Meetings, Groups and Discussions****Limit 20**

Never be anxious about leading a meeting or group again. The workshop will examine the prevalent types of personalities and interactions one encounters in group settings and present some effective approaches to both address and prevent disruptions and inefficiency.

As District Executive, Thomas Jefferson District, **Qiyamah Rahman** leads numerous groups, meetings & discussions. In a former life she led support groups with battered women, educational groups for abusive males & ran individual & group therapy sessions.

FREE **MTWThF** *drop-in* 16+ 10am-noon

**125 SUUSI Cantatori****No Limit**

Like to sing? In this workshop, the group will explore a variety of periods and styles of choral 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.

**Eleanor Sableski** was director of music for many years for the Eno River UUF in Durham, NC. She has a MAT in Music Education. Choral music is her first love, both as a conductor and chorister.

\$40 **MTWThF** *preferred* 16+ 10am-noon

**127 Introduction to T'ai Ch'i****Limit 25**

This workshop introduces participants to the long Yang form of T'ai Ch'i (Ta'i Ji Quan). Instruction will concentrate on the first section of the form. Selected movements from the later form and 2 person exercises may be presented.

**Quentin Smith** has been doing T'ai Ch'isince 1995. **Tony Trojanowski** has practiced martial arts since 1979, earned a black belt in Tae Kwon Do in 1982 and has practiced T'ai Ch'I since 1986.

\$35 **MTWThF** *preferred* 15+ 10am-noon

**128 Wake-up Walk****No Limit**

Get the most out of your SUUSI day with a wake-up walk! Meet each morning at 6:30am for a leisurely walk to peaceful places around the Tech campus and Blacksburg. Let this soul-satisfying stroll be an opportunity to make friends or be a time for meditation. We end our walk in time for breakfast.

**Grant Smith** has enjoyed strolling the squares and coastlines of Savannah, GA for over fifteen years. A college student and active UU, he participated in the Wake-Up Walk last SUUSI and found this a marvellous way to start a SUUSI day!

\$8 **MTWThF** *preferred* 12+ 6:30am

**129 Financially Healthy Congregations and Non-Profits****Limit 24**

Want to help your favorite charity improve its financial machinery and funding? Have more fun doing it? This workshop will increase your comfort about important financial fundamentals, like how to raise money, manage money and organize volunteers (and boards) for sustainable financial stewardship. Standard UUA materials are supplemented by my synopsis of UUA's "Green Book" on canvassing, many handouts, and examples of successes at different congregations. For both prospective and current leaders. Recommended Reading: *UUA's Canvass Manual*, commonly called "The Green Book".

**Phil Sterner** is a member of the Thomas Jefferson District's "Healthy Congregation Consulting Team." Past Director of SUUSI (1986, 1987), after many other staff roles. Taught many district training sessions about canvassing & organizing strong financials.

FREE **MTWThF** *preferred* 14+ 10am-noon

**130 UUism and Polyamory: Many Faiths, Many Loves on Wednesday** **Limit 25**

What is polyamory, and what does it have to do with Unitarian Universalism? UUs for Polyamory Awareness encourage honesty and integrity for anyone in relationship, including those who choose multiple partners. Ethical considerations and the spiritual impact of relationships and “the closet” bring this issue squarely into the religious sphere.

**Tom Stevens** is a Trustee of Unitarian Universalists for Polyamory Awareness and a life-long advocate for GLBT rights. Tom is a third generation UU in Louisville, Kentucky.  
\$6 **W** *drop-in* 21+ 10am-noon

**131 PVC Power Drum** **Limit 12**

Learn to make a very attractive and playable drum from everyday PVC pipes. You will make your own rugged doumbek/djembe style hand drum from assembling the body to placing the goat skin head. Good hand strength is necessary. Bring your own gloves and vice grips.

Recommended Reading: *Drumming at the Edge of Magic* by Mickey Hart

**Hugh Teller** made his first drum at SUUSI '97 and hasn't stopped since. He has taught many drum-making workshops including one at SUUSI 2000.

\$140 **MTWThF** *required* 18+ 10am-noon

**132 A Guided Tour of the VT Botanical Gardens** **Limit 15**

A tour of the magnificent VT Horticultural Gardens, led by one of the VT Gardens staff. This tour was perhaps the best part of the evolution of plants workshop last year. The gardens have an astonishing array of trees, shrubs, and flowers in settings which inspire ideas that you will want to use for your own gardens. One half of the fee will be given to the VT Horticultural Garden.

Recommended Reading: An outline of the course is at [www.folkways.com/~vince](http://www.folkways.com/~vince).

**Vince Teeter** was born into agri-business. As a teen he worked in a gov't experimental lab, and later at the American Camelia Society with University of Georgia professor, Joe Pyron, a specialist in Georgia native ferns.

\$6 **T** *drop-in* 14+ 10am-noon

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\$6 **W** *drop-in* 14+ 10am-noon

**135 Dream Group** **Limit 12**

Dream Group provides a sacred space for dream sharing, reflection and receiving insights from others. Learn how dreams can tap your inner wisdom. Some background in Jung's psychology by reading or study would be useful. Recommended Reading: *Where People Fly and Water Runs Uphill* by Jeremy Taylor, [www.jeremytaylor.com](http://www.jeremytaylor.com).

**Doug Walters** has been a UU for over 25 years. He's been involved in dream work for 14 years. He has facilitated dream groups in Knoxville and Chattanooga, TN, Portland, OR & Vancouver, WA. and has had numerous workshops with Rev. Jeremy Taylor.

\$36 **MTWThF** *preferred* 18+ 10am-noon

**136 Empowering your Voice** **Limit 25**

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 breath and laugh and listen and articulate to strengthen your natural communication resource. Come “put your best voice forward”!

**Amy Carol Webb** is an award-winning professional performing songwriter and inspirational speaker known as “The Songweaver”. She holds a BA in Speech/Theatre and teaches music to all ages. She is a past SUUSI Concert Hour performer and workshop facilitator.

\$18 **MTWTh** *preferred* 15+ 10am-noon

**137 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.

\$60 **MTWThF** *required* 16+ 10am-12:30

**139 Stamp Art with Weehah!** **Limit 15**

Learn the art of stamping/embossing to make cards, bookmarks, invitations, etc. The possibilities are endless! Mid-week art store trip (with my riveting tour!) to get you even more inspired. Materials provided, but bring any special papers or items that need spark. You'll get to keep everything you create (the folks at home will be in awe)!

