

St. Francis in the Foothills UMC
4625 E. River Road, Tucson, AZ 85718
(520)299-9063



Adult Education

January - March 2020



A New Decade to Explore!

Welcome to the St. Francis in the Foothills Adult Education program!

The Mission of the program is to promote the awakening of the divine spirit within us as individuals and as a congregation.

To this end, classes are offered in four areas of learning and exploration:

- 1) “Spiritual Formation”** focuses on the development of our personal resources to live in accord with our understanding of the Spirit force of the Universe.
- 2) “Theological Exploration”** helps us understand the depths of our faiths and the meaning of our existence.
- 3) “Social Justice”** shows us new paths of Love in Action in our world - for our fellow humans and for the well-being of the earth.
- 4) “Life Skills”** provides tools by which to grow in spirit, mind, and body with others in our community.

Childcare will be provided during each Sunday class, 10:30 am – 12:00 pm

All are welcome here!

St. Francis Adult Education Team for 2020:

Harvey Kemp, Karen Kennedy, Wendy Kreider, Ed Leigh, Dan Meyer (Chair), Martha Pankratz (Library).

Do you have special knowledge, information, or skills that can contribute to the congregation’s personal and spiritual development through teaching a class? Let us know! Contact the church office at 299-9063 for more information.

Would you like to become a part of the Adult Ed team? We meet at noon on the second Sunday of each month – right after the Adult Ed class. We’d love to have you join us!

Classes are held in the St. Francis Community Center

Tips for Finding Your Encore Career



Encore Careers: 50 Plus

Sunday, Jan. 5

10:30 - noon

Matt Lehrer, a professional career coach, will present “Encore Careers: 50 Plus.” Millions are embracing encore careers, a hybrid between the spirit of service and the practicality of continued income and meaningful engagement. Matt will address some of the practical issues: promising fields, overcoming age discrimination, networking, informational interviews, transferable skills, resumes interviews and online reach. This promises to be a meaningful and practical facilitated discussion.



Let's Get Big Money Out of Politics: **The Tucson American Promise Association**

Sunday January 12

10:30 – noon

American Promise is a national network of citizens working to pass a constitutional amendment that would reduce the outsized influence of wealthy individuals and corporations on our government and our political system. The class, led by Greg Falk, will address the history of money in politics, why a constitutional amendment is necessary and the steps that are required to enact an amendment. People who attend the class will learn how they can engage with this work if they want to.



Telling Our Stories

Sunday January 19

10:30 – noon

Knowing and telling our stories is important. It is one of the main ways we figure out where we came from, where we want to go and how to navigate our way there (or not!). In this class, led by Diane Wilson, we will talk about the histories of stories, hear a significant one, and describe our own favorite tale and how that impacts what we do today. Sam Keen says “Every person’s deepest ecstasies and fears are as old as mankind and common as dirt...Seize the authority to create your own story.”



Sexual Harassment: Awareness, Prevention, Response

Sunday , January 26

10:30 - noon

Tim Wernette, Gender Equity trainer, will lead a class on the definition and types of sexual harassment, including hostile environment and quid pro quo as well as intent vs impact. He will also explore common reactions and the difficulty in reporting. The class will strategize effective responses to sexual harassment. Come to join in the conversation, including your own experiences and questions.



Conflict Styles and Alternatives – Working With and Through Conflicts

Sunday February 2
10:30 to noon

Conflict is like fire: under control it can warm and even improve relationships; out of control it can destroy. What are the skills and techniques for successfully resolving conflict in your life? Dee Wernette, with over 25 years of teaching conflict resolution at the college level, will lead the class. You will do a self-assessment of your conflict and communication styles. What role do hardened positions, emotions, world view, agreements and past experience play in the outcome of resolving conflicts? Suitable for anyone who has some conflict in their life (everyone).



An Experience of Healing and Peace through Song

Sunday February 9
10:30 to noon

Experience for yourself a quiet and healing “song bath” offered by Tucson Threshold Choir. As one of more than 225 choirs around the world, they offer Kindness Made Audible to one person at a time. They sing quiet loving songs for people on thresholds of life, most often at bedside in hospices, care facilities and in private homes. Whether in medical treatment, facing emotional challenges or depleted from giving selflessly to others, recipients of the “song baths” experience them as powerful, meditative and healing. Members of the Tucson Threshold Choir will allow you to directly experience the power and impact of their work. Be prepared to come, receive some for yourself and be renewed.



Understanding Gender as Identity

Sunday February 16

10:30 to noon

In this experiential class, participants will explore and expand upon the gender binary, and build understanding of and empathy for those who identify their gender as incongruent with the gender they were assigned at birth. Participants will learn useful information in a supportive and fun discussion format. Led by Martie van der Voort, Mental Health Clinician at UA Campus Health. Martie also starred in their one person show Transformations, recently at St. Francis.



United Methodist future - Where are we are now and where do we go from here?

Sunday February 23

10:30 to noon

Elizabeth Fimbres and Mary Klaehn will address two basic issues arising from the 2019 special General Conference passage of the "Traditional Plan." The effective date of the Plan is January 1, 2020!

- 1 What have been the responses by churches and conferences around the country to the draconian penalties for performing same gender marriages, being a pastor in a same gender relationship, and the ban on ordination of gays and lesbians?
- 2 What are the possible outcomes for the church arising from the 2020 General Conference that will be held in May in Minneapolis? If there is to be a breakup of the UMC – what are the options and how can it be managed?



Heart-Brain Alignment Revisited

4 Classes: Sunday March 1 March 8 March 15 March 22
10:30 to noon

Heart-Brain Alignment is an exciting discovery yielding more than 1300 automatic physiological benefits, including reversal of aging, strengthened immune system and increased resilience under stress. It's perfect for busy lives, requiring only 3-4 minutes daily to achieve results. This practice is also a springboard for accessing your intuition, or inner guide; for reprogramming your subconscious; even for interacting with the universe to create new possibilities. This methodology is being taught to police officers, first responders, and others. Drawing on the work of the Heart Math Institute and Gregg Braden, Ed Leigh and Becky Wilson will lead this experiential workshop that was so enthusiastically received into four sessions in March. Please come at 10:30 to as many sessions as possible, especially the initial ones.



Why Choose Kindness?

Sunday March 29
10:30 to noon

The novelist Henry James said, "Three things in human life are important. The first is to be kind. The second is to be kind. The third is to be kind." It may seem as if our country is becoming less and less kind, but what if that were not true?" Science suggests we are hardwired for kindness, so let's explore that as an intentional practice. We might become happier, healthier, and perhaps change the world. Anne Huggins will lead this experiential, interactive, fun class.

* * * Ongoing Class * * *



Science and Religion

Every Sunday

9:00 – 10:00

meets in Media Room of Library for Peace (in church office)

*The weekly Science and Religion class – **starting a new class on January 26** – will feature a video study called The Spiritual Brain: Science and Religious Experience. Each class is a half hour of video and then a half hour of discussion. Newcomers are always welcome! Pam Bisson leads the class.*