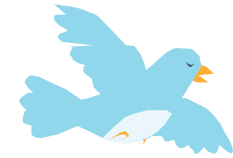




## Unitarian Universalist Wings led by Rev. Krista Taves



The perfect class for those who are wishing to deepen their sense of spirituality, or connectedness within Emerson Chapel. The perfect next step for those who have completed the Roots curriculum, or recently become a part of the Emerson community. The class meets monthly, September through May, and offers participants the opportunity to explore more deeply Unitarian Universalism and their own expressions and experiences of spirituality. There is no registration limit. **All are welcome. You may begin attending the class at any time through the year.**

In this class you will have the opportunity to:

- Become familiar with a broad and inclusive definition of spirituality—one that includes those who do and don't affirm the existence of spirit or deity
- Evaluate their experiences of the spiritual during turning points in their lives and during day-to-day living
- Learn methods for being attentive to their spirituality
- Consider the value of spiritual practice, in any variety of forms, as a means to deepen faith and enhance the quality of everyday living
- Participate in the spiritual practices of speaking and listening with respect
- Articulate thoughts, feelings, and longings in authentic ways, and develop their understanding of the spiritually healing value of such authenticity
- Explore possibilities for deepening experiences of spirituality for themselves and for others in the context of Emerson UU Chapel

This group meets **monthly on 3rd Wednesday from 7-9 PM\*\*** on the following dates from Fall '10 through Spring '11:

Sep 15  
Oct 20  
Nov 17

Dec 15  
Jan 19  
Feb 16

Mar 16  
Apr 20  
May 18

To register for the class please contact the office administrator at [office@emersonuuchapel.org](mailto:office@emersonuuchapel.org) or leave a message at 636-256-7393. **\*\*Let us know if you will require childcare.**

- Learn methods for being attentive to their spirituality
- Consider the value of spiritual practice, in any variety of forms, as a means to deepen faith and enhance the quality of everyday living
- Participate in the spiritual practices of speaking and listening with respect
- Articulate thoughts, feelings, and longings in authentic ways, and develop their understanding of the spiritually healing value of such authenticity
- Explore possibilities for deepening experiences of spirituality for themselves and for others in the context of Emerson UU Chapel

This group meets monthly from 7-9 PM\*\* on the following dates from Fall '10 through Spring '11:

Sep 15	Dec 15	Mar16
Oct 20	Jan 19	Apr 20
Nov 17	Feb 16	May 18

To register for the class please contact the office administrator at [office@emersonuuchapel.org](mailto:office@emersonuuchapel.org) or leave a message at 636-256-7393.

**\*\*Let us know if you will require childcare.**