

*Pathways*  
*to*  
*Involvement*



**Eno River**  
**Unitarian Universalist**  
**Fellowship**

## **Eno River Unitarian Universalist Fellowship**

### ***Pathways to Involvement***

*Eno River Unitarian Universalist Fellowship (ERUUF) is a big place with lots going on. Pathways is our most current effort to help everyone, long time member and newcomer alike, see all the programs and activities that we offer, as well as some key ways to get involved as a leader. We welcome your feedback about ways to make future versions of this new publication more useful.*

#### **Welcome to the Eno River Unitarian Universalist Fellowship!**

Each one of us has arrived at this spiritual community seeking a variety of things. In addition to Sunday services that leave us filled with hope and confidence, we're also looking for friendship, a community that will help us continue to grow both morally and spiritually. Sometimes big questions bring us here, especially after major life transitions. So often we come here with an urge to find ways to be of service and make a real difference in the world.

Our mission at Eno River Unitarian Universalist Fellowship (ERUUF) is to transform lives by building a free and inclusive religious community of spirit, service, justice and love.

We are progressive in our understanding of human development. We understand that each of us is a whole person, and that we each continue to grow and change over the course of our entire lifetime. Our ethics and values are deeply rooted in our religious principles and in the world's religious traditions. We value the Inherent worth and dignity of each person, as well as the interdependent web of life. We understand that service and social action are necessary; each helps our faith come alive with hope and meaning. We are a fellowship where lay leaders partner with professional ministers and staff members to provide opportunities for all of us to connect, learn, grow and serve.

#### **Eno River Unitarian Universalist Fellowship**

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## ***Pathways to Involvement: Connect, Learn, Grow and Serve***

In response to the needs we each bring with us, ERUUF offers a wide variety of classes, groups and programs. All share the particular goal of Unitarian Universalist faith development. ***Pathways to Involvement*** describes the various pathways you might take to connect with others, learn about Unitarian Universalism and other traditions, grow in your own identity, and be of service to others as you find ways to offer your particular gifts to the world. This information is also in various places on the fellowship's website.

In the following pages you'll find a listing of the programs we currently offer at least once over the course of two years. Ongoing groups are also listed here and on the website. Please see the separate "Current Program Offerings" listing, available in the office, and on our website for the specific classes we're offering during a particular "learning season." Generally, the Current Program Offerings will be available one to two months in advance of each new season. Our seasons are

September through December

January through March

April through June

June through August

Each of the program areas has entry level options for those who are new to a particular pathway, as well as offerings that will help you deepen your understanding and commitment. There's no need to stay on one particular pathway; we encourage you to sample broadly and go deeper wherever you feel called to explore and grow.

We offer programs for body, mind and spirit. We also understand that people have a variety of learning styles and preferences. Some of us are thinkers, while others know the world first through our feelings. Some of us find great satisfaction in organizing groups and events that will have a lasting, ongoing impact; others only feel satisfied if they've reached out to touch someone's life and make a difference in a personal way. At ERUUF, you'll find a variety of ways to learn and serve.

No matter what stage of life you're in, your time is valuable and rare. Our classes are generally no more than two to three hours long. While it's ideal to attend every session in a class series, most of our class sessions are designed to "stand alone" so that you're better able to take a class even if you travel for work, care for others, etc. If you have questions, talk to the instructor.

Courses and groups are led by volunteer members of the fellowship, staff and ministers. If you'd like to talk with someone about your own pathways, staff program directors and their lay partners (committee chairs, team coordinators, etc.) and the ministers are available for consultation.

At the end of this booklet you'll also find an explanation about some of the important committees and teams that provide leadership for Worship, Denominational Affairs, and Stewardship. We encourage you to get involved as a way to keep on connecting, learning, growing and serving. On the final page, you'll find a resource to help you keep track of the courses you've taken.

### ***Course Offerings and Registration***

Our classes are offered at a variety of times throughout the year, including summer, and at various times of the day and evening throughout the week, including weekends.

Look for a listing of all upcoming courses in *Currents*, ERUUF's newsletter, website, and in our weekly E-news and Sunday bulletin.

Sign up for upcoming classes in the ERUUF Office or online at [www.eruuf.org](http://www.eruuf.org).

We are eager to encourage lay leadership and a wide range of learning opportunities. If you have an idea about a program that you'd like to offer, please talk to a lay leader, staff member or minister.

### ***Fees and Waivers***

There is usually no charge for classes and activities. Occasionally we ask for a registration fee to help cover the cost of a retreat or special presentation. We ask for a payment that covers the cost of the Wednesday Connections meal. In the rare instance when there is a registration fee for a class, financial assistance is usually available. Meals are always available on Wednesday without charge if the cost presents anyone with a barrier to participation. Speak to the Director of Lifespan Faith Development or one of the ministers; your request for a partial scholarship or full waiver will be kept confidential. Also, if a book is required for a class, a copy will be available from the ERUUF library; other arrangements can also be made.

### ***Leading a Class***

Do you like to teach, or do you have an idea about leading an activity or workshop? If so, please talk with our Director of Lifespan Religious Education, Kathy Cronin, or a member of the Adult Programs Team. We're eager to broaden our offerings.

Likewise, please let us know about groups, classes or workshops you'd like to take. If we can't immediately offer something here, we might be able to help you locate what you need in the surrounding community.

### ***Wednesday Connections***

Many of our classes and activities are offered during "Wednesday Connections"—a series of gatherings on Wednesday evenings. For six consecutive weeks, we gather each Wednesday for a simple supper and good conversation starting at 5:45 pm. Supper is followed by a brief worship service and then all ages head off to a variety of classes or activities. A few classes/activities are open to all ages, most are open to older teens and adults. We offer simple activities for all children, and quiet space is available if needed for homework. The evening ends with a closing circle at 8:15 pm; we're all on our way home by 8:25 pm.

