

**Jan. 15–April 29**

**Deep Dive into Compassionate Communication**

**Wednesdays, 1:00–3:00 p.m. (some exceptions); Fireside Room**

**Limited to 10; Tuition: \$795 for Plymouth members/\$895 non members. [Register here.](#)**

**Instructor: Yvette Erasmus, Psy.D, LP**

**For information: [yvette@yvetteerasmus.com](mailto:yvette@yvetteerasmus.com)**

For those who have studied nonviolent communication and other modalities for a long time, who are seeking deeper applied practice with a smaller group of skilled participants. This group is application-based and limited to 10 participants for a 15-week commitment to applied skills work.

**Jan. 25**

**Better Angels: Families and Politics**

**Saturday 9:00am–noon, Jackman & Nancy Baltins Room**

**Limited to 52; Tuition: Free, [please register here.](#)**

**Instructor: Bill Doherty, PhD**

**For information: [jrbennett49@gmail.com](mailto:jrbennett49@gmail.com)**

Family relationships are becoming casualties of our toxic political environment. Family members are having nasty political arguments, avoiding each other, and even cutting off lifetime relationships. If you want to preserve important family bonds while still being true to your values and political beliefs, this workshop will offer you:

Insight into why family differences over politics are uniquely challenging

Recognition of common roles that family members play in political conversations (for example, the Gladiator, the Defender, and the Sniper).

Strategies and skills for handling family political differences in a constructive way

Although the focus is on family relationships, you can apply the skills to any important relationship.

You'll laugh and have some fun in this workshop—it won't be all serious. After all, we all come from quirky families.

**Jan. 27–Feb. 24**

**The 1619 Project**

**Mondays, 6:30–8:30 p.m.; Room 202**

**Limited to 22; Tuition: Free; [Please register here.](#)**

**Instructor: Ann Ludlow**

**For information: [bonitajanda@gmail.com](mailto:bonitajanda@gmail.com)**

Curious about what your kids or grandkids are learning about the effect of slavery on American history and American sensibilities? This past summer, the New York Times Magazine published The 1619 Project, a powerful issue on chattel slavery in America. This publication is now being widely used as the basis for a related curriculum in high schools and college classrooms. The series build on research by distinguished black academics, journalists, and writers. We will discuss its essays, short prose, poetry and associated podcasts. We will also explore how the recent scholarship and viewpoints it contains might impact the contemporary church in America and, in particular, Plymouth Church.

**Jan. 28–March 3 (dates are intermittent)**

**Meditation Matters**

**Tuesdays, 7:00–8:30 p.m., Fireside Room**

**Tuition: Free, [please register here.](#)**

**For information: [jrbennett49@gmail.com](mailto:jrbennett49@gmail.com)**

Warm your hearts, heads and bodies by listening to and trying out meditation methods with six different practitioners from outside and within Plymouth. Join us in the Fireside Room on all or any of these Tuesday evenings: Jan. 28, Feb. 4, 11, 18, 25, and March 3. We've so far scheduled presenters for four nights, with another two to come: Todd Tsuchiya and Gail Wong will instruct us in Japanese Buddhist chanting, Emily Jarrett Hughes in wisdom dance, John Bennett in guided imagery and its resources, and Su Ying in a blend of Tai Chi and Qigong. The other instructors will be announced soon. Please sign up for the series by Jan. 24, or sign up for individual evenings by the Friday before each event. The classes are not sequenced.

**Feb. 8–July 6**

**Spiritual Parenting and Grandparenting**

**Half-day workshop: Saturday, Feb. 8, 12:30–4:00 p.m.;**

**monthly sessions: Mondays, Mar. 2–July 6, 6:30–7:30 p.m.**

**Tuition: \$40; [please register here.](#)**

**Instructor: Carolyn Kolovitz, Spiritual Director at Loyola Spirituality Center**

**For information: [jan.mattox701@gmail.com](mailto:jan.mattox701@gmail.com)**

Weaving awareness of the sacred into our children's lives is an important role of parents, grandparents and mentors. This workshop and follow-up classes is an opportunity to gain:

A deeper understanding of the psychological need of young people to have a spiritual guidance

Clarity in our most important values, stories and wisdom received from our own journeys

Creative ideas and story seeds for sharing in a way that sparks the spiritual imagination and focuses on connection

**March 7 & April 18**

**Better Angels II–Red/Blue Workshop A & B**

**Saturdays 9:00 a.m.–noon, Jackman and Nancy Baltins Room**

**Limited to 32; Tuition: Free, [please register here.](#)**

**Instructor: Better Angels Minnesota Staff Members**

**Note: *Prior participation in a Better Angels “Depolarizing Within” session is required.***

**For information: [jrbennett49@gmail.com](mailto:jrbennett49@gmail.com)**

These workshops bring together up to eight “reds” (conservatives, Republicans) and eight “blues” (liberals, Democrats) in structured conversation. Those signing up after the initial 8 pairs may be called upon to join the conversation. The goals are to better understand each other beyond stereotypes and to look for common ground. Designed to encourage listening and learning rather than declaring and debating, these

workshops usually lead to a shared belief that we're less divided than we've been told. Participants rarely change their views on issues, but they consistently have changed their views of each other.

