



Spiritual Exploration Workshops & Classes

Autumn 2019

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**To register, please find the event on our website,
 either via the Adult Spirituality page
 (www.plymouth.org/explore/adult-spirituality/)
 or on our calendar
 (www.plymouth.org/events/) and click on the link.**

On the cover: *Blue and Silver—Choppy Channel*,
 by James McNeill Whistler;
 collection of the Smithsonian—accessed online
 (<https://www.freersackler.si.edu/exhibition/seascapes/>)

Oct. 1–29

**Exploring Meditation—Christian, Buddhist and Hindu
Dialogue and Practice**

Tuesdays 7:00–8:30 p.m., Nancy Baltins Room

Limited to 40; free; *please register*

Join **Diane Boruff and Richard Jewell** in exploring different forms of meditation. Each session will include presentation, discussion and practice of silence. Topics will include methods, purposes, sacred words, divine indwelling and the human condition. Audience: High School to Adult

Oct. 2–Nov. 6

Celtic Weavings: A Journey of Beauty, Spirit and Love

Wednesdays 10:00–11:30 a.m., Jackman Room

Limited to 60; free; *please register*

Each week we will combine music, images, contemplation, concepts, specific essays or passages from a variety of literature, including John Philip Newell's book *The Rebirthing of God*. There will be time in small and large groups to discuss personal reflections to the activities. As we travel the six weeks together, you will have the opportunity to share your music, poetry, essays or other expressions connected to your journey. Led by **Beth Hoffman Faeth**, Minister for Congregational Care and Worship, and **David Astin**, Plymouth member, the class will review Celtic themes that we contemplated and responded to in the first Celtic class at Plymouth two years ago based on *Rebirthing*. New students will easily pick up the themes and are welcome. Audience: Adult

Oct 3–Oct 24

Thursdays 10:30 a.m.–12:00 noon; Room 205

Limited to 25; free; *please register*

Book Study—*White Birch, Red Hawthorne:*

A Memoir by Nora Murphy

Nora Murphy tells the story of her ancestors' Maple Grove land which was, long before the Irish arrived, home to three Native tribes: the Dakota, Ojibwe and Ho-Chunk. That her

dispossessed ancestors' homestead was built upon another, far more brutal dispossession is the hard truth underlying Murphy's search for the deeper connections between this contested land and the communities who call it home. Join the conversation, led by Acting Senior Minister **Paula Northwood**, as we look at Murphy's personal investigation into the multigenerational cost of immigration and genocide in the American heartland. Audience: High School to Adult

Oct. 5

Intergenerational Pilgrimage to Lake of the Isles

Saturday 1:00–3:30 p.m.

Free; please register

Re-encounter water, story, and sacrament in a way that celebrates the aliveness of water and grounds us in the watershed as locus for a life of faith. Join **Paula Northwood** and others on a spiritual pilgrimage to water. We will meet at Kenwood Park before going to Lake of the Isles. People may choose to visit the shore or walk around the lake, to connect with the water playfully or quietly. We will provide guidance for pilgrimage suited to all ages. We will close by gathering together again and reflecting on our experience. *This is a rain or shine event.*

Oct. 14–Dec. 2

Let's Simplify Together: Dedicating Ourselves to Less Stuff and More Purpose

One hour every Monday for 8 weeks, Oct. 14–Dec. 2 at 10:30–11:30 a.m., or 6:30–7:30 p.m.; Room 205

Limited to 25; \$45/person for online class (plus \$10/book); please register.

Registration is required by October 6, no charge from Plymouth. When you register, we will give you instructions for signing up online at a discount (\$44.50) for the online course *Uncluttered*. The book *Downsizing the Family Home* by Marni Jameson is available from booksellers.

This eight-week program helps participants promote a more purpose-driven life by reducing the distraction of unnecessary and unrewarding stuff. Many of us wish we had more freedom from home care—which often is stuff care—because we have too much of it. We may have higher priorities, but those priorities can get demoted when things take over. This group will help us get going by exploring minimalism as a philosophy.

We will:

- Follow the topics and methods of *Uncluttered*, an online course by Joshua Becker, with videos, webinars, text and assignments
- Consider the suggestions and use the resources identified in *Downsizing the Family Home* by Marni Jameson
- Support and encourage one another other with ideas and compassion on our paths to less stuff and more purpose

This group is suited to people wanting to live a minimalist lifestyle, declutter for its own sake, repurpose spaces at home (child play areas, office, studio) or downsize (even empty!) a home. You choose the depth and focus. The group intends to support you. Class is facilitated by committed, nonexpert Plymouth members **Bonnie Janda** (mornings) and **Jeanne Schuller** (evenings). Audience: Adult

Oct. 26

Better Angels Workshop I: “Depolarizing Within”

Saturday, 9 a.m.–12 noon; Jackman

Free and open to the community; please register by Oct. 18.

William Doherty, PhD, will teach how to be critical without demonizing, dismissing or stereotyping one another. This is a free morning of insight into how we treat our peers who hold opposing views. Practical strategies will be defined for intervening constructively in conversations that veer into contempt and ridicule of others. One of the inspiring speakers of the national nonprofit movement Better Angels, Prof. Doherty brings years of experience from his work at the University of Minnesota’s Family, Social Science Department and from his acclaimed private practice with families.

Nov. 9

Language and Archetypes: Who is speaking, and why?

Saturday 9 a.m.–5 p.m.; Fireside Room.

Limited to 32 people; \$125; *please register*

A day-long intensive dive into the intersection between nonviolent communication and 12 specific archetypal forces that influence how and why we communicate, led by **Yvette Erasmus, PsyD**. We will explore the varied ways in which these archetypes express nonviolent communication differently and to what effect. Understanding the underlying archetypal patterns at play helps us to more skillfully engage in nonviolent, spiritually informed relationships.

Ongoing Spiritual Practices

Meditation, Sundays, 10–11 a.m., Chapel. No charge. No registration. Join this ancient Christian spiritual practice, which includes three parts: opening meditation, walking meditation and closing meditation. Leader **Diane Boruff** is commissioned by Contemplative Outreach International.

Contemplative Prayer, Tuesdays, 9:00–9:30 a.m., Chapel. No charge; no registration. Led by members of Plymouth's ministerial team and others.

Conversations from the Heart Compassionate Communication Practice Group, Wednesdays, 10 a.m. \$10–\$25 donation suggested. No registration. “Nonviolent/compassionate communication helped me learn to sit with difficult emotions, to approach myself and others with compassion and understanding and to connect to the human needs underlying all human actions,” says teacher **Yvette Erasmus, PsyD**. All levels welcome.

Spiritual Yoga, 6:45–8:00 p.m. Wednesdays (except holidays), One Groveland. \$15. No registration. Have you ever wanted to touch your toes? Do you often feel tension in your neck or shoulders? Ever wonder what yoga is all about? This fun and exciting class will leave you feeling stronger, calmer and more flexible. **Ben Lee** has been studying and practicing yoga since 1994 and teaching since 2001.

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