We ask for payment to cover the cost of the meal, but all are welcome regardless of ability to pay. Speak to one of the ministers about a waiver if this fee would prevent you from being part of this community gathering.

The first session of Wednesday Connections takes place on six Wednesday evenings in October and early November. The second six week session takes place in January and February. We sometimes offer a shorter four week session in March and April (check upcoming program listings). See the fellowship's website for current offerings.

Volunteers are always needed to help create the evening meal or lead a class or activity. But the real success of Wednesday Connections exists because of the community that gathers on Wednesday evenings. Check out this wonderful mid-week opportunity to connect with fellow ERUUFians!

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## *Life Long Faith Development*

Unitarian Universalists have a particular love for, and commitment to lifelong learning. The basics of liberal religious education are an understanding of one's own story, along with an understanding of a larger cosmos. "*Who am I? And who are You/you? And who are we together?*" Unitarian Universalists respect and value also respect and lift up the teachings of the world's religious traditions. What follows are our basic offerings in theology, history and world religions, and a group of classes designed to help people deepen their faith in daily life.

Our extensive offering of classes and groups for children, youth and families can be found in the ERUUF Family Handbook.

### **Theology**

*The following courses provide participants with a very basic theological grounding. Liberal religion has always had something to say in response to life's big questions. These classes support participants in finding their own answers. Participants may be asked to do advance reading for class (one to two hours); readings will be provided. The theology classes listed below may be offered as stand alone, occasional sessions, or might be offered as a class called "Our Theological House"; times will vary (e.g., in two morning workshops, or over the course of a Wednesday Connections, etc.) Check upcoming listings.*

**Thinking about God** What are some of the ways that religious liberals think about God? What qualities does God have? What qualities do humans have? What then would be the best ways to interact with each other and the natural world? (T-1)

**Religious Humanism** Religious humanism grew out of Enlightenment thinking and practices, especially the application of reason, and the mature, courageous acceptance of human responsibility. In this class we'll look at key ideas and developments in religious humanism. (T-2)

**What Saves UUs?** In the 19<sup>th</sup> century, both Unitarians and Universalists began to focus more on the here and now of this world. What promise, hope and meaning is there in this faith? (T-3)

**Sin and Evil** What is sin? What's the difference between sin and evil? Religious liberals need to grapple with these tough topics just like everyone else, because guilt is part of the human condition. What would make your list of seven deadly sins of this modern era? (T-4)

**We Gather Together** (see also LD-5 "Covenant") It's been said that "you can't be a Unitarian Universalist by yourself," an idea that might seem at odds sometimes with our emphasis on "the inherent worth and dignity of every person." This class will explore the crucial role of covenant in Unitarian Universalism, and engage crucial questions: what's love got to do with it? And even more, what is the power within a gathered congregation, and what should we do with it? (T-5)

**Credo: This I Believe** Unitarian Universalists have roots that reach back to the human dignity and freedom described in the Hebrew Bible. We act on the principle that revelation of important truth is ongoing, and that it happens regularly within our own lives whenever we ask important questions and seriously explore for answers. Our questions take us on a lifelong, meaning making journey. Every so often it's important to stop and ask ourselves what we've learned so far. Pausing to consider what we believe is an important thing to do, one that points the way forward. (T-6)

## History

**Unitarian Universalist History** *From earliest Jewish and Christian times, through the Reformation in Europe, and certainly in the history of North America, people always have asked questions about the nature of God, Jesus, what it means to be human, and what it means to live a good life. The actions many have taken on those questions is at the heart of our liberal religious history.*

**Our Unitarian Universalist Story** This course will cover key people and issues in the Unitarian and Universalist traditions and in both Europe and America. Six sessions. (H-1-6)

**Unitarian and Universalists in America (1600-to 1789)** An hour long DVD, “An American Religion,” reviews the times when key decisions set Unitarians and Universalists on new paths. Number of sessions can vary; see current program listings. (H-7)

**World Religious History (Films)** The number of sessions can vary. (H-8)

From Jesus to Christ  
Peter and Paul  
Religion in America  
Cities of Light

## World Religions

**Introduction to World Religions** Learn the basic beliefs and practices of each of the world’s religious traditions. The number of sessions varies. (WR-1)

**Interfaith Conversations** Explore the gifts of our many faith sources which are reflected in the 7 UU principles. Open to dialogue about the different ways people express spirituality. The number of sessions varies. (WR-2)

## Living Faith

**Articulating Your Faith** What do you say after “I’m a Unitarian Universalist?” Those who grew up UU may not have easy language to talk about their heritage. Others coming into the faith (from a different religious background or none at all) might be eager to share their emerging beliefs but struggle to find right words. This course is designed to help all Unitarian Universalists speak more confidently and effectively about our liberal faith tradition in their own words. Five sessions. (LF-1)

**Embracing Aging** Change and getting older is inevitable. How can we make it the best it can be? This course is accompanied by a DVD documentary entitled, *Embracing Aging, Families Facing Change*. Six families will share their insights on issues such as aging, facing illness, cooperating as siblings in the care of aging parents, researching and finding alternative housing choices for the aging years. Each session will include a time for quiet reflection, and guided discussion. Four to six sessions, for adults of all ages. (LF-2)

**Evensong for Families** is a program for entire families to enjoy together. It helps long time UU families strengthen their beliefs, and helps families who are new to Unitarian Universalism to deepen their faith together. Each of the eight themed services is ninety minutes long: *Who Is Your Family?; Mealtimes, Bedtimes, Hellos and Goodbyes; Birthdays and Holidays; Things You Love to Do Together; Good Times and Bad; Your Family’s Ten Commandments; Sharing and Privacy and Celebrate Your Family*. (LF-3)

