



1201 Lavaca Street · Austin, Texas 78701

MIND AND *Spirit*

**Mind and Spirit offers courses
designed to encourage personal growth
and a more disciplined spiritual life.**

PLEASE register for all classes by filling out the form in this brochure, online, or by contacting Laurie Barr at laurie@fumcaustin.org or 478-5684 (ext. 200).

Childcare will be provided at no charge, but only by reservation, with 48 hours notice, at childcarefumc@yahoo.com. Reservations are not guaranteed until confirmed.

The Qur'an in Light of the Bible

Wednesdays, February 1st, 8th, and 15th

6:00 to 7:30 p.m.

Is Jesus of the Qur'an the same as "our" Jesus? Close? Not at all? What does the Qur'an really say about women, violence, Christians and Jews, and law? What do Muslims think about the Bible? For what kind of life is the Qur'an a sure guide? Explore the Qur'an in light of the Bible with the Reverend Dr. Whitney Bodman, professor of Comparative Religion at Austin Presbyterian Theological Seminary. Whit Bodman's research focuses on the Qur'an, modern Islam in the Middle-East, and rituals of sacred space and pilgrimage. He is currently active in Interfaith Action (iAct) and Austin Interfaith and sits on the Boards of Directors of Texas Impact and the Texas Conference of Churches.

Leaders and Their Stories: Kirk Watson

Sunday, February 12th

6:00 p.m.

State Senator Kirk Watson is one of Texas Monthly magazine's picks for the state's "10 Best Legislators," and winner of many other awards lauding his service to the public. He is also a great storyteller who will share his journey into public service, including highlights from the most recent session of the State Legislature, where he serves on the Senate committees overseeing Business and Commerce, Economic Development, and Higher Education. He also serves as Vice Chair of the Senate Committee on Transportation and Homeland Security.

Stephen Ministry Training

Begins Sunday, February 12th

4:00 to 7:00 p.m.

Would you like to learn how to be a better listener, a more compassionate person? For over 20 years, First Church has provided Stephen Ministry training and supervision for persons who want to be able to reach out to others in times of loss, grief, or other needs. This class will meet weekly for approximately four months or the completion of 50-hours of training. The exact schedule will be set with the class as it is formed and will include at least one Saturday of training.

Falling Upward: A Spirituality for the Two Halves of Life

Wednesdays, February 29th and March 7th and 21st

6:00 to 7:30 p.m.

Can "falling down," in fact, be a movement upward? As counterintuitive as it may seem, it is what we are given in Jesus' teachings and ministry. Richard Rohr helps us see with Christ-eyes how the heartbreaks and disappointments of life can be stepping stones to the spiritual depth that the second half of life offers. In Rohr's words: "Life is much more spacious now, the boundaries of the container having been enlarged." Join us as our own Janie Cook leads us in our reflections on Rohr's book.

Corporate Sustainability 101

Monday, March 5th

6:00 to 7:30 p.m.

What is corporate sustainability? How is it related to carbon management and global warming? What are its religious, ethical and legal foundations? How is it socially relevant? Learn why corporations are exceeding compliance regulations and adopting policies of corporate sustainability. Discover the reputational implications and legal risks corporations face if they over-promise or under-perform. Jeff Civins, leader, has practiced all aspects of environmental law since 1975. He is a partner in the international law firm Haynes & Boone, an adjunct professor at the University of Texas School of Law, and holder of numerous awards and honors for his work in the environmental area.

Water and Religion

Monday, March 19th

6:00 to 7:30 p.m.

How does understanding water as sacred motivate environmental stewardship as an act of faith? Water nourishes, hydrates, and sanitizes our bodies. And it also nourishes our souls. Water is central and sacred to all major and minor religions. In the Bible water is foundational from creation in Genesis to the River of Life in Revelation! Christians continue to encounter God in the waters of baptism, Muslims in al-wudu (ablution ritual), Jews in mikveh (ritual immersion), and Hindus through ritual purification. Many traditions, including Hindus, Greeks, and Romans, worship water spirits. Join us and explore the rich religious meanings of water and its implications for how we live.

Grand, Beautiful, and Mystifying: Great Altarpieces of the Church

Wednesdays, March 21st and 28th

6:00 p.m.

