

DA2010 Workshops



Biodanza: "The Dance of Life" as a Spiritual Practice Rev. Vicky Combs

Since May 2009 Rev. Vicky Combs has been practicing a form of conscious dance called Biodanza, subtitled "the poetry of human encounter." Biodanza ("dance of life" in Spanish) is a system of personal growth that uses music, movement, and group interaction to deepen one's connection to self, others, and nature. All are invited to experience this spiritual practice that has become such a source of joy and personal healing for Vicky and thousands of others around the world. Dress in comfortable clothes for this event, which will last 2 hours.



Companions for the Journey: Practical Resources for the Why and the How of Antiracism and Multiculturalism in Our Congregations

PCD Racial and Cultural Diversity Exploratory Task Force: Rev. Nancy Palmer Jones, Rev. Leslie Takahashi Morris, Rev. Chester McCall III, Tomoko Takano, Ramon Urbano

Do you feel alone in the wilderness because of your passion for working against oppression and unintentional privileging? Are you interested or curious but don't know where to start? Come experience community with others who want to work on anti-oppression, and take home a set of exercises and resources to share in our congregations. In the first hour, we will explore *why* we do this work; in the second, we will experience *how*.



Discovering Abundance in Difficult Times Rev. Stefan Jonasson, Director of Large Congregations, UUA

Congregations of all denominations have faced serious challenges over the past couple of years, struggling in many cases to maintain attendance levels and financial resources in the midst of difficult economic times and the apparent apathy such times engender. Yet it is possible to discover abundance in such times--an abundance of both people and resources. How can we grow in both generosity and membership, even in difficult times?



Empowering Ourselves by Reclaiming Democracy Nancy Neff, UU Church of Palo Alto

Nancy Neff will present information about, and opportunities to help pass, the California Fair Elections Act in June 2010. We will address public funding of elections, other electoral reforms, and corporate personhood issues



Ethical Eating Geri Kennedy, UU Fellowship of Redwood City In 2008 the Delegates at General Assembly voted to begin a 4 year Study Action process exploring Ethical Eating. Together we will explore the official Resource Guide, have some great

discussion and learn how to bring this issue back to your own congregations. Areas covered are Environmental impacts, Social Justice, Human and Animal Rights and Consumer Choices.



Francis Balázs: Transylvanian 20th Century Prophet

Rev. Róbert Bálint, Transylvanian Unitarian minister and the current Balázs Scholar at Starr King School for the Ministry,

Get closer to the memory of Francis Balázs (1901 – 1937), minister of Meszkő, Transylvania (the Alabaster Village), a man with vision, a writer, a poet, a community builder, a parent and husband, the misunderstood prophet of the Aranyos Valley. Learn how his work and vision affected the future of the area, and meet Rev. Róbert Bálint, current minister to the congregations of Meszkő and Csegez, Transylvania, Romania.



Get a Grant from the UU Funding Program!

Rev. Roger Jones, UU Society of Sacramento



The UU Funding Program awards grants of up to \$15,000 for several specific purposes, thanks to the generosity of the UU Veatch Program at the Shelter Rock Congregation in New York. Attending this workshop is not a requirement to

apply for a grant. But come and hear the good news and find out the possibilities, parameters, deadlines and guidelines for these programs at this workshop with volunteer members of two of the grants panels.



Get Certified! Become a Marriage Equality Congregation

Rev. Dr. Jonipher Kwong, Interfaith Organizer with CA Faith for Equality
Rev. Linda Ramsden, Executive Director, UU Legislative Ministry of California

Many congregations are already doing tremendous work for marriage equality, however justice has eluded us and there is work yet to be done. At this pivotal moment in history, before marriage equality is back on the ballot, join us for the unveiling of a new congregational certification program that will add spiritual depth, practical skills, Biblical literacy and renewed community within and beyond your congregation as we take the next steps on behalf of Marriage Equality. We will also have a film - *Fish Out of Water* - it is a delightful approach to dealing with the biblical slam passages against GLBT people.



God is Love for All: Our Unitarian Universalist Theology.

Rev. Christopher Bell, UU Congregation, Santa Rosa,

You might think that with our "diverse theologies" UUs couldn't agree on an understanding of Ultimate

Reality (aka Mother Nature, the Living Universe, the Big Verb, the Tao, Love, etc.), but it turns out we share a remarkably coherent theology, when we actually explore our views of what God is, and what She/He/It/We isn't. But don't take my word for it. Bring your experience of the Sacred and together we will uncover that which really calls, changes, and commands us as Unitarian Universalists. All levels of faith / skepticism welcome!



Learning from "A Paradise Built in Hell"

Rev. Kurt Kuhwald, Starr King School for the Ministry

Renowned local author Rebecca Solnit offers sacred and humane

maps to find our way through chaotic times. Using her book as a base, (and the work of Joanna Macy, "Coming Back to Life") this interactive workshop will address how our core human nature can supply qualities to address the growing global perfect storms.