**Life Transitions** This course utilizes the book, *Life Lines: Holding on (and Letting Go)* by renowned UU minister and author, Forrest Church, to create conversations and communion as we search for answers to some of life’s deepest questions. Six to eight sessions. Each participant will need to purchase the book prior to the start of the class. One book will be available through the ERUUF Library; see instructor for other arrangements. (LF-4)

### **A Living Flame** (one day 90 min. workshop for all ages)

The flaming chalice, the symbol for Unitarian Universalism can be kindled by anyone, kindled and rekindled during the best of times as well as the worst. During this family workshop, participants will create their own family chalice, learn the story of the flaming chalice, write their own chalice lighting, and create a family ritual to share at home. Gathering will end with a short group sharing, and song. Snacks will be provided. Childcare for children under 3 will be provided with a reservation. (LF-5)

**Owning Your Religious Past** The majority of UU's come into this liberal faith tradition from other religions traditions. Some bring feelings of grief and unsolved feelings, while others bring fond and warm memories. Some come into this faith having never experienced religious community. This course is designed to hold up the gifts from our past and heal the experiences that may have caused anger and grief. Our spiritual path is a continuum. Using meditation, art, personal stories ritual we will build bridges from the past to the present. Two sessions ( 2 hr each) (LF-6)

### **Parents as Spiritual Guides** (six sessions)

Based on the belief that children's faith formation should not be restricted to Sunday school, this program brings spiritual growth into the home, where the communion and rituals of family life can support the "dynamic process of faith development." Resources from *10 Principles for Spiritual Parenting: Nurturing Your Child's Soul* by Mimi Doe with Marsha Walch (LF-7)

**Parent Book Discussion Group** *10 Principles for Spiritual Parenting: Nurturing Your Child's Soul Mimi Doe with Marsha Walch* Number of sessions will vary depending upon interest. (LF-8)

### **Parenting Small Group Discussion Guides** (LF-9)

Join other parents to discuss topics in spiritual parenting. Resources are from the "Taking it Home Series," UUA : *Tools for deepening your faith at home*. Possible Topics include:

- o Respect
- o Time/Money Balance
- o Marriage and Committed Relationships
- o Divorce and Broken Relationships
- o Interfaith Families
- Families and Loss

### **Twelve Steps to a Compassionate Life** (A guided book discussion group)

Compassion manifests itself in the world not by thinking but by doing. Karen Armstrong has a vision of a more compassionate world where people and leaders live by the Golden Rule – the code which requires that we use empathy -- moral imagination -- to put ourselves in others' shoes. *Twelve Steps to a Compassionate Life* is a distillation of 12 steps that readers can follow to become more compassionate persons and molders of a more compassionate world. (*Each participant will need to purchase the book prior to the class; talk to the instructor for other arrangements if needed.*) (LF-10)

### **Summer Film Series**

Join us in July and August to watch and discuss contemporary films that have spiritual themes or that raise ethical questions. Reflection/discussion follows. Films are generally PG-13; exceptions will be noted on the Current Program Listing for the Summer.

## **Put Your Faith into Action**

*If you love learning, consider becoming part of the ministry of faith development by teaching, serving on a committee or team, or volunteering as a support person for the children's or adult programs. We need everyone: organizers and origami makers, painters and poets, cooks and carpenters, lovers of good stories and of nature, people with a passion for peace and justice, puppets, pipe cleaner sculpture and tissue paper art.*

## Spiritual Practices for Unitarian Universalists

*Unitarians and Universalists, like other religious people, had strong spiritual practices that they regularly engaged. The classes below teach the spiritual practices of people everywhere, but in these classes we'll learn about what Unitarian Universalists can do. In the section that follows, classes generally are for learning, while "groups" support a particular practice. (Our "Sources" Groups also support UU practices. See page 14.) These classes below might be offered individually or as a class called "Exploring Spiritual Practices;" watch the Current Program Listings.*

**Exploring Prayer** What is prayer? Why do it? How do you do it? Are there humanist prayers? (why yes, there are!) What's the difference between prayer and meditation? In this four session class we'll learn about four types of prayers that can be found in every one of the world's religious traditions: thanksgiving and praise (naming and noticing), confession (knowing yourself), meditation (listening for something more) and intercession (loving others and the world). We'll look at what's at the heart of these practices and how they can each work for Unitarian Universalists. (SP-1)

**Faith in Practice: Prayer Group** When active, this group meets for an hour a month to support individuals in their prayer practice (advanced level)

**Art and Spirit** There are many ways to become aware of the spirit within your heart and body. We use music, color, texture and forms to explore and experience. Number of sessions vary. (SP-2)

**Journaling** The practice of intentional writing can open a connection through your mind to an expanded sense of higher self or God. Techniques and number of sessions vary. (SP-3)

**Reading and Reflection on poetry, scripture and other texts (ancient to modern)** If you read a text slowly several times, and take various perspectives as you read, a text that is hard and inscrutable will begin to reveal itself to your mind and heart. Often what it reveals are really savory questions. This is an open ended practice; the number of sessions will vary. (SP-4)

**Dialogue** The Transcendentalists practiced a form of conversation that opened their minds to big ideas and each other. Our practice can do the same. The practice of dialogue has much in common with a covenant group experience. (SP-5)

**Spiritual Type Workshop** We each have a particular preference or orientation to spirituality. Some of us prefer to think and learn either alone or in a group, while others find satisfaction by engaging their emotions. Some of us are organizers who feel best creating something of lasting value, while others only feel we've made a contribution if we've cared for someone else directly. Learn about your preferences and ways you can go deepen your own authentic spiritual life. (SP-6, see also M-5)

**Embodied spiritual practices** such as yoga, chanting, and tai chi are sometimes offered at Wednesday Connections, and at other times that volunteers are able to lead classes. Independent practitioners sometimes lease space on campus and offer classes for a fee.