Do you wonder about the meaning of the colors and symbols you find in church, or do you even notice? Almost from its beginning, the Christian Church has sought to tell its story and enrich its worship with great art. In this latest of Cathy Bingaman's popular classes on Christian art, she will introduce you to some of the great altarpieces of the church--their history and their message.

Caring for Those with Alzheimer's and Dementia

Tuesday, April 3rd

6:30 to 8:00 p.m.

What's the difference between Alzheimer's and Dementia? What are the seven stages of the diseases? Learn to evaluate their progression, and discover, through some powerful tips, how to communicate with those suffering from these painful diseases. Dr. Tam Cummings will arm us with practical approaches to caring for those with Alzheimer's and Dementia. She comes to us with 17 years experience as a geriatric care consultant. Dr. Cummings has her doctorate in geriatrics with an emphasis in dementia.

Shroud of Turin: Fact or Fiction?

Tuesday, April 10th

6:00 to 7:30 p.m.

Hear both sides of the controversy in a dynamic and comprehensive presentation and decide for yourself! We will examine dozens of photos and explore the story of the Shroud from all sides. Our own Gary Diehl, long-time student of the Shroud, will lead us through the mystery.

Speaking Christian

Wednesdays, April 11th, 18th, and 25th

6:00 to 7:30 p.m.

Salvation. Sacrifice. Heaven. What do these words mean? Do you avoid using words like these in public because you fear they've been hijacked by fundamentalist understandings of Christianity and that you will be misunderstood? Do you wonder what it means to say the Bible is "the Word of God"? Marcus Borg, one of this generation's most thoughtful and prolific Christian writers, has tackled the language of the Christian faith in his new book, *Speaking Christian*. The popular and engaging Ralph Rash will lead discussion about this important and potentially liberating work.

General Information

PLEASE register for classes before they begin. Classes must have 10 participants registered in order for the classes to make.

How to Register

In Person

Complete the registration form and bring it to the church office at 1201 Lavaca Street.

Online

Complete a form at www.fumcaustin.org.

By Phone, Fax, or Email

Call Laurie Barr at 478-5684 (ext. 200), send an email to laurie@fumcaustin.org or send a fax to 478-6169.

By Mail

Send the completed form to: FUMC, Attention: Laurie Barr, 1201 Lavaca Street, Austin, TX, 78701.

Class Fees

Because of the generosity of past participants in Mind and Spirit, there are no charges for our Mind and Spirit classes this spring. If you would like to make a contribution to ensure the future of this ministry, your gift to Mind and Spirit will be welcome.

Childcare

Childcare will be provided at no charge, but only by reservation, with 48 hours notice, at childcarefumc@yahoo.com. Reservations are not guaranteed until confirmed.

Meals

Our Kitchen Guild will be preparing dinner each week during Wednesday Night Live sessions. Please make your reservations with Laurie Barr in the church office by 12:00 noon on Monday of each week. Call Laurie at 478-5684 or email her at laurie@fumcaustin.org. There will be no set charge for the meals, but we will appreciate your donation each week.

Where Classes Meet

Room assignments will be printed in the bulletin insert by the week prior to each class. They will also be posted outside the main entrance to the church office and the Family Life Center. You may also contact Laurie Barr at laurie@fumcaustin.org or 478-5684 (ext. 200).

Parking

During the work week, meter parking around the church costs 25 cents for 15 minutes. Bring your quarters!

You may park without charge in the church parking lot as space is available.

Be careful; read the signs. We suffer with those who find that cars have been towed, but we cannot be responsible for towing fees.

To Register

Mark circles and then

Mail to:
Laurie Barr
1201 Lavaca Street
Austin, TX, 78701

or

Bring in person:
First Church office at
1201 Lavaca Street

or

online:
www.fumcaustin.org

or

Send an email:
laurie@fumcaustin.org

or

Send a fax:
478-6169

Mind and Spirit Spring 2012 Registration Form

Name _____

Mailing Address _____

City, State, Zip _____

Phone Home _____ Work Phone _____

Email Address _____

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Begins February 12
4:00 to 7:00 p.m.
- Leaders and Their Stories: Kirk Watson***
February 12
6:00 p.m.

Monday Classes

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March 5
6:00 to 7:30 p.m.
- Water and Religion***
March 19
6:00 to 7:30 p.m.

Tuesday Classes

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April 3rd
6:30 to 8:00 p.m.
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Mind and Spirit Spring, 2012

For Questions

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