A high school teacher in Charlottesville, **Louisa Wimberger** loves to avoid grading and gets lost in “making stuff”. Her business, Weehah!, sells all sorts of creative notions - including cards, bookmarks, and gift certificates for local restaurants.

\$50 **MWF** *preferred* 14+ 10am-12:30

**140 UU History** **Limit 25**

Where did we come from? Does it matter? Systems Theory and Psychoanalysis says it does. Mon and Tue: the first "Unitarians" in Jerusalem, Poland, and Transylvania (now Romania). Wed: England, Thu: America and Universalism, Fri: the Merger and the UUA. We have a rich, honorable history we can all be proud of. Find out what it is and be able to answer all sorts of questions and actually know what you're talking about.

**Bruce Wheeler** has been to Romania four times with UU youth and his grandmother was a Universalist. The class is based on the "A UU Story" curriculum.

FREE **MTWThF** *drop-in* 14+ 10am-noon

**141 Spiritual Journey** **Limit 15**

Participants will hear vignettes from novels and history encouraging them to remember important events from their journey and to write their spiritual odyssey.

**Rev. Morris Hudgins** has taught UU History and / or spiritual journey classes at SUUSI for over 20 years. He is a minister of one of our churches in Cincinnati Ohio, a graduate of Duke Divinity School and Lutheran Theological Seminary.

\$15 **MTWThF** preferred 18+ 10am-noon



**142 The Heroism of Aging on Film** **Limit 35**

In his series on how movies explicate our socio-cultural conflicts and contradictions, this time Jeff will delve into American attitudes about getting older. Using clips from *COCOON* and *DAD* we will engage in some necessary schizomyth shattering by seeing how the most heroic opportunities of our lives can come only with age.

Recommended Reading: *From Age-ing to Sage-ing* by Zalman Schachter-Shalomi & Ronald S. Miller, Warner Books; *The Power of Myth* by Joseph Campbell w/ Bill Moyers, Anchor Books; *The Hero Within* by Carol S. Pearson, Harper-Collins

**Jeff Stein** was VP for production of features in Hollywood. He is now on the faculty of the Watkins College Film School. He hopes to have his book *The American Family Unreeling on Film* published by the time of SUUSI.

\$20 **MTW** preferred 16+ 10am-noon

**143 Vocal Techniques and Tricks** **Limit 15**

This workshop will focus on techniques for producing good tone quality, vocal exercises and singing through voice problems. This year we will focus more on individual one-on-one training. For singers, novice to professional.

**Steve Greenberg** has performed and soloed with various choruses for over 45 years, and has taught workshops for singers for over 5 years. He is the lead singer for New Last Rights.

\$30 **MTWTh** preferred 18+ 10am-noon

**144 The Living Ballad** **No Limit**

From "The Riddle Song" to "Scarborough Fair", studying and singing the ancient traditional story songs of Scotland, England, and America. Rich in imagery and symbolic language, strange and familiar, the ballads have been across centuries and continents and live again in every human voice. Attendees need only bring their voices and perhaps a notebook or recorder. No instruments necessary.

**Kat Eggleston** is an internationally known songwriter, instrumentalist, and traditional singer who has made her living as a touring musician for eighteen years. She has three albums.

\$15 **MW** preferred 16+ 10am-noon

**145 Fingerstyle Guitar** **No Limit**

Learn fingerpicking for the guitar. Learn the basic right-hand patterns to playing irish hornpipes and jigs. Beginners are welcome, but you must bring a guitar and be able to play a few chords. The first day will be a demonstration of basic fingerpicking techniques. It will be hands on, with tablature (guitar worksheets) for fingerpicking patterns and some simple to complex Irish fiddle tunes arranged for the guitar. The second session will be working on the tunes themselves.

**Kat Eggleston** is an internationally known songwriter, instrumentalist, and traditional singer who has made her living as a touring musician for eighteen years. She has three albums.

\$15 **TTh** preferred 14+ 10am-noon

**146 The Inside Life: A Brief Schema** **Limit 12**

New research on perceiving and understanding the variables humans face in adjusting and coping with your daily journey. You'll learn new methods to handle conformity, conflicts and love. This is a safe, humorous, spontaneous and interactive workshop. Bring writing materials. Price includes a booklet.

**Lewis Long** has a PhD in Social Psychology. His career includes clinical psychology, teaching, prison work, the Peace Corps, the National Institute of Mental Health and private practice. He is a widower with four grown children. This workshop is based on his most recent project.

\$15 **MWF** preferred 16+ 10am to 12:30pm

**147 Songwriting** **No Limit**

Peter will discuss and provide examples of how he develops a song including guitar accompaniment, melody, and lyrics. Peter will focus on the use of metaphor in songwriting and offer assignments where students will be provided the opportunity to develop ideas and share with the group.

**Peter Mayer** is a full-time singer/songwriter. He performs in folk music venues across the country. Peter has recorded five CDs, which will be available in the bookstore, and Peter will be a featured performer at SUUSI.

\$22 **TTh** preferred 12+ 10am-noon



**148 Presenting Concerts In Your Church & Community** **No Limit**

Many UU Churches have a wonderful tradition of hosting concerts; classical, folk and secular. This workshop will teach you the basics of envisioning and designing a program, locating potential performers, booking, contracting, and promoting. And then presenting a successful and profitable concert or concert series. These concerts can be fundraisers for congregations, income generators for the organizer (you), congregational ministry, and community outreach and PR for your congregation.

**Beth Harrison** is the booking agent for singer/songwriter Peter Mayer. For the past ten years she has worked with small, large, new and established folk venues, churches, and festivals in bringing music to their congregations and communities.

FREE **TTh** preferred 14+ 10am-noon

**Afternoon Workshops**

**200 Bridge Refresher** **No Limit**

Refresh your bridge playing skills for playing the rest of the week in Drop-In Bridge

**Cyndy Bailes** has played bridge for years and has been a long-time beginning bridge teacher. This is the third year she has led this popular workshop offered at SUUSI.

\$10 **M** preferred 12+ 2pm-4pm

**201 Afternoon Drop-in Bridge** **No Limit**

Come play a few hands with the instructor—no teaching!!!