**ERUUF Spiritual Retreats** We generally offer three annual retreats: one that is lay led in summer; an all day Saturday fall or early winter retreat; and a spring camping (or not) weekend retreat for all ages. All depend heavily on lay leadership. Interested? Contact DLRE or a member of the Adult Programs Team.

## *Caring for Self, Family, Community*

### **Neighborhood Circles**

Members and Friends of ERUUF are organized geographically into a system of “Neighborhood Circles” that facilitate our ability to care for one another during times of need, by offering things such as meals, rides, etc. If you would like to be a coordinator or social planner for a circle, contact the Director of Membership Development.

### **Thanksgiving Dinner**

Gather with ERUUF friends for a Thanksgiving meal at the Fellowship, complete with decorations, candles, and singing. We provide the turkey, you bring a main dish or dessert to share. See Sunday bulletin and website for sign up information.

### **Christmas Eve Soup Supper**

Between the first and second service, gather in the Fellowship Hall for a supper of soup and bread. Bring soup, bread, or beverages to share. See Sunday bulletin and website for sign up information.

## **Care Ministry at ERUUF**

*ERUUF’s Care Council offers a number of workshops and support groups to assist members and friends with information, resources about and support for issues that naturally arise in life.*

**Be Resolved:** This workshop focuses on the legal documents required at the end of life, including advanced directives, the consequences when they are not present, and practical advice on how to talk about your wishes with your family. The ERUUF Memorial Planning document will also be discussed. This workshop is appropriate for all ages, not just those nearing the end of their life. (C-1)

**Planning Your Own or a Loved One’s Memorial Service:** This workshop focuses on what memorial or celebration of life resources are available at ERUUF; costs of a memorial service; what a “typical” UU memorial service includes and some of the “Do’s and Don’ts” of memorial service planning. It is never too early to think about what you might like in a service and how you might share this information with your loved ones. The ERUUF Memorial Planning document will also be discussed. This workshop is appropriate for all ages, not just those nearing the end of their life. (C-2)

**Parent Care 101: Keeping Your Balance While Caring for Aging Parents:** this workshop focuses on the basics of parent care with the goal of providing a "starter kit" for caregivers. Topics include: what you can do to prepare while your parents are healthy, how to handle a crisis, emotions caregivers bring to the process of care, housing options, and financial resources. (C-3)

**Living with Your Young Adult Family Member Who Has Returned Home:** This workshop offers an overview of how the move home by a young adult changes family dynamics, explores strategies for common situations and the support that is available for household members. (C-4)

**Living with Your Older Family Member Who Has Returned Home:** This workshop offers an overview of how the move home by an older family member changes family dynamics, explores strategies for common situations and the support that is available for household members. (C-5)

**Support Groups:** From time to time support groups (bereavement, loss of a job, loss of a pet, divorce and separation, single parenting) are convened or we can refer you to one in the wider community.

## **Put Your Faith in Action**

*There are a number of opportunities to become active in one of our following Care Ministries.*

**Pastoral Associates:** Volunteers are trained and directed by one of our ministers to respond to the needs of ERUUF members in challenging times. See the Consulting Assistant Minister for more information.

**Friendly Visitors/Callers:** Volunteers trained and directed by our ministers visit or telephone members who are home-bound or socially isolated. These contacts may be for a brief duration during an illness or recovery period or may grow into an on-going relationship. See the Consulting Assistant Minister for more information.

**Card Writers:** Card writers respond to Joys, Sorrows and Milestones with a personal hand written note on behalf of ERUUF.

**Care Ministry Table:** At coffee hour after most Sunday Services, pastoral associates staff are to answer questions about the Care Ministries and offer support. You are also invited to send a card to someone with a Joy, Sorrow or Milestone in their life.

**Clicking for a Cause:** This needlecraft ministry brings comfort to members and friends of ERUUF, as well as to local organizations, through hand-knitted or crocheted items (block afghans, care shawls, work caps and baby items.) Clicking also encourages knitting and crocheting as spiritual practices.

**Fellowship Family:** The information received from spoken or written Joy, Sorrow or Milestones (JSMs) is shared with ERUUF in our monthly newsletter (Currents.) JSM cards are filled out and placed in the collection plate or the JSM card box in the gallery. E-mails with the information may also be sent to [jsm@eruuf.org](mailto:jsm@eruuf.org).

**Mature Matters Ministry (3M):** This group supports the mature members of the Fellowship through outreach, enhanced communication, socialization and educational opportunities.

## ***Groups and Activities at ERUUF***

*At ERUUF you'll find a great variety of groups of people who meet to share an interest, a spiritual practice, or particular life experience. Interested in a group that you don't see here? We can help you start one; contact a minister or a program director.*

### **Activities with ERUUFians (AWE)**

This is a group for anyone over the age of 40, single or partnered, who still feels active. Monthly activities are in the social, spiritual and service realm.

### **Covenant Groups & Chalice Circles**

Covenant groups and chalice circles provide opportunities for members and friends of the fellowship to develop deeper connections and experience spiritual growth in face to face groups of about ten people. Groups meet at least once a month in someone's home or at the Fellowship. All groups have trained facilitators who are members of the congregation. They use a regular format and covenant together on how they will relate to each other and how they will serve the congregation and the community. As openings occur, Covenant Group Coordinators will match people with groups. [covenant@eruuf.org](mailto:covenant@eruuf.org)

### **Dinners in Homes**

ERUUF Members host potlucks in their homes where all ERUUFians—newcomers, members, occasional attendees--can get to know each other in small groups of 6 to 10.

