



## A Sampling of Upcoming Online Courses

Available at the Church of the Larger Fellowship  
[www.clfuu.org/learn](http://www.clfuu.org/learn)

### **Full-Spectrum Joyfulness**

**Taught by Amanda L. Aikman: October 19, 2009 - December 7, 2009**

This course a delightful seven-session class based on current studies of happiness (hedonics). Developed by a UU minister, with UU's in mind, this program gives participants a unique, game-like, effective and practical approach to incorporating joyfulness practices into everyday life. Using the seven colors of the visible light spectrum as a mnemonic device, each session offers a short reading on the week's theme, online discussion, ideas for practices to try, and a peer-support system to help folks follow through with the ideas, encourage each other, and report on their progress. Participants may download and print a colorful poster and cards to help them remember the joyfulness practices. *\$40*

### **Light Year: Seasonal Writing for Spiritual Focus**

**Gail Collins-Ranadive: October 19, 2009 - December 14, 2009**

This course will explore the universal human impulse behind the familiar seasonal rituals that celebrate the earth's movement around the sun. Eight carefully designed writing exercises will invite participants into a deeper awareness of how the changing light of our sun affects and informs the spiritual dimension of life. *\$40*

### **New England Transcendentalism as a Living Legacy**

**Taught by Ellen Livingston: November 2, 2009 - December 14, 2009**

Many of us in American literature classes have studied the work of writers like Emerson, Thoreau, Hawthorne, Louisa May Alcott and others, but our exposure to this period is rarely tied in with the historical presence of our Unitarian forbears. This period is often called "The Flowering of New England" and it is also the time when free thinking, rational thought, mysticism and love of nature flowered and helped to make us the faith we are today.

They were not just people who sat around and discussed philosophy, walked in the woods, wrote poetry and novels--many of them were social activists, abolitionists, and reformers on a broad scale. They were also scholars and religious searchers who first brought the scriptures of the Eastern faiths we admire today to this country. Their influence is still with us and is part of our Unitarian Universalist religious identity that can be mind and soul-expanding.

These lively and brilliant "characters" are our spiritual godparents--this course will embrace their legacy and take pleasure in their timeless ideas and positive intellectual ferment. *\$40*

### **Wisdom for the Soul: Biblical Wisdom Literature**

**Taught by Joanne Giannino: February 1, 2010 - March 1, 2010**

This is a four-week introduction to the wisdom tradition found in the Hebrew and Christian Scriptures. The course includes an opening session addressing the questions: What is wisdom literature? Where do we find it in Unitarian Universalism and in our western culture at large? What follows is a focused exploration of the Book of Proverbs, including "Wisdom" as a character; the Books of Job and Ecclesiastes; and finally, Jesus, as a wisdom character. Texts for the course can be accessed on line and through local libraries. *\$40*

**For information about these courses and more, contact  
The Church of the Larger Fellowship (CLF)  
[www.clfuu.org/learn](http://www.clfuu.org/learn) 617-948-6150 [re@clfu.org](mailto:re@clfu.org)**