**Cyndy Bailes**, long-time beginner bridge teacher, offers this afternoon of fun for those who want to relax and play a few hands.

\$4 **Th** preferred 18+ 2pm-4pm

**202 A Week in Provence** **Limit 20**

Have you ever thought of traveling to Provence, France? Renting a villa/house? It's easy to arrange for yourself or with a group of friends. Join me and discover how to plan this wonderful vacation at a moderate cost. Please note the time as we'll be sharing some French wine and a light dinner.

Recommended Reading: *A Year in Provence, Toujours Provence & Encore Provence* by Peter Mayle

**Eileen Baker** has been traveling extensively in Europe for 25 years. One of her favorite places is France. She recently organized a wonderful trip to Provence for a group of ten and is planning another trip in September 2002.

\$20 **M** required 12+ 2pm-5:30pm

**203 Walking a Sacred Path** **No Limit**

Each of us, at some point in life, embarks on a journey. The Labyrinth is an ancient design of a winding circular path moving towards a single destination. Come learn of this meditative tool and visit <http://uucfl.org/labyrin.htm>.

Recommended Reading: *Walking a Sacred Path: Rediscovering the Labyrinth as a Sacred Tool*, Lauren Artress, Riverhead Books, 1996

**Kip Barkley** has been circling his life's goals for years and has now built several labyrinths.

\$8 **M** preferred 14+ 2pm-4pm

**204 Wicca and Beyond** **Limit 20**

Learn about Wicca, how it relates to other pagan traditions, its past and present, and its connections with the great scheme of things. Recognize interactions with the sacred circle of life in the assorted programs throughout this week, and discover resources for the coming year. (Visit <http://uucfl.org/cuups>) Recommended Reading: *The Truth about Witchcraft Today*, Scott Cunningham, Llewellyn Publications, St. Paul Minnesota, 1997

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

\$14 **TTh** preferred 14+ 2pm-4pm

**205 Babes With Books: Let's Talk About Prodigal Summer** **Limit 24**

Let's Talk About *Prodigal Summer* by Barbara Kingsolver. Set in the beautiful Appalachian summer (sound familiar?) three interconnected stories of love, life's meaning, and a profound respect for nature unfold. Join us for an old-fashioned book club discussion of this powerful work of fiction. Participants are expected to have read the book in advance.

Recommended Reading: *Prodigal Summer* by Barbara Kingsolver

**Julie Barrett** is a mother, wife, social worker, and teacher. Her love affair with books began in 1964 with *Fun With Dick and Jane*, and continues to grow. **Claudia Jimenez** is a mother of two who teaches middle school science and is a kickboxing enthusiast.

\$10 **W** drop-in 14+ 2pm-4pm

**206 Babes With Books: Let's Talk About Bee Season** **Limit 24**

Let's Talk About *Bee Season* by Myla Goldberg. This portrait of a deeply dysfunctional family speaks to the spiritual and familial longings in all of us. Seen through the eyes of a prepubescent spelling whiz, each family member engages in a private spiritual journey that ultimately brings them full circle, back to each other. Join us for an old-fashioned book club discussion of this powerful work of fiction. Participants are expected to have read the book in advance.

Recommended Reading: *Bee Season* by Myla Goldberg **Claudia Jimenez** is a mother of two who teaches middle school science and is a kickboxing enthusiast. Her family boasts not ever having owned a TV set, hence her addiction to great books. **Julie Barrett** is a mother, wife, social worker, and teacher.

\$10 **T** drop-in 14+ 2pm-4pm

**207 Babes With Books: Let's Talk About *The Pull of the Moon* Limit 24**

Let's Talk About *The Pull of the Moon* by Elizabeth Berg. This slim volume explores midlife and marriage in ways that resonate for most women. Nan, the heroine, turns fifty, takes an unscheduled vacation from her husband, and asks herself for the first time, "Who am I?" Join us for an old-fashioned book club discussion of this powerful work of fiction. Participants are expected to have read the book in advance. Recommended Reading: *Pull of the Moon* by Elizabeth Berg **Julie Barrett** is a mother, wife, social worker, and teacher. Her love affair with books began in 1964 with *Fun With Dick and Jane*, and continues to grow. **Claudia Jimenez** is a mother of 2 who teaches middle school science and is a kickboxing enthusiast.

\$10 **M** drop-in 14+ 2pm-4pm

**210 SUUSImatics Limit 20**

This workshop will show that mathematics is fun, beautiful, and at times uncertain, using as examples fractals, fibonacci numbers, magic and Latin squares, paradoxes, and examples from SUUSI itself, such as the mathematics behind contra dancing, and other topics. This workshop includes both lecture and participatory exercises.

Recommended Reading: <http://www.mindspring.com/~jimvb/mathematics.htm>

**Jim Blowers** earned his Ph.D. in Mathematics at Northwestern University in 1972. He has always approached mathematics as something that is fun to do and would like to deliver some of that enthusiasm to others.

\$9 **Th** drop-in 12+ 2pm-4pm

**211 Stories of the Sky Limit 20**

The night sky has been a source of inspiration for the telling of stories. This workshop will feature stories from Greek, Roman, Native American, Australian aborigine, and Oriental mythology. Participants will have a chance to construct star stories of their own.

Recommended Reading: *The New Patterns in the Sky* by Julius Staal McDonald and Woodward, Blacksburg, VA

**Jim Blowers** has a PhD in Mathematics and much experience and interest in astronomy, including the photography of two eclipses and several comets, and an interest in the tales that have been written about the sky.

\$9 **T** drop-in 16+ 2pm-4pm

**212 Revealing the Hidden Jesus Limit 30**

The Sunday School Jesus has many hidden sides. Was Jesus a cynic philosopher, a Greek mystic, a Gnostic, a magician, or even a follower of the Buddha? Find out in this class that reveals the hidden sides of a Jesus you thought you knew.

Recommended Reading: *Jesus the Magician* by Morton Smith; *Jesus Christ, Sun of God: Ancient Cosmology & Early Christian Symbolism* by David Fideler; *Yeshua Buddha: An Interpretation of New Testament Theology as a Meaningful Myth* by Jay G. Williams

**Lanny Buettner** has a M.A. in Physics and a Ph. D. in Religion. He is active in the First Unitarian Church in Richmond, leading adult education classes and occasional services.

