



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 and pay for classes before they begin. To register, fill out the form on the back of this brochure or contact Laurie Barr at laurie@fumcaustin.org or 478-5684 (ext. 200).

Two Classes Added:
Early Christian Art and Job Seminar

Hope for the Thinking Christian with Dr. Stephen Reese

Mind and Spirit is proud to present Dr. Stephen Reese of the University of Texas College of Communication as its fall premiere. Dr. Reese, Professor of Journalism and Associate Dean for Academic Affairs, recently published a book on his own faith journey titled *Hope for the Thinking Christian: Seeking a Path Through Everyday Life*.

Seeking spiritual guidance in a bookstore, Dr. Reese soon discovered row after row of books on faith and spirituality written by women for women. "There were a lot of pink covers and sunsets," he said, adding that men are much more reticent than women in discussing spiritual issues. "Men are conditioned to pay attention to dating, building, wealth, and not getting past the superficial layer of who you are as a person," he said in a recent interview. As a result, it takes a lot of courage to go public about the details of one's soul.

In his book, Dr. Reese describes how his own involvement at Oak Hill UMC in southwest Austin has nurtured his spiritual quest. He also seeks to chart a course between the spiritual skepticism that flourishes in the academic environment in which he works, and the rigid, dogmatic, fundamentalist version of religion that gets so much attention in the public press. He truly believes that you can be a Christian without cutting off your head. In his desire to hold head and heart together, he stands in the grand Methodist tradition of John Wesley who said, "Let us unite the two so long divided--knowledge and vital piety."

If you are a man seeking a conversation partner for your own spiritual stirrings, or a woman seeking to understand the spiritual landscape of the men in your life, or a human being looking for an intellectually credible version of the Christian faith, this is for you!

Sunday, September 26th
5:00 p.m.
Fee: \$5

Early Christian Art: Beautiful and Weird with Cathy Bingaman

Have you ever stood in front of a Renaissance painting wondering what in the world was going on? You might see a woman holding a plate of eyeballs, a man who has been shot through with arrows, or a pelican sitting on top of the cross. You might wonder why Jesus has a bird on a string tied to his index finger or why Mary is sitting in a tree looking at herself in a mirror.

From its beginning, Christian art was heavily symbolic. Christians understood the symbols and could decode the meaning. But in our modern world, we've lost touch with the meanings of these ancient symbols. When we look at a Renaissance Christian painting we can admire the beauty, but the paintings no longer instruct us. We don't "get" them.

This two-session course is designed to help participants decipher those symbols so to understand and appreciate what they are seeing. We will look at Christian art, primarily from the Renaissance period and learn to really *see* what the painting is about. This course will lead to much greater enjoyment of visits to museums and cathedrals.

Cathy Bingaman is a retired public school teacher who devotes much of her time to FUMC, leading our ESL classes and teaching in Eklektikos, her Sunday School class. A constant learner, she became fascinated with early Christian art several years ago, and her presentations have been spectacularly popular in adult Sunday School classes.

Tuesdays, October 12th and 19th
7:00 p.m.
Fee: \$5

Worship with The Reverend John Wright

Why do we do what we do when we do it? A four-session series that will look at the basic elements of worship, the order of worship, and the sacraments of baptism and holy communion led by Reverend John Wright, our new pastor of worship and discipleship.

Wednesdays, October 6th-27th
5:30 to 8:00 p.m.
Fee: \$10

Food and Faith with Dr. Talia McCray and Sandy Wilder

"Food and Faith" explores how our faith is nurtured, strengthened, and enhanced by food and all the ways food touches our lives. Food is such an ordinary thing, one we need daily to survive, yet it is a gift from God. It is no accident that our most profound sacrament, Holy Communion, involves food, and that a word of thanks over daily food is an important ritual for many people. Sadly, for some people, food is an enemy, a cruel addiction to be managed, controlled, and overcome. The relationship between food and faith is found in our hospitality to others. The rituals of feasting and fasting remind us of our need for God. This study will help us reflect on the ways in which food forms and frames our faith journey. The four sessions are titled "Bread of Life," "Image of God," "Hospitality: Sharing God's Bounty," and "Feasting and Fasting."

Dr. Talia McCray teaches at the University of Texas in the School of Architecture's Community and Regional Planning Program. From 1984 to 1992 she served as Director of the General Board of Global Ministries of The United Methodist Church, helping to make policy concerning mission work, educational methods, economics, and other issues. A lifelong Methodist, Dr. McCray is a member of Wesley UMC in Austin. Sandy Wilder, FUMC member and long-time social justice and mission activist, will be co-leader with Dr. McCray.

Thursdays, October 14th-November 4th
6:30 to 8:30 p.m.
Fee: \$10

Book Discussion: *Lincoln at Gettysburg* with Lucius Bunton

Lincoln at Gettysburg is about one speech that changed the course and culture of American political thinking and identity. The occasion was the dedication of the Civil War battlefield on which 40,000 soldiers--Confederate and Union--had died four months earlier.

Author Garry Wills, a Pulitzer Prize winner, said that Lincoln needed to justify not only that loss of life, but also the continuation of the war. His language contrasted with the popular Greek style of oratory that was fashionable at that time, and was discounted by many, but in the end has had a profound effect on the American identity and the possibility of reconciliation at war's end. The book's message has implications for a nation at war, and divided at home.