### **Women in Spirit Groups**

Women in Spirit is for women of all ages who are looking for meaningful connections with other women and an opportunity to expand and deepen their spiritual lives. [womeninspirit@eruuf.org](mailto:womeninspirit@eruuf.org)

## **Our Sources: Philosophy/Faith/Spiritual Focus Groups**

### **Eno River Buddhist Community (ERBC)**

ERBC is a Buddhist practice community which meets for meditation, exploration of the teachings of Buddhism, and mutual support in cultivating the path of practice. Newcomers and visitors always welcome. Sitting and walking practice is included in every meeting.

Mondays: 7:30 pm to 9:00 pm Commons Room, CARE Bldg.

2nd Saturdays: 9:00 am - Noon, Chapel, Sanctuary Bldg. Mornings of mindfulness typically include two sitting periods, walking meditation, and a taped dharma talk or mindful movement practice.

### **Course in Miracles**

The group reads and discusses the text, workbook, and applications of the Course in daily life. Newcomers are always welcome. There is no charge for the course, but donations to ERUUF are welcome. Sunday mornings.

### **Humanist Group**

2nd Sundays, 1 pm, Room 4/5. We are a new group formed around humanist teaching and ideas. Please join us.

### **UU Christian Fellowship**

2nd & 4th Tuesdays, 7:30-9 pm. UU Christians look to the teachings of Jesus (not about Jesus) as a source of wisdom and guidance in building the Beloved Community. The ERUUF Christian Fellowship has been meeting regularly since Fall 2008. The group shares prayer, reflections on Bible passages, and thoughts on contemporary writings of liberal Christians. A communion service is always held on the fourth Sunday of the month. Come join us! [uucf@eruuf.org](mailto:uucf@eruuf.org)

## **Health and Welfare Groups**

### **Depression Support Group**

E-mail the group leader for more information concerning schedule and participation ([listen2uu@gmail.com](mailto:listen2uu@gmail.com)).

## **Affinity Groups**

### **20's & 30's**

The ERUUF 20's and 30's Group offers opportunities for social and spiritual connections with other young people (students, professionals, single, married, both with and without kids) meet for lunch after services on the 1st and 3rd Sundays, and on 4th Fridays for a movie or game night. Activities range from purely social to spiritually based discussion groups. Activities are child friendly, and newcomers are always welcome! [20sand30s@eruuf.org](mailto:20sand30s@eruuf.org)

### **Book Group**

3rd Tuesdays except July & December.; Library, (Room 6) 7:00-9:00 pm, and the first Sunday after the Tuesday meeting, 1 pm, Library, brown bag lunch

We meet to talk about books and for fun, fellowship and food! The group chooses the books, usually books that do not have a religious or self-help theme. The person leading the discussion for the evening brings a dessert and the leader serves coffee or juice. Participants bring their own brown bag lunch to the Sunday meeting. The same book is discussed at both meetings held during the same month.

### **ERUUF Seniors**

2nd & 4th Wednesdays: 11:30 am, Rooms 4/5 CARE Bldg.

ERUUF retirees and seniors gather for companionship and good conversation, each meeting being directed by one of the members. Bring a sack lunch. Coffee, tea and desserts are provided.

### **Seasoned Citizens Women's Group**

1st Wednesdays: 10:30 am, Room 4/5 CARE Bldg.

This is a group of women who have accomplished 65 plus years. The focus is on sharing experiences, understanding and supporting one another, and developing friendships.

### **Literary Journal**

The Literary Journal offers an opportunity for writers to share their works in an annually produced literary publication.

### **Giving Circles**

Giving Circles are a kind of social investment club: a powerful way to impact social change and pave the way for a new frontier in philanthropy. ERUUF supports two giving circles: Shared Giving and InfUusions. Membership in a giving circle requires an annual donation of cash, attendance at meetings, and willingness to occasionally do research on local non-profit organizations.

### **Men's Group**

2nd & 4th Thursday: 7:00 pm to 9:00 pm.

An open group for mutual support and affirmation. We focus on life changes and challenges, offering experiential support and a listening atmosphere. We welcome any man at any age or stage of life.

## *Music*

**Music is a vital part of the life of the Fellowship.** Vocal and instrumental music is an integral part of each Sunday service; for many it's the pathway that leads to the heart of spiritual life. For others the community that sings and makes music together is a spiritual community. All are welcome! Talk to the Director of Music for more information.

### **Music Classes**

**Group Voice** In this supportive learning environment, participants will learn and practice the basics of healthy singing. (MS-1)

**Beginning Musicianship** This class offers participants the opportunity to learn the vocabulary of musical practice and develop music reading skills. (MS-2)

**Journey in Hymn Song** We'll explore our musical foundations as we learn about the songs in the hymnbook, and better understand their role in other spiritual traditions as well. (MS-3)

**Music Philosophy** An exchange of ideas surrounding music in the context of worship and other topics. In this class we'll explore the connection between music and the spirit. (MS-4)

### **Performing Ensembles and Activities**

**The Eno River Singers** – this is an excellent entry point into the musical life of the fellowship. *All are welcome without audition.* There will be opportunities to sing in worship and in concert.

**Café ERUUF** is a coffeehouse where all people, young and old, can display their talents in music, poetry, comedy or other artistic endeavors. Sign up for a ten minute performance spot with the coordinator of the coffeehouse. Dates for upcoming coffeehouses and coordinator's contact information can be found in Currents and web site.