### **March 10–March 31**

#### **Forced Into Camps**

**Tuesdays, 4:00–6:00 p.m., Room 205**

**Tuition: Free, [please register here.](#)**

**Instructors: Joan Thompson, PhD; Seth Patterson, MDiv, MFA**

**For information: [joanethompson@comcast.net](mailto:joanethompson@comcast.net)**

Lise Yasui's documentary *Family Gathering* and Julie Otsuka's novel *When the Emperor Was Divine* examine Japanese internment, family separation and their aftermath. We will discuss these artworks alongside current journalism on immigration and families. Articles on family separation, incarceration, deported parents and government policy are all possibilities. What positions did the church and citizens take regarding Japanese internment? How might this inform our calling as church members and citizens today? Sponsored by the Immigrant Welcoming Working Group.

### **March 14**

#### **Welcoming Prayer**

**Saturday, 8:30 a.m.–noon, Fireside Room**

**Tuition: Free, [please register here.](#)**

**Instructors: Mary Lapham, Co-coordinator of Minnesota Contemplative Outreach, and Diane Boruff**

**For information: [dsboruff@comcast.net](mailto:dsboruff@comcast.net)**

How do we maintain the benefits of meditation when living our life? The Welcoming Prayer is a place to begin. It is a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life. The practice complements Centering Prayer by helping to dismantle the emotional programs of the false-self and heal wounds by addressing them where they are stored—in the body. This introduction is most helpful to those who have a meditation or Centering Prayer practice. Participants will explore and practice the Welcoming Prayer through teaching sessions, personal reflection time, group practice, and time for conversation.

### **March 26–April 30**

#### **Heart of Aging with Wisdom**

**Thursdays, 2:00–4:00 p.m., Fireside Room**

**Limited to 8 people; Tuition: Free; [please register here.](#)**

**Facilitators: Ruth and Bill Davini**

**For information: [ruth.davini@yahoo.com](mailto:ruth.davini@yahoo.com)**

Explore spirituality and living fully as we enter our later years. This class will encourage participants to harvest the life experiences that molded them as elders and to embrace the role of spiritual elder in our families and communities. Through investigation and reflection, we will create new paths for authentic

living as elders. Classes will be facilitated by Bill and Ruth Davini. This course is co-sponsored with Plymouth's Mortality Project.

**March 25–27**

**That We May Be One**

**Weekend retreat, ARC Retreat Center**

**\$230; please [register here](#).**

**Led by Elizabeth Jarrett Andrew; for information: [elizabethjarrettandrew@gmail.com](mailto:elizabethjarrettandrew@gmail.com)**

Join the Plymouth Contemplatives for a weekend of rest and renewal at the ARC Retreat Center. Using a series of video lectures by Thomas Keating, we'll explore Christianity's path toward nonduality and unitive consciousness. How can we come to rest in God's presence? How does contemplative practice move us beyond dualistic, us-versus-them thinking? For those new to Christian meditation, there will be a brief introduction, stories from experienced practitioners, and an opportunity for questions. For those seasoned in silent practice, we'll have an optional extended sit on Saturday afternoon. Come deepen your sense of community and open your heart in a beautiful wooded setting.

**April 25**

**How to Repair Rifts with People Who Matter**

**Saturday, 9:00 a.m.–5:00 p.m., Fireside Room**

**Limited to 25 people; Tuition: \$125 for one; \$200 for two together; [please register here](#).**

**Instructor: Yvette Erasmus, PsyD; LP**

**Name: Yvette Erasmus**

**For information: [yvette@yvetteerasmus.com](mailto:yvette@yvetteerasmus.com)**

Heal a rift or build a bridge with another important person in your life. This full-day workshop uses principles and practices based on nonviolence. The intention is to embody Power-With Relationships: not power-over or power-under. Add to your relational and conversational toolbox: increase discernment about which tool to use when. We'll offer a foundational introduction into nonviolent communication and explore strategies for moving from domination consciousness into collaborative consciousness. A good complement to your spiritual practice.

## Ongoing Spiritual Practices

**Meditation, Sundays, 10–11 a.m.** No charge. No registration. Join this ancient Christian spiritual practice, which includes three parts: opening meditation, walking meditation and closing meditation. Led by members of the Plymouth Contemplatives Group.

**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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