Lucius Bunton is an attorney, a long-time member of FUMC, a constant reader, and a popular teacher in Mind and Spirit and our adult Sunday School.

Tuesdays, October 19th and 26th
12:00 noon
Fee: \$5

Islam: *What Do We Need to Know?* with Dr. Whit Bodman

In recent years, and especially since the event we know as 9/11, Islam, one of the great monotheistic faiths of the world, has come under sharp scrutiny and much criticism. Yet we know that several million loyal American citizens are Muslims, peacefully living out their faith among us, and that Christians, Jews, and Muslims all claim Abraham as their spiritual father.

Dr. Whit Bodman, associate professor of Comparative Religion at Austin Presbyterian Theological Seminary, will discuss some of the history and current practices of Islam on Sunday, October 24th. Dr. Bodman has recently returned from Tehran, where he presented a paper at the International Conference on Multiculturalism and Global Community. He is an ordained United Church of Christ pastor, with a Doctor of Theology degree from Harvard Divinity School. He has long been involved in interfaith organizations, with his current research focused on the Qur'an, modern Islam in the Middle East, and rituals of sacred space and pilgrimage. He is an engaging, lively, and popular teacher.

In these days of often-heated discussion of relations among Christians, Jews, and Muslims, here is an excellent opportunity for us to be informed on this critical topic.

Sunday, October 24th
6:00 p.m.
Fee: \$5

Book Discussion: *The Help* with Nancy Lewis

The Help by Kathryn Stockett is an immensely popular book with a provocative theme. It takes place in Jackson, Mississippi in 1962, the early days of the civil rights movement. The main characters are young white women who develop strong positive relationships with their families' long-time African American maids. The plot line is fascinating in and of itself, but more important for discussion are the implications of these relationships on the characters involved.

Nancy Lewis is a long-time FUMC member, an avid reader, and an experienced discussion group leader. For many years she has worked as a counselor in the Austin Independent School District, always at schools with ethnic minority populations. She is currently serving as chair of FUMC's adult education team.

Tuesdays, November 9th and 16th
12:00 noon
Fee: \$5

Job Seminar with Ken Murdock

Have you been laid off? Are you looking for a job? Do you want to change your career? These questions are often asked in the midst of the continuing downward turn in the economy and the fact that more people have either lost jobs or are thinking that it could happen. Ken Murdock will present his popular seminar on the best strategy for dealing with these issues. The focus of the seminar is on how to present a product or service so that the customer will want to buy it. In this case, you are the product and the employer is the customer.

If you are interested in learning how to write your resume so that you can get an employer's attention, come to this seminar. If you are out-of-practice on your interviewing skills, come to this seminar. These are the two areas we will focus on during this 90-minute presentation. Most people are not skilled in either of these areas simply because they do them so seldom. Come and learn from one who makes a living helping people get hired.

Ken Murdock is a FUMC member and a popular teacher of adult Sunday School classes. He is the owner of his own business, Austin Career Services, and also teaches Marketing at Texas State University. Ken's recruiting experience and his marketing expertise combine for a very effective skill set for helping individuals who want to sell themselves in the job market.

Saturday, November 13th
9:00 to 11:00 a.m.
Fee: \$5

Mind and Spirit Fall Registration Form

To Register

Mark circles; fill in cost; indicate total cost; include check; and then

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

or

Bring in person:
First Church office at
1201 Lavaca Street

or

Send an email:
laurie@fumcaustin.org

or

Online at:
www.fumcaustin.org

Name _____

Mailing Address _____

City, State, Zip _____

Home Phone _____ Work Phone _____

Email Address _____

Sunday Classes

	\$	Fee
<input type="radio"/> <i>Hope for the Thinking Christian</i> September 26th 5:00 p.m.	5	_____

<input type="radio"/> <i>Islam: What Do We Need to Know?</i> October 24th 6:00 p.m.	5	_____
---	---	-------

Tuesday Classes

<input type="radio"/> <i>Early Christian Art: Beautiful and Weird</i> October 12th and 19th 7:00 p.m.	5	_____
---	---	-------

<input type="radio"/> <i>Book Discussion: Lincoln at Gettysburg</i> October 19th and 26th 12:00 noon	5	_____
--	---	-------

<input type="radio"/> <i>Book Discussion: The Help</i> November 9th and 16th 12:00 noon	5	_____
---	---	-------

Wednesday Class

<input type="radio"/> <i>Worship</i> October 6th, 13th, 20th, and 27th 5:30 to 8:00 p.m.	10	_____
--	----	-------

Thursday Class

<input type="radio"/> <i>Food and Faith</i> October 14th-November 4th 6:30 to 8:30 p.m.	10	_____
---	----	-------

Saturday Class

<input type="radio"/> <i>Job Seminar</i> November 13th 9:00 to 11:00 a.m.	5	_____
---	---	-------

Total _____

Make Checks Payable to FUMC

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

Mind and Spirit Fall, 2010

For Questions

Call Laurie Barr:
478-5684 (ext. 200)

or

Send an email:
laurie@fumcaustin.org

or

Send a fax:
478-6169