**Chimes** is a hand-chime group open to all with basic music reading skills.

**Small musical groups** – function very much like covenant groups, bringing members with similar interests together. Possibilities include chamber ensembles, family band, vocal, folk and jazz groups, depending on the interest of members. Kevin Badanas, Director of Music.

**Sunshine Kids** is a children's choir for children in kindergarten through grade 2. Emphasis is on caring for each other and the joy of singing. The group meets in the CARE Building between services.

**Chalice Singers** is a children's choir for children in grades 3 through 8. Loving encouragement is offered along with teaching technique and fun, meaningful songs. The group meets in the Music Room between services.

**River Rhythms** is a percussion ensemble dedicated to studying and performing the polyrhythmic music of African cultures. Meets Fridays, 7 p.m., Commons Room (September through May).

## Music Leadership

**Song Leading/Conducting** – Experienced members develop the skills to become lay leaders of the music program.

**Mentoring** — support novice singers and musicians as they begin their journey at ERUUF

**Music Committee** – This dedicated group promotes music at ERUUF, and supports and organizes musical performances.

**Sound Committee** — Sound booth operators provide excellent sound quality for the sanctuary, hearing assistance devices that are available for use, and recordings.

## *Building Beloved Community* (a.k.a. “the Learning and Practice of Leadership”)

*Leadership skills are needed everywhere: family life, the workplace, community meetings and beyond. Leadership isn't about getting stuck doing all the work, or taking on too much responsibility. Leadership is the art of helping a group understand its resources, envision the future, remember principles, and take action to make a difference. Leadership helps create beloved community that is multiculturally competent.*

### **Orientation to Leadership at ERUUF**

This workshop will cover the basics on “how to get x,y,z” at ERUUF, and “who to go to with questions.” This workshop is for anyone who's new to leading a group, team, committee or task force, or anyone who would like a refresher on these basics. Offered every September by a member of the ERUUF staff, and by arrangement as needed. (LD-1)

### **Leader's Toolkit**

After you've figured out how to reserve a room, how do you create a meaningful agenda, communicate with those you'd like to invite, encourage their participation, capture the essentials of the meeting, and leave with clarity about who's going to do what? More, how do you help a group of individuals become a team? How might meeting together be a spiritual practice? What's a charge and a covenant, and why do we need them? This workshop will provide answer to these questions and more. Offered by members of the Nominating Committee. (LD-2)

### **Understanding Groups**

Groups go through natural stages of development which calls for varying responses from a leader. Individual's behavior varies in groups; learn how to invite participants to clarify their intentions and act from their more skillful selves—it's not personal—it's about the success of the group. This workshop is for anyone who leads a group, team, committee or task force both at ERUUF and in the larger community. (LD-3)

### **Communication Basics**

This class is designed to help participants develop caring and meaningful relationships with integrity. The course will focus on skill building to help resolve conflicts and develop deeper and more meaningful relationships. Based on the book, *Difficult Conversations*, by Douglas Stone, Bruce Patton, and Shiela Heen. Offered by members of the Healthy Congregations Committee. (LD-4)

### **Responding to Conflict with Confidence**

What's your usual response to conflict? Avoidance? Anger? Fear? There are many ways to respond to conflict, but responses that are absolutely appropriate to some situations aren't successful in others. Learn about various types of conflict and how you can more successfully respond with love and confidence in each. Led by members of the Healthy Congregation Committee. (LD-5)

**Covenant** It's been said that “you can't be a Unitarian Universalist by yourself,” an idea that might seem at odds sometimes with our emphasis on “the inherent worth and dignity of every person.” This class will explore the crucial role of covenant in Unitarian Universalism, and engage crucial questions: what's love got to do with it? And even more, what is the power within a gathered congregation, and what should we do with it? (LD-6, see T-5)

**Identity and Community** We each have several overlapping identities: gender, ethnic, racial, family, communities. When has your identity put you at the center of a group? When has it put you at the margins? Where is your power in each location? When have you joined with others to make a system more loving and just? What does it mean to be an ally and accountable? We'll learn about identity, including white identity, power and privilege, and practices that build and sustain beloved community. (LD-7, see also SJ-1)

*Additional classes and workshops are offered by members as their time, interest and knowledge allow. See the Current Program Listings.*

### **Put Your Faith into Action**

*Members of the fellowship elect members of the Nominating Committee, the Healthy Congregation Committee, the Board of Trustees and the fellowship's called ministers. If you're interested in serving in an elected leadership role, talk to a member of the Nominating Committee or anyone in an elected position.*

*More information about Governance, including who is currently serving in a particular role, is available on the ERUUF website. Printed information is also available in the ERUUF Office.*

## **Membership**

### **Quick Information Sessions**

Learn about Eno River UU Fellowship on the third Sunday of every month after each service. Orientations offer a brief overview of Unitarian Universalism, our principles and beliefs, what a typical Sunday service is like, and the programs and classes we offer. Questions are encouraged.