\$32 **TWThF** drop-in 14+ 2pm-4pm

**213 Beginner West African Drumming Limit 30**

Learn how to play West African rhythms on your djembe, ashiko and dunun drums with accompanying songs in a fun, friendly and high-energy atmosphere which brings the community together. Participants to supply their own drum. Recommended Reading: *Mande Music*, book by Eric Charry; *A Life for the Djembe*, book by Mamady Keita w/ Uschi Billmeier; <http://www.thechoir.org>

**Chuck Cogliandro** has been a professional drummer since 1986, focusing on West African percussion since 1992. He directs performing community drum groups at two UU congregations in Atlanta.

\$35 **MTWThF** preferred 12+ 2pm-4pm



**214 Introverts' Alliance Limit 15**

This workshop was born in a bathroom at SUUSI. Two introverts came together to identify the stress of living in an extrovert's environment (SUUSI). We will focus on ways to recharge and maintain balance. For introverts only.

**Wendy Coughlin**, Ph.D., has been an introvert all her life and a psychotherapist for the past 25 years. She has learned to "keep the pace" at SUUSI and would like to network with other introverts to maximize their enjoyment of SUUSI.

\$14 **MWF** preferred 14+ 2pm-4pm

**215 Finding Grandmama God Limit 20**

This workshop is about the process of releasing the controlling archetype and voice of Old Judge God and claiming the nurturing archetype and voice of Grandmama God. This inner Grandmama voice promotes kindness, wisdom and compassion for oneself & others.

Recommended Reading: *The Once and Future Goddess* by Elinor W. Gadon; *Embracing Our Selves* by Hal and Sidra Stone

**Mary Feagan**, once a nun, has freed herself from "that old time religion" and found self-love by listening to an inner loving grandmotherly voice.

\$8 **Th** drop-in 14+ 2pm-4pm

**216 Working Spiritually Limit 25**

We will focus on ways to see work as spiritual service and our workplace as arenas in which people's spiritual growth takes place. Through meditation, discussion and exercises you will learn ways to view your work as an opportunity to grow spiritually and live your life purpose.

Recommended Reading: *Path for Greatness: Work as Spiritual Service* by Linda J. Ferguson

**Dr. Linda J. Ferguson** is a professor of business administration at Hollins University and an experienced workshop leader. She recently authored the book "*Path for Greatness: Work as Spiritual Service.*"

\$25 **WThF** required 18+ 2pm-4pm

**217 Dancing to Serendipity's Eclectic Music—Cha-Cha & ECS** **Limit 22**

Learn to lead and adapt Cha-Cha and East Coast Swing to dance to almost anything at SUUSI or your hometown dance floor. Emphasis will be at beginner's level. Learn five or more dance patterns to have fun couples dancing. Couples encouraged but you don't need a partner to sign up. Wear leather-soled shoes (rubber doesn't slide).

**Ed Ferko** and **Mary Nell McLaughlin** have been involved in couples dancing (rhumba, 4 count hustle, 2-step, polka, waltz, west coast swing, line dances, salsa, etc.).

\$25 **MTThF** *preferred* 15+ 1:30-4:30pm

**218 Dancing to Serendipity's Eclectic Music—A Refresher** **Limit 22**

Review last year's dance patterns for Rhumba and the 4 Count Hustle for dancing at SUUSI or your hometown dance floor.

Review five or more dance patterns to have fun couples dancing. Couples encouraged but you don't need a partner to sign up. Wear leather-soled shoes (rubber doesn't slide).

**Ed Ferko** and **Mary Nell McLaughlin** have been involved in couples dancing (rhumba, 4 count hustle, 2-step, polka, waltz, west coast swing, line dances, salsa, etc.).

\$12 **W** *preferred* 15+ 1:30-4:30pm

**219 I've Created A Muenster!** **Limit 20**

It's easy being cheesy! Learn the process of making cheese at home. We'll make a few simple cheeses, and take a closer look at cheeses from around the world. Of course, we'll feast on our fresh curds at the end of the session!

**Uncle Flip** isn't an expert on curd cultivation—he's just a guy who loves cheese, and enjoys making it himself.

\$8 **M** *preferred* 8+ 2pm-4pm

**220 Yoga for Your Whole Self** **Limit 15**

Yoga (union), commonly recognized for physical health benefits, is ultimately intended to prepare the Yoga student for meditation (coming to one's center). We will practice Hatha Yoga, and include Mantra and Laya Yoga as well as bodywork to nurture our body/mind/spirit. Bring an exercise mat, thick towel and blanket.

Recommended Reading: Magazine: *Yoga*. Website: <http://www.yogananda-srf.org>

**Vance Hunter**, a member of Self-Realization Fellowship, has practiced Yoga and bodywork in various forms for 20 years.

\$30 **MTWThF** *preferred* 18+ 2pm-4pm

**221 Women Who Write** **Limit 12**

For women of all skill levels including those who haven't written in years. We will create a safe, nonthreatening space. Structured exercises will guide us in capturing bits of our stories w/ pen & paper, and will challenge us each to rise to our most comfortable level of writing. Bring a journal or paper, pen, and a favorite small possession.

**Earle Irwin**, psychotherapist/clinical nurse specialist by vocation; loves sharing her passion for writing with other women.

\$25 **M** *preferred* 18+ 1pm-5pm

**222 Women Who Write Wickedly** **Limit 12**

The inspiration for this workshop arose serendipitously from Women Who Write—SUUSI 2001. For women only—once we create our safe environment, we'll engage in fun exercises designed to bring out the erotic writer in each of us. Plan to laugh—a lot!!! Bring a journal or paper, pen, and a small erotic object.

**Earle Irwin**, psychotherapist/clinical nurse specialist by vocation; loves sharing her passion for writing with other women and looks forward to learning to write erotica right along with her co-writer participants.

\$18 **W** *required* 18+ 2pm-4pm

**223 Church Architecture of the World** **No Limit**

Ecclesiastical architecture can help one have Numinous encounters. This multi-media journey to great Christian churches built over 2000 years will show you why. See everything from tiny St Govan's Chapel in Wales to the Grand St Stephens in Vienna. Come get inspired by the music of Hildegard Von Bingen.

**Craig Johnson** has traveled in thirty-nine countries and has a special interest in church architecture. He has studied theology in Europe while living in a castle. He has had many numinous experiences in these inspiring places.

