

Light Soup
Dinner

6:00 P.M.

**RELIGIOUS
EXPLORATION**
offerings

6:30 P.M.

TO

8:00 P.M.

Learning opportunities for all ages;
childcare provided for participants.

To register for classes (some classes
require a minimum to fill, or a maximum
capacity): please visit the Happenings

Hub in the social hall after Sunday
services. For suggestions or to volunteer
to facilitate a class, please contact Liz

Martin at dre@svuus.org

Wellspring Wednesdays NEEDS *you* to
succeed! Have a passion or talent you
can share with your SVUUS community?
Lead a WW class offering! It can be a
single night, or a series; whatever suits
you and your topic. (Past offerings have
included: Yoga, Bridge, Family Board
Games, The Artist's Way, Bible Study,
Social Justice Reading Group, Paganism
101, Children's Choir, Glacial Geology,
Science & Religion series, Beer Making)

Contact Liz or Rev. Bob with your ideas!
(DRE@svuus.org or
Minister@svuus.org)

Welcome to South Valley's

Wellspring

WEDNESDAYS



A gathering time for
community-building
and all-ages
Religious Exploration

WEDNESDAY EVENINGS

6:00 - 8:00 P.M.

• Fall Session •

September 26 - November 14, 2018

G Suite Tutorial

(Gmail, Docs, Drive, Calendar, and More)

Facilitated by.....Russ Martin

Dates9/26, 10/3

Did you know that SVUUS, as a non-profit, gets to use G Suite (formerly Google Apps for Business) for free! G Suite is an amazing, cloud based, collaborative platform that includes email, word processing, spreadsheets, presentations, data storage, calendaring, and more. Increased use of this resource would help with the following:

- Easier transition of documents when leaders change
- Realtime collaboration on documents
- No worries about back-ups or data loss
- Universal access to documents from almost any internet-connected computing device

As requested at the most recent Council on Committees meeting, we will be holding this class primarily to teach committee chairs and other church leadership how to better use this amazing free resource. All interested parties are welcome. Please bring a laptop if you have one. This offering will be repeated, and additional sessions may be added based on demand and progress.

Spiritual Direction

Facilitated by.....Rev. Bob

Dates9/26, 10/3, 10/10, 10/17

The Quaker theologian Parker Palmer compares the soul to a naturally shy animal that can only be coaxed into showing itself if the watcher is calm and patient. Similarly, spiritual direction is the gentle practice of slowing down and paying attention to the presence of the holy. (As an agnostic humanist, I'm fond of saying that I am always sniffing around for the holy in whatever form it takes. Participants may decide for themselves how the holy may manifest.)

Together we'll explore a variety of approaches to group spiritual direction. Using exercises and texts from ancient traditions and modern, we'll journey together in search of the divine among us. All theologies are welcome; however, participants should be prepared for extended periods of stillness and silence. In order to maintain a degree of intimacy, the group size will be limited to 18 participants.

Gazing at the Male: Masculinity Film Series

Facilitated byRev. Bob

Dates10/31, 11/7, 11/14

Films and film-making are dominated by men, but it's rare to watch films with the specific intent of unpacking masculinity. Rev. Bob will curate three films that speak to the social constructs of masculinity and maleness. Participants are welcome to join for one movie or all three. Viewings will be followed by an optional facilitated conversation. The first film will be Buck, a documentary about "horse whisperer" Buck Brannaman. Participants should be prepared for extended periods of stillness and silence. In order to maintain a degree of intimacy, the group size will be limited to 18 participants.

Hello Music

Music Together Class

Facilitated byDawn Levingston

Dates9/26, 11/14

Check out a sample session from Hello Music for You and Your Little one, ages 0-5 years. Hello Music offers classes in our building during the week and is excited to share with our community!

At a Music Together® class, your child's growing music skills are supported and challenged in a playful environment. Plus, making music enhances language, cognitive, emotional, social, and physical development. Bring your toddler to explore music in a family class at Hello Music!

<https://www.hellomusicmt.com>