## **Membership Classes**

**ERUUF 100** (Offered approximately every other month during the program year, once during the summer). In this three hour class, participants share their theological journey with each other. We'll learn a bit about the history of Unitarian Universalism and explore ways to connect within the fellowship. We'll also watch a short film, "Voices of a Liberal Faith," to gain a better understanding of what it means to be a Unitarian Universalist. (M-1)

**ERUUF 200** (Offered approximately every other month during the program year, once during the summer). In this three hour class, we'll watch a short film about the history of ERUUF, and discuss how the fellowship is organized. The staff will be (virtually) introduced, including the functions they are responsible for. The meaning of membership, why membership is important and expectations of members will be covered. (M-2)

**ERUUF 300** Belonging: Becoming a Member (Offered during the two week period after ERUUF 200) We gather for an hour and a half in a covenant group format to share ideas about what it means to belong to a faith community. Participants will also share some of their experiences at ERUUF so far, and what they hope for in the future. At the end of our time together, there will be an opportunity to sign the Membership Book. (M-3)

**Gifts and Talents Workshop** Skills are learned, but gifts and talents are inherent. Learn more about your own unique gifts, and some ways you can find meaning and satisfaction in using them. (M-4)

**Spiritual Type Workshop** We each have a particular preference or orientation to spirituality. Some of us prefer to think and learn either alone or in a group, while others find satisfaction by engaging their emotions. Some of us are organizers who feel best creating something of lasting value, while others only feel we've made a contribution if we've cared for someone else directly. Learn about your preferences and ways you can go deepen your own authentic spiritual life. (M-5, also SP-6)

## **Put Your Faith into Action**

*The art of hospitality is both an ancient and modern practice that has spiritual benefits. When we open ourselves to another person, we remember our connections with the larger community and cosmos. In serving others, we remember who we are, and who we are together.*

**Visitor Hosts** provide a welcoming presence and offer information to ERUUF's visitors. They staff tables in the Gallery and Fellowship Hall before and after both services.

**Coffee Team** members provide fresh-brewed coffee, tea and hot chocolate, set up and clean up every Sunday after each service. Members of the team work about once a month.

**Sunday Greeters** welcome everyone to the Sanctuary and hand out the order of service. Greeters also help prepare the pulpit area and candles before the service begins, take and count the Sunday offering, and count worship attendance.

**Religious Education Greeters** welcome families with children, provide information about programs, the morning schedule, and help visitors connect with teachers and program leaders

**Pew Literature Rack straightening volunteers** work about 90 minutes once a week to ensure that books and literature are readily available and in good order.

## ***Social Justice at ERUUF***

*There are many ways to be involved in the Justice ministries of ERUUF. Four include Education, Service, Witness and Advocacy.*

**EDUCATION** is where we learn about an issue, reflect theologically and explore what our response as a Unitarian Universalist might include.

**Classes on the UUA Study/Action issues:** What is the study action issue and what is our response to that call? Most recently we have been studying Immigration. Another study/action issue is Ethical Eating.

**SJ Book Discussions and SJ Movie Series:** Discussions about books related to the UUA Study Action issues or one of the Service Groups/Ministries. SJ movies focus on issues of emerging groups or an ongoing group and include discussion.

**History of Social Justice:** focuses on the history of social justice of the UUA and ERUUF.

**Visions of Justice:** This class explores social justice and the UU principles.

**Living UU Values:** this workshop explores how one can live their values at home, at work and in the market place and receive support in trying to do so.

**The Prophetic Imperative** focuses on Social Gospel in theory and practice. What calls UUs to put their faith in action as individuals or as a group?

**Multiculturalism:** What does it mean to be an anti-racist, anti-oppressive, multi-cultural UU? These classes and workshops include a study of oppression, linked oppressions, multiculturalism and white privilege and what it mean to be an ally and accountable. Some will include the following:

**Welcoming Congregation:** A "booster shot" workshop growing out of the UUA curriculum the Welcoming Congregation.

**Building the World We Dream About:** an anti racist, anti-oppressive, multicultural welcoming congregation.

**Can We Talk about Classism?** Invites participants to explore classism in our movement and who is welcome to be with us.

*SERVICE is where we put our faith in action to help create a beloved community.*

**Introduction Opportunities: Service Saturdays** are monthly one-time multi-generational service opportunities to visit and serve in one of our on-going ministries/groups. Afterward we reflect on our experience.

**Social Justice Orientation** discussions after each service occur almost monthly and are a good place to find out what is going on and ask your questions.

**The Homeless Action Group:** engages in work for our low income and homeless neighbors in Durham by partnering with Urban Ministries of Durham: cooking and serving meals at the Community Kitchen; picking up food at the Guess Road Food Lion for use in the Community Kitchen; staffing the Clothing Closet and Food Pantry at the Urban Ministries Shelter; teaching life skills classes to persons in recovery; baking cookies and cooking casseroles for the meals program; collecting food and clothing and other special projects during the year.

**The Farm Worker Support Action Group (FSAT) provides** ERUUF volunteers opportunities to: learn about migrant farm worker living and working conditions and public policy affecting farm workers; organize and collaborate with other faith-based communities to advocate to change public and private corporate policies that affect farm workers and assists farm workers to build their own organization by providing critical infrastructure services.

**Sister Communities of San Ramon:** promotes people-to-people connections and supports social and economic development projects that build friendship, understanding, justice and respect for the earth through collaboration between San Ramón, Nicaragua and its partner communities in the United States.

**Interweave:** was formed as a vehicle to deepen our faith and ourselves and to realize a more welcoming, inclusive, empowering, and just world for all. It is also an action-oriented group focused on bringing justice and equality, in harmony with our faith and mission, to the greater community.

**Durham CAN:** Durham Congregations, Associations and Neighborhoods through a comprehensive community inter-faith organizing effort focuses on increasing youth employment and skills development; organizing a community forum on the impact of the economic stimulus and the 10% is enough (anti-usury) campaign; encourages physical activity by blocking off a segment of downtown Durham on regular basis from automobile traffic and negotiating with the City of Durham about specific neighborhood improvements highlighted by CAN's recent neighborhood walk.

**Adopt a Highway:** As a small group we clean up a section of a road on an ongoing basis.

**Groups in the Exploration or Emerging Stage:** Environmental Initiatives; Ethical Eating; Disaster Response Team and Immigration.