\$3 **M** *drop-in* 12+ 2pm-4pm

**224 National Parks of the Great American West** **No Limit**

A 1-hour drop-in golly wow travel photo overview of Bryce, Zion, Guadalupe, Grand Canyon, Bandolier, Mt. San Jacinto, Carlsbad Caverns, Palm Springs Aerial Tramway. LCD projection will be used to provide content to 35 mm projections with surround sound, large format 35 mm slides with computer generated graphics and CD music. This session should be especially pleasing to all ages.

**Craig Johnson** has visited many of the national parks of the American west and the principal interest spots of some forty countries. This program is returning to SUUSI and its first presentation was onboard ship in November 1999 for the Regal Cruise Lines.

\$3 **F** *drop-in* 12+ 2pm-4pm

**225 History of Space Flight and Aviation** **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. Many of NASA's best in-flight images will keep you entranced. New feature for 2002 includes hi-res images from surface of Mars.

Recommended Reading: *Moon Shot* by Alan Shepard, *Space* by James Michener

**Craig Johnson** has been in everything NASA has, visiting the space flight centers and major observatories numerous times. He has built observatory telescopes including the optics from scratch.

\$3 **W** *drop-in* 12+ 2pm-4pm

**226 Castle Architecture of the United Kingdom 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.

**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. Several hundred more images than shown last year.

\$3 T drop-in 12+ 2pm-4pm

**227 Ecology and Pharmacy of the Rain Forest No Limit**

Golly wow eco-travel photo overview of the various facets of the rain forest biosphere: Wild Water, Towering Trees, Amazing Animals, Incredible Insects, Proliferating People. 20-minute computer animated intro with surround sound, slides with graphics and CD music (kids will love this). Second hour is academic lecture of drug classes & natural origins of these materials from tropical forests. Several examples of non-tropical drugs used for illustration (St. John's Wort, Ginkgo).

**Craig Johnson** has traveled in 40 countries and studied traditional medicine in American medical school and has read widely in alternative medicine. He has participated in pharmacy education in the Amazon rain forest.

\$3 Th drop-in 9+ 2pm-4pm

**228 SUUSIBOYZ**

**Limit 243**

The BOYZ is back! We are a male chorus — laughing, singing, and having fun together. Music selections range from the silly to the sublime. No voice training necessary — just the urge to make a joyful noise and love doing it. Fee includes pre-SUUSI tape for practice and a BOYZ t-shirt.

**Alexis Jones** is an old — well, a long timer at SUUSI, who has learned that the joy in being here is supporting others who want to search, stretch, find, and celebrate.

\$40 MTWThF preferred 14+ 1pm-1:45, 4:30-5:15

**229 Hebrew Bible Stories Revisited**

**No Limit**

Stories, dreams, and myths convey deep symbolic meaning for each reader. We will examine several stories using symbolic associations to highlight one of our principles. Wisdom from the world's religions which inspire us in our ethical and spiritual life.

Recommended Reading: *Harper Colling Study Bible (NRSV)*, *Just a Sister Away* by Renita Weems, *Voices from the Margin* ed. by R. S. Sugirtharajab, *Stony the Road We Trod* by Cain Hope Felder, ed. SPCK 1997 (Fortress Press)

**Susan Karlson** is an intern minister at UU Church of Annapolis this year and a candidate for UU ministry. She uses stories and dreams to reveal the dynamic inner magic present in our lives.

\$8 T preferred 14+ 2pm-4pm

**230 Fairy Tales to Recreate Our Lives**

**Limit 15**

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; *Women Who Run With Wolves* by Clarissa Pinkola Estes; Jeremy Taylor dream books—*Where People Fly and Water Runs Uphill*, and *The Living Labyrinth* (10 or so)

**Susan Karlson** is the intern minister this year at UU Church of Annapolis and a candidate for the UU ministry. She uses the symbols present in stories and dreams to help people uncover their vast inner resources.

\$35 MWThF required 18+ 2pm-4pm

**231 Primitive Casting—Silver and Pewter**

**Limit 10**

With inspiration from ancient cultures (and any sketches participants bring in for inspiration), each person will design pendants (or pins) for religious or personal expression. The method is to first sketch the design actual size (1" x 1 1/2" maximum). After sanding a cuttlefish bone flat, the design is carved out, a back attached, metal is melted, poured into cavity, cooled, and a beautiful object is produced. Requires some skill and is potentially dangerous. We'll make items in pewter & silver.

**Barbara Kemper** teaches art in high school near Knoxville, TN. She graduated from E. TN State Univ., attended graduate school at U. TN. & Arrowmont School of Arts & Crafts. Learned this casting method at Savannah College of Art & Design. 30 years experience

\$65 WThF required 18+ 1:30pm-4:30pm



**232 Primitive Casting—Pewter**

**Limit 10**

With inspiration from ancient cultures (and any sketches participants bring in for inspiration), each person will design pendants (or pins) for religious or personal expression. The method is to first sketch the design actual size (1" x 1 1/2" maximum). After sanding a cuttlefish bone flat, the design is carved out, a back attached, metal is melted, poured into cavity, cooled, and a beautiful object is produced. Requires some skill and is potentially dangerous. We'll make 2 items in pewter.

**Barbara Kemper** teaches art in high school near Knoxville, TN. She graduated from E. TN State Univ., attended graduate school at U. TN. & Arrowmont School of Arts & Crafts. Learned this casting method at Savannah College of Art & Design. 30 years experience

\$46 MT required 18+ 1:30pm-4:30pm

**233 Quilting for SUUSI** **Limit 15**

Participants will construct 12.5" square quilt blocks, using any construction techniques desired. Makers will assemble the blocks and quilt them by hand or machine. Completed blocks will be joined and bound before SUUSI 2003; the resulting quilt will be used for permanent SUUSI display or will be raffled to support SUUSIships.

Recommended Reading: Any basic quilting book: *Quilter's Complete Guide* by Marianne Fons & Porter, *Leisure Arts; children's coloring books for applique patterns*. Web: <http://quilting.about.com>; <http://www.quilterscache.com>; <http://www.lastingtreasuresredwork.com>

**Ellen Lee** retired after 20 years of teaching in a school of nursing. She acquired a life-long passion for sewing when she was 12; quilting is her current sub-passion.