Making Conflict Work for You

PCD Healthy Congregations Team:
Rev. Joy Atkinson, Lucy Bunch, Jamie McReynolds, Dick Park, Bill Pryor

This workshop is designed for board members,

Committee on Ministry members, Conflict Management Team members and any other group which has responsibility for being first responders to conflict in the congregation. It will be of value to other members of the congregation as well. Our objective is to describe the various levels of conflict, and help participants learn to identify, engage and manage conflict constructively. A second objective is development of means of clear communication and shared agreements which will help prevent unnecessary conflict, and lead to improved congregational health.

While much of the workshop will focus on conflict management, there also will be a review of polarity management and covenanting and its important relationship to congregational health. Handouts pertaining to conflict levels, polarity management and covenanting will be available, as well as the PCD Healthy Congregations Team brochure.





Money, Money, Money – Free Money!

Rev. Victoria Ingram, Minister of Los Gatos and Chair of the PCD Growth Committee

Do you have a great idea for a project, program, or staffing position to promote growth in your congregation? Have you

ever dreamt of starting a new congregation? Would you like to know how to fund those dreams?

In this interactive workshop you will learn: what the Chalice Lighter Program is and how it could possibly fund a portion your dream; what the grant guidelines are and how to apply for funding; what the congregational requirements are for receiving grant funds; What reporting will be required if your grant application is accepted.

Come with your projects, staffing needs, or dreams in mind. See if you are eligible to receive grant funding to make your dreams come true.



Nuts and Bolts for your Green Sanctuary Project

Karen Urbano, UU Church of Davis

This workshop will present successful projects and ideas to help your congregation carry

out the Environmental Justice part of your Green Sanctuary application and accreditation and give you an opportunity to brainstorm what type of projects would work best for your congregations.



Now Let Us Sing!

Annie Haymaker, Music Director UU Community of the Mountains

Not everyone in our congregations believes the African saying, "If you can walk, you can dance; if you can talk,

you can sing." Song leaders can help everyone feel welcome to sing. We'll discuss the importance of congregational singing, choosing songs to lead, preparation, key and tempo, modeling good singing, entries and endings, developing a style, teaching new songs, and working with an accompanist. Whether you always wanted to lead a song but didn't know how, or you just want to have a good time singing together, come and join us!



Partner Church Movement

Rev. Vail Weller, UU's of San Mateo

"Partner Churches Change Lives" - Come hear about how the partner church relationship has changed lives. . . in our own congregation. You'll find out simple ways to get

involved if you don't have a partner church yet, and we'll share creative ideas for strengthening existing partnerships. The Reverend Vail Weller is the Lead Minister at the Unitarian Universalists of San Mateo, and serves on the Partner Church Council Board of Trustees.



PCD/UU Leadership School

Claire Paul and members of the PCD UU Leadership School Steering Committee

How would you like to build the beloved community, get to know leaders from around the district, learn about our heretical heritage,

practice multi-sensory worship? This session will provide a mini-experience of what the PCD/UU Leadership School is like, and graduates will answer questions for those considering attending this year.



Proclaiming Unitarian Universalism: The Joy of Our "Good News" Faith

Rev. Cathleen Cox, UU Church of Berkeley

The word "Gospel" means "Good News." As we live through the most crucial era in human history, Unitarian Universalists have a central role to play. It is ours to offer the "Good News" faith the world needs and hungers for: All is one! (Unitarian) and Love trumps fear! (Universalist). The really good news is that this faith perspective also offers the most renewing and fulfilling way to live – and therefore is also the strongest, most compelling draw to build our congregations. Can we claim it more fully? It's all about moving greater into meaning and joy!



Theory U: Next Steps for the New Century Summit
Linda Laskowski, PCD UUA Trustee

This workshop is for those who signed to topic groups that have been working on co-sensing since the January

Summit. If you have been involved in these learning journeys, come see how to do mini-prototyping on your way to deeper understanding of your topic.



Theory U Overview
Jeanelyse Doran Adams,
Director of Program Development

This workshop is for you whether you attended or missed the New Century Summit, if you

want to learn more about Theory U and its application to your congregation. Theory U is a theory (explaining how/why something works), a model (a road map to follow to get something to work), and a social technology (an approach to bringing people together to tap into synergy).

Theory U is applied to a change process, helping us move through stages of Open Mind to Open Heart to Open Will.

“Theory U explores a whole new territory of scientific research and personal leadership. By moving through the “U” we learn to connect to our originating Self. We travel down the left side of the “U” to find ourselves in the realm of presencing, where we learn to sense the future that is seeking to emerge. At that level of operating, we experience the opening of our minds, our hearts and our wills.”
As described on the website of the Presencing Institute; see: <http://www.presencing.com>