*ADVOCACY and WITNESS is where we attempt to influence systemic change as individuals and sub-groups of ERUUF.*

**Presence** at demonstrations, marches and vigils at the state capital and other locations when needed and asked by our partners and those with whom we are allies.

**Participation** at faith witness days at the state capital.

**Lobbying** as individuals our State and Local representatives.

**Letters to the Editor** Writing about issues related to one of our ministries.

**Linkage and Partnership** with UU and other justice groups for strategic actions including proxy voting at Annual Meetings of Corporations we seek to influence to be more just.

**A UU Legislative Ministry** is being explored.

*After service, advocacy and witness experiences we reflect theologically, discuss our experience and determine a next step.*

## *Stewardship*

Generosity is a spiritual practice that's encouraged by every world religion, not for the benefit of the guru, priest or temple, but for the benefit of the giver. When we give generously we open our hearts, and this helps create a feeling of kinship with fellow human beings; it helps us feel connected to something larger than ourselves. Practicing generosity also helps us remember that the gifts of creation are not exclusively for our own private use.

### **How We Raise Money**

At ERUUF we are self-supporting; we raise our annual operating budget every spring and our fiscal year begins July 1. In addition, we have an annual Auction, Used Book Sale, and operate a small bookstore. There are many opportunities to get involved, as part of the

**Annual Stewardship Team:** This group of people accomplishes great things and has fun and satisfaction doing so.

**Auction Team** builds community while raising funds.

**Used Book Sale** is another fun community builder (especially for book lovers) and fundraiser.

**The ERUUF Bookstore** carries interesting books on topics of current interest across campus. Cashiers work for 90 minutes once a month.

**Capital Campaign Team** needs help whenever we raise funds to further our mission through special projects and capital improvements.

### **We Give Generously**

We also practice what we preach about generosity: we give away one offering every month, either to an outside group that shares our values, or to our Social Justice Council for the benefit of one of our established social justice projects.

The **Generosity Sunday Committee** reviews nominations of potential organizations to select the monthly recipients. In our decisions, we strive to support ERUUF's commitment to change, not charity, in equality, justice and peace among members of the world community. To be selected, organizations must meet our selection criteria that include:

- 1) tax-exempt status,
- 2) those that foster improvements to the human condition,
- 3) non-political or individual causes focus,
- 4) alignment with the principles and goals of UUA and ERUUF, and
- 5) absence of required allegiance to a particular religious stance.

We give priority review to nominations received from ERUUF's members and friends.

### **A Community of Volunteers**

An important aspect of Stewardship is to tend to what has been entrusted to our care, to not only preserve it, but to strengthen and increase it. The following committees, teams and groups welcome your involvement.

## *Fellowship Teams*

### **Art Galleries Committee**

The Art Galleries Committee seeks out artists for the ERUUF art galleries and exhibition spaces, juries their submissions and serves as curators for their exhibits. The Committee oversees the Eno River Gallery, in the main foyer of the ERUUF Sanctuary Building, and other display spaces in the Fellowship Hall and CARE Building. Additionally, The Committee sponsors selected arts activities and events during the year.

### **Office Volunteers**

Office volunteers work Mondays through Thursday 10:00 am - 4:00 pm and on Sunday morning. There are a variety of opportunities to assist the staff in completing routine office tasks and special projects. Schedules are flexible and computer experience is helpful but not necessary. Some projects can be worked on at home. Sunday volunteers assist members and friends who visit the office. Contact the ERUUF Office for details (919-489-2575 x 101).

### **Building and Grounds Committee**

The mission of the Building & Grounds volunteers is to maintain ERUUF's property. Activities include carpentry, plumbing, electrical repairs, etc. to the buildings and landscaping, gardening, lawn mowing, etc. on the grounds. Skilled and unskilled volunteers are welcome.

### **Pride of Place**

Volunteer gardeners help plant, enhance, and maintain ERUUF's gardens in agreement with the existing landscaping plan. Volunteers work together, share gardening knowledge and build community. Volunteers may also work on their own and adopt a garden plot to maintain throughout the growing season.

## *Denominational Affairs*

**Denominational Affairs Committee** members work to strengthen ERUUF's connections with regional, national, and international Unitarian Universalist organizations. Contact [denomaff@eruuf.org](mailto:denomaff@eruuf.org) to learn more about UUism in the Triangle, the Southeast District, the UUA, or UU International affiliated groups.

**Chalice Lighters** are members and friends who send an agreed upon contribution when a call is issued from the Southeast District each of three times a year. Funds support our congregations' special projects, especially around growth.

## *Worship*

### **Worship Associates**

Worship Associates are members of the Fellowship who assist the ministers in planning and delivering Sunday morning services. Worship Associates agree to serve for one or two year terms, receive special training and meet regularly to plan, evaluate and discuss worship. Training is held in the summer. For more information contact one of the ministers.

### **Sunday Flowers**

Would you like to commemorate a milestone by providing flowers for a Sunday service? You may sign up in the ERUUF Office for the Sunday of your choice, and a notation can be added to the Weekly Order of Service for a dedication. Flowers range from personal offerings from home gardens to formal arrangements ordered through a florist. Advice on what arranging techniques work in the sanctuary are available through the Office.

### **Flower Team**

The Flower Team provides flowers for those Sundays for which no one has signed up to bring flowers. (With regret, the Flower Team cannot create arrangements for milestone events. See "Sunday Flowers" above for information.)

### **Aesthetics Team**

Members of the Aesthetics Team partner with the ministers to manage the decorative elements in the sanctuary in ways that work aesthetically, as well as liturgically. All are welcome. Contact one of the ministers for more information.