\$35 **MTWThF** *preferred* 14+ 2pm-4pm

**234 Bawdy, Naughty and Novelty Music** **No Limit**

Let's get together and let it all hang out. There are no no-no's here. Bring all those songs and tapes that we wish we could sing all the time, but don't since we don't want to get arrested. Songs about murder, lust, and body parts are all welcomed here. Not a class for the p.c. crowd.

**Michelle Lloyd** has been a professional musician for over 3 decades, but not just doing this kind of music. By day, she is a DRE and also a parent and grandparent.

\$12 **TTh** *drop-in* 18+ 2pm-4pm

**235 Painting Meditation** **Limit 20**

This is a guided meditation in which we put color on paper and gain insights about ourselves and how we relate to the world. (You don't have to be an artist; meditation is the key word here.)

**Sara Mackey** is a recent graduate of Union Theological Seminary in Richmond, VA. She has worked in elementary and adult education, and she is currently taking a course in spiritual guidance at Richmond Hill, an Urban retreat center in Richmond.

\$15 **T** *drop-in* 14+ 2pm-4pm

**236 Drumming in Diversity** **Limit 30**

West-African poly-rhythmic percussion offers the chance to experience diversity in a direct, physical way. Plus it really feels good. Learn how to get the basic sounds out of your drum, some essential rhythms, how to listen to poly-rhythmic music and how to improvise within the rhythmic context.

We'll discuss drum tuning, and the social & moral implications of poly-rhythmic music in West-African society. Intended for those playing an ashiko, djembe, or jun-jun. A limited number of drums will be available.

Recommended Reading: *African Rhythm and African Sensibility* by John Miller Chernoff

**R. J. Perz-Edwards** first drummed in 1995 at SUUSI. Since 1997 he has been learning West-African percussion from master drummers from Guinea, Mali, Ivory Coast and Ghana. In 2000 he founded RiverRhythms, and as lead drummer, plays the ashiko.

\$35 **MTWThF** *required* 12+ 2pm-4pm

**237 Basket Weaving** **Limit 12**

Create a rectangular (8x12") market-style basket, with a handle you can embellish if time permits. Workshop will introduce basic techniques of basket weaving using natural and dyed reed. Each participant needs to bring a tape measure, scissors, clothes pins, an awl, and an old towel. All other materials will be provided.

Recommended Reading: *The Basket Book* by Lyn Siler

**Priscilla Phillips** has discovered the art of creative expression through basketry. She is a member of several basket guilds, has attended and taught numerous workshops, enjoys creating her own designs, and has begun to exhibit and sell her works.

\$30 **WTh** *required* 16+ 2pm-4pm

**239 Hand Massage for Nurturing, Healing & Comforting** **Limit 30**

Participants will learn how to give each other a hand massage which will prepare them to apply this skill in various life situations, for personal use and for use in the nurturing professions. After a demonstration, participants will pair off and practice in a non-verbal environment with gentle background music.

**Paul Schatzberg** was born in Vienna, Austria. He has a M.A., physical chemistry, Duke University; M.A. philosophy, St. John's College; and received massage training at the Esalen Institute and at other locations.

\$8 **W** *drop-in* 10+ 2pm-4pm

**240 Spiritual Lessons from Children** **Limit 20**

Wenda will describe her own spiritual journey, which began due to her contact with profoundly gifted children. Parents and others have recognized that many of these children have imaginary friends, ask astounding questions, and exhibit what there's no good word for other than "psychic" experiences involving precognition.

Recommended Reading: *Welcome to the Ark* by Stephanie Tolan (young adult "fiction"—reads very quickly)

**Wenda Sheard** is an attorney, Ph.D. candidate in political science, and mother of three children. Her main interest lies in educational policy matters.

\$12 **Th** *drop-in* +18 2pm-4pm

**241 Brain Research & Intelligence** **Limit 50**

This workshop will cover recent neurological research finding correlations between high levels of intelligence and certain aspects of brain anatomy, physiology, and function. The workshop will address the legal, ethical, and educational implications of these findings.

**Wenda Sheard** is an attorney, Ph.D. candidate in political science, and mother of three children. Her main interest lies in educational policy matters.

\$12 **W** *drop-in* 14+ 2pm-4pm

**243 UUism and Polyamory: Many Faiths, Many Loves****Limit 25**

What is polyamory, and what does it have to do with Unitarian Universalism? UUs for Polyamory Awareness encourage honesty and integrity for anyone in relationship, including those who choose multiple partners. Ethical considerations and the spiritual impact of relationships and “the closet” bring this issue squarely into the religious sphere.

**Tom Stevens** is a Trustee of Unitarian Universalists for Polyamory Awareness and a life-long advocate for GLBT rights. Tom is a third generation UU in Louisville, Kentucky.

\$10 **T** *drop-in* 21+ 2pm-4:30pm

**244 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 a can of tennis balls.

**Harry Tarpinian** has directed a number of mixed doubles and tournaments.

\$20 **MTWThF** *preferred* 14+ 3pm-5pm

**246 The Bible’s Greatest Stories****Limit 20**

The stories of Noah, Sampson, David and Goliath, Jonah, Job, Ruth, and others. Far beyond the Sunday School versions, this will be an in-depth look at the theology and politics underlying these stories. We will discuss the meanings these stories bring for today and during their time.

Recommended Reading: Any of these stories in the Bible. An outline of the course is at [www.folkways.com/~vince](http://www.folkways.com/~vince).

**Vince Teeter** has been studying the Bible for over 10 years. He has given lectures and classes at churches and SUUSI. His emphasis is the discovery of what the Biblical authors are actually trying to communicate.

\$15 **ThF** *drop-in* 18+ 2pm-4pm

**247 Humanism: Past, Present & Future****Limit 25**

What is its origin? What purpose does it serve? What can it do for you? Come and explore your experiences, understanding and questions with others.

Recommended Reading: Humanism as the Next Step, <http://www.americanhumanist.org/>, <http://www.secularhumanism.org/>

**Ken Wagner** is active with the American Humanist Association and is President of the chapter in Pittsburgh.

\$25 **TWThF** *preferred* +16 2pm-4pm

**248 Everything Ken Wilber****Limit 20**

We will explore Ken Wilber’s “Integrated Vision” for business, politics, science, and spirituality in non technical language. Look at the four factors that Wilber has identified for personal transformation. Workshop will involve lots of participatory discussion to see how participants have or might apply some of the factors in their own lives.

Recommended Reading: *The Theory of Everything* by Ken Wilbur

**Doug Walters** has been a UU for over 25 years, taught Adult RE workshops in UU churches in Chattanooga, Knoxville, and Portland, OR, lead workshops for a number of districts and at General Assembly. His style is low key but highly engaging.

\$20 **MTW** *preferred* 15+ 2pm-4pm

**251 How Describing Your Lunch Box Can Make You a Better UU****Limit 20**

What if someone told you that you had 6 months to write, and beyond that, no more written word for you? Using Anne Lamott’s hilarious and poignant *Bird by Bird* as our basis (& other wonderful writers), we will have a great time exploring the idea of words—and writing—as a gift. We’ll talk about everything from lists, journals, letters, essays, “observation cards,” and even emails! “Writing can give you what having a baby can give you: it can get you to start paying attention.”

**Louisa Wimberger**, a Charlottesville English and journalism teacher, and words have quite the love affair going. She’s written and shared two homilies with her congregation, and been published a few times in varied forms.

\$15 **TTh** *preferred* 14+ 1:30-4:30pm

**252 Celebrate Women’s Spirituality****Limit 20**

Come explore and celebrate the spiritual poetry and prose of some of the most compelling women writers of our day. What do we have in common with them? How do we differ?

Experience the divine in community as we look at selected works from Marilyn Sewell’s *Cries of the Spirit: A Celebration of Women’s Spirituality*.

Recommended Reading: *Cries of the Spirit: A Celebration of Women’s Spirituality* by Marilyn Sewell (ed.)

**Alisa Wood-Walters** is a member of First Unitarian Church of Portland, OR. While living in TN, Alisa was a member of TVUUC where she was on the Adult RE Committee, Children’s RE Committee, Program Council and the District Fund for the Future Committee.

\$38 **MTWThF** *preferred* 16+ 2pm-4pm

**253 Performance Improvement Workshop****Limit 15**

This workshop is intended to improve your performance skills. You’ll learn how to cope with nervousness and techniques to help you interact better with the audience. Get experience standing up in front of people and learn how to properly use a microphone. We’ll find ways to improve all aspects of your performance. This is a participation class. Come prepared with tunes you are having trouble performing or that you feel need to be spiced up. We’ll have constructive feedback from all participants to help you along.

**Steve Glickstein** is a musician and singer with over 30 years experience performing in all kinds of venues both here and abroad. An accomplished guitarist, he’s been playing guitar for 37 years and teaching for nearly 30. He has learned useful techniques over the years for improving public performance and dealing with nervousness and stage fright and effectively communicating with and entertaining an audience.

\$22 **MWF** *required* 15+ 2pm-4pm

**255 Improve Your Guitar****No Limit**

Peter will offer some insight and suggestions for playing the acoustic guitar—hand and body positions, strengthening exercises, helpful techniques, working with alternate tunings, considerations when accompanying vocals, etc. Students are welcome to bring their own guitar if they wish.

**Peter Mayer** is a full-time singer/songwriter. He performs in folk music venues across the country. Peter has recorded five CDs, which will be available in the bookstore, and Peter will be a featured performer at SUUSI.

\$22 **WF** *preferred* 12+ 2pm-4pm

**256 Accelerated Practical Conflict Mediation Limit 16**

A model to use with peers, in youth groups, at work, in schools, within your family, and anywhere there's conflict. This is a team-based model that is the preferred mediation model for intense conflict (as well as minor ones). This is a fun, hands-on workshop that involves role playing and communication skills. Our SUUSI Teens have been learning and using this model for two years. You will leave this workshop ready and knowing what to do when conflict rears in your life, work and family.

**Kate Beasley** is a "Peer Consultant," certified and trained by the University of Mass. She has trained and worked for The Californina Lawyers for the Arts, the Idaho Public Schools, SUUSI Teens, the Eno River UU Fellowship (she's the DRE there) and numerous other places. Four of our Teens who have been training and successfully using these methods in their lives for two years will be teaching with Kate.

\$40 MTWThF preferred 14+ 2pm-4:30pm

<b>Evening Workshops</b>
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**300 Wicca: Ritual of the Thunder Moon-July 24 Limit 13**

On the night of the Full Moon during the Month of thunder, we will gather and raise some high energy in the Wiccan Tradition. It will be helpful if you have previously taken the equivalent of Wicca 101. We will gather by dim light, explain what we are about to do, and proceed to our sacred space. Recommended Reading: *A Witches' Bible*, Janet and Stewart Farrar, Phoenix Publishing Inc., Custer, Washington, 1984

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

\$5 W required 14+ 9pm-10pm

**301 OSE & the French Hidden Children WWII No Limit**

Reinhold, a hidden child and Holocaust survivor, will tell the story of his childhood in WWII Vienna and France. Reinhold can relate his personal experiences to the historical emergence of Hitler's theory of racial superiority that eventually led to the extinction of millions of people. He also tells of a Unitarian minister who was involved in the effort.

**Reinhold Beuer-Tajovsky** was one of 253 children who were hidden from the Vichy collaborationist government during WWII by a French rescue organization, OSE. He arrived in NYC at age 13 as a refugee with no family, speaking no English.

FREE W drop-in +18 8:15pm-9:45pm

**302 Ceremonial Cities of the Mayan Kingdom No Limit**

Multi-media travel photo overview of Mayan ceremonial cities of Yucatan and Belize. Royal residences, ceremonial pyramids, and ball courts will be featured. LCD projection will provide content with 35 mm large format projections with surround sound, computer generated graphics and CD music. This session should be especially pleasing to all ages.

**Craig Johnson** has visited many of the ceremonial cities of the Mayan Riviera and the principal interest spots of some forty countries. This program is new to SUUSI and its first presentation was onboard ship in April of 2002 for the Regal Cruise Lines.

\$2 T drop-in 9+ 7:45pm-8:45pm

SUUSI 2002

Blessings

**303 Fortifications of the Caribbean No Limit**

Photo overview of European fortifications of eastern and western Caribbean Ocean. Featured are wildflowers and geography of the region along with architecture and strategic value of fortifications. Featured are Fort Brimstone at St. Kitts, Fort San Lorenzo in Panama, and others in the Dominican Republic. LCD projection will be used to provide content with surround sound, with computer generated graphics and CD music. This session should be especially pleasing to those twelve and up.

**Craig Johnson** has visited and photographed many of the fortifications of the Caribbean & the principal interest spots of some 40 countries. This program is new to SUUSI and its first presentation was onboard ship April 2002 for the Regal Cruise Lines.

\$2 W drop-in 12+ 7:45pm-8:45pm

**304 Blue Ridge Escarpment: Our Southern Appalachian Paradise No Limit**

Photo overview of the Appalachian Blue Ridge Escarpment. Featured are wild flowers and geography of Whitewater Falls, Table Rock, White Side Mountain, and Brass Town Bald. LCD projection will be used to provide content with surround sound, computer generated graphics and CD music. This session should be especially pleasing to all ages.

**Craig Johnson** has visited many of the principal interest spots of some forty countries. This program is new to SUUSI and its first presentation was onboard ship in April of 2002 for the Regal Cruise Lines.

\$2 Th drop-in 9+ 7:45pm-8:45pm

**305 Fairy Tales Part II No Limit**

At SUUSI 1998, 1999 & 2000, 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 Mid-Life* by Alan Chinen; *Women Who Run with Wolves* by Clarissa Pinkola Estes; *Where People Fly & Water Runs Uphill*, and *Living Labyrinth*, by Jeremy Taylor

**Susan Karlson** is intern minister at UU Church of Annapolis and a candidate for the UU ministry. She uses stories and dream work to reveal the dynamic inner magic present in each of us.

\$8 W preferred 18+ 8:15pm-9:45pm

**307 Beginning Contra Dance Limit 100**

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 early.

**Bob Lavelly** learned to Contra dance at SUUSI in 1988 and has been an avid dancer ever since that time. He calls on local callers and musicians in the Blacksburg area.

\$12 M preferred 16+ 8:15-10pm

### 308 Contra Dance

Limit 100

Dance to the infectious rhythms of live traditional music at the 9th annual SUUSI Contra Dance. Beginners must attend Beginning Contra workshop on Monday night before attending this session. All dances and mixers are walked through and called.

**Bob Lavelly** learned to Contra dance at SUUSI in 1988 and has been an avid dancer ever since that time. He calls on local callers and musicians in the Blacksburg area.

\$10 T drop-in 16+ 8:15-10pm

### 309 Scrabble Tips & Playoff

Limit 20

First night: Scrabble tips and 1 game; second night: 2 games in the 3-game SUUSI playoffs with prizes. This is for fun and suitable for beginners.

Recommended Reading: *Everything Scrabble* by Joe Edley & John D. Williams, Jr.

**Beth Flanagan & Cathy Murphy** have been playing Scrabble for fun since childhood. They want to share their love of the game with others. Their practice includes winning and losing to each other regularly.

\$10 TW preferred 16+ 8pm-10pm

### 311 Laid-Back Folk Dancing

No Limit

This is dancing for FUN. No partners needed. Wonderful folk music. Easy patterns and Steps. Slow-paced for those who need it.

**Lilly McEachern** started folk dancing 65 years ago and still loves it. Her doctorate is in psychology, but she likes this better.

\$12 WThF preferred 12+ 8:15-10:00pm

## All Day Workshops

### 401 Artisans Bazaar and Gallery

Limit 12

Sell your original art and craft work at SUUSI. For a 15% commission and 6 hours of work we provide an attractive and publicized space where people will buy your work. We track your sales and accept credit cards for you. All work must be your own, tagged and inventoried before your arrival. Your attendance is required for the set-up and organizational meeting on Monday at 10AM.

**Carol Eaglehart** is a professional artist and art marketer who has participated in this Bazaar for many years.

\$35 MTWThF 18+

### 402 Teen Way Off Broadway (TWOB)

Limit 30

This is a teens-only, intense, week-long theater experience that concludes with a Friday night performance for the entire SUUSI community. Actors, singers, dancers, stagehands, set designers, set builders, and tech support are needed! Teens, if you have a love for the stage, designing and building sets, technical theater or theater production, this is for you. If you have no theater experience and want to try it out in a safe, supportive atmosphere, this is for you too.

**Chris Groom** has helped write, produce and direct TWOB many times.

\$25 MTWThF required 14-17 M 10-12; TWTh 2-4; F all day

## Nature Trips 2002

“All Our Relations” represents the full Circle of Sacred Life, of which we are part. The sacred circle includes not only the two-legged relatives of all colors and persuasions, but also all the peoples in nature of four legs, those with wings and fins, the green standing tree and plant people, the mineral and stone people, those that live within and crawl upon the Earth, and those in the starry realm. Everything, both the known and unknown, the ancestors who have gone beyond, as well as those children of generations to come, is Blessed in our sacred SUUSI circle of wholeness and holiness.

Experience the Nature Program with “All Our Relations”. The 80 trips on our schedule are offered at a variety of times to fit your schedule during the day and evening, some physically easy, and some demanding - even very strenuous trips. Whether a first timer or a veteran, join us on a venture into nature.

Our trip descriptions are limited by the available space in this brochure, but Our Web site ([www.suusi.org/nature99](http://www.suusi.org/nature99)) has more background material...and lots of pictures.

### Need A Clue to Decode the Nature Schedule?

4+ participants must be at least 4 years old

12+ open to everyone 12 and older

14-17only must be 14-17 years old

Teens 14-17 years old

YA 18-25 years old Young Adults

M=Monday T=Tuesday W=Wednesday

Th=Thursday F=Friday

Gentle - good trail, some roots/rocks (no elevators...)  
Very Strenuous - high energy, requires physical strength  
and coordination (no fear...)

Many trips are great opportunities for families. You don't need to be athletic to “do Nature”, but some basic guidelines will help you enjoy these trips:

- Register \*now\* rather than wait until you arrive at SUUSI. We rent the vans based on advance registration. (Long ago SUUSI outgrew the informal, mooch-a-van-from-a-participant approach for these trips.) To keep costs down, we usually cancel trips with low registration before SUUSI... so don't wait to register. Ideally we cancel zero/zippo/no trips before SUUSI. If you don't get the trip you want when you pre-register, don't despair. You can often add more trips at Registration on the first day of SUUSI - and even after SUUSI starts, come by the Nature Tent throughout the week to see what trips still have spaces available.

- Be at the departure point 10-15 minutes before your trip is scheduled to leave. SUUSI is a magical vacation time, but the vans run on real-world time. And we'll take stand-by Nature trippers just before we leave, so don't be late.