

Wednesday Community Connections

Fall 2025 Classes

Classes are listed in alphabetical order

Call of the Wild: Nature and Spirituality with Rev. Dr. Nicole Kirk

Nov. 19 | In person only

Join Rev. Dr. Nicole Kirk for an exploration of how the natural world deepens our spiritual lives. Through a mini-lecture, brief readings, and discussion, we will discover how time in nature—from wilderness to backyard and urban green spaces can become a form of meditation and spiritual practice. Together, we will reflect on how different voices and experiences have found meaning, healing, and connection by spending time in nature. Come prepared to share your own experiences of finding wonder, peace, or spiritual insight in nature.

Conscious Inclusion: White-Identifying Caucus Group (6 weeks – every other week)

Sept. 10 and 24, Oct. 8 and 22, Nov. 5 and 19 | In person only

Conscious Inclusion works with those who identify as white to foster deeper connections with ourselves and our own cultures and across racial and cultural lines, so that we may move forward as allies with a shared understanding. “We (white people) need to do the work to be anti-racist. No matter how far along the path we think we are, we have further to go. This is an opportunity for sincere reflection and growth, across racial boundaries. By learning about ourselves and each other, we can build a community that truly embodies inclusivity and love.” - Shannon Boston, Executive Director of Religious Exploration.

Conscious Inclusion is the first step in a transformative initiative designed to enhance cultural competence, address systemic inequities, and foster a deep sense of empathy and solidarity within a predominantly white Unitarian Universalist church community. The counterpoint to this course for BIPOC members is “IMPACT” which will be occurring simultaneously. There is an additional 10-session class in the Spring for both BIPOC and white members to engage in together. The entire 16-session program is available on a sliding scale for \$25-\$100, including the workbook, [The Racial Healing Handbook](#).

Ducks in Row

Oct. 8-22 | In person only

All Souls Life Decisions team wants to help you be prepared for crisis and end of life decisions. This series will help you better understand your options, impacts of family situations, finances, and other circumstances such as health, housing, aging, and end of life.

Ear Acupuncture Clinic

Sept. 10-Nov. 19 | In person only

Hosted by FocusRX, this donation based, come-as-you-are clinic offers the restorative power of acupuncture. Settle into stillness and silence, allowing the body to naturally unwind and release. This tranquil, inward-facing space is an initiation to reconnect - with yourself, your breath, and your healing.

Ecstatic Dance Party

Sept. 17, Oct. 15, and Nov. 19 | In person only

Move to curated music without restrictions or expectations, emphasizing a judgment-free space for self-expression and connection. Barefoot encouraged. All are welcome, children must be supervised by an adult. Please be expected to silence and put away your cell phones during the dance party.

Exploring Art with Linda Alred

Sept. 10-Nov. 19 | In person only

Re-ignite your creativity, play along with others, relieve stress, try new methods and styles, and have fun! We'll be thinking outside the box with a variety of materials and ideas throughout the season. Bring your ideas and your imagination.

Foundations of Unitarian Universalism with Rev. Dr. Marlin Lavanhar (3 weeks)

Sept. 10, 17, and 24 | In person and on Zoom

Join us on this three-week exploration of the roots of Unitarianism and Universalism and how they came together to form the basis of Love Beyond Belief that we experience at All Souls today. This class is a great way to deepen your connections to fellow congregants, get to know Rev. Lavanhar, and learn about the exciting history of our chosen faith. Meets in Room 112 or on Zoom at allsouls.me/foundations

Hang Out and Help

Sept. 10-Nov. 19 | In person only

All Souls can always use a helping hand – labelling envelopes, prepping Sunday School materials, making posters, or preparing flowers to deliver to those in need. Come lend a hand!

IMPACT: BIPOC Caucus Group (6 weeks – every other week)

Sept. 10 and 24, Oct. 8 and 22, Nov. 5 and 19 | In person only

IMPACT works with those who identify as Black, Indigenous and People of Color (BIPOC) to enrich their understanding and integration into the community of All Souls. It encourages open dialogue, promotes personal reflection on biases, and builds stronger community relations. The program seeks actionable changes to ensure the church is genuinely inclusive for all members, particularly those from BIPOC

backgrounds, with a focus on sustaining these inclusivity efforts long-term. It is the first step in a transformative initiative designed to enhance cultural competence, address systemic inequities, and foster a deep sense of empathy and solidarity within a predominantly white Unitarian Universalist church community.

The counterpoint to this course for white members is “Conscious Inclusion” which will be occurring simultaneously. There is an additional 10-session class in the Spring for both BIPOC and white members to engage in together. The entire 16-session program is available on a sliding scale for \$25-\$100, including the workbook, [The Racial Healing Handbook](#).

Improv for Everyone with Third Space

Sept. 17 | In person only

Flex your creativity, build your self-confidence, and just plain have fun in our Intro to Improv workshop! This beginner-friendly class will help build the fundamentals for improvisational comedy through games and laughs! www.thirdspacetulsa.org

Mosaics and More

Sept. 10-Nov. 19 | In person only

Join Bill Westcott as he leads you through both the art and craft of mosaic making – community and individual pieces – and of storytelling. Listen and share stories as you make beautiful works of art. Donations for materials are appreciated.

Musical Improv with Third Space

Nov. 5 | In person only

"If you can't sing, sing louder!" is what we say. Whether you're a seasoned singer or just love to belt a tune, this improv class offers a supportive and playful environment for all music and improvisational skill levels. Come ready to laugh, learn, and have fun with fellow music enthusiasts. No sheet music required – just bring your enthusiasm! www.thirdspacetulsa.org

Reimagining Your Own Theology (Pt. 1) with Rev. Dr. Marlin Lavanhar (4 weeks)

Oct. 1, 8, (skip 15) 22, and 29 | In person and on line

Most Unitarian Universalists can easily say what they don't believe, but how many can clearly state what they do believe? Many people who have found the UU faith have come from other faith traditions, or from none at all. In this series we will begin an exploration of individual beliefs and the “big questions,” seeking a deepening and expanding understanding of ourselves and our world.

Sacred Spaces, Sacred Places with Rev. Dr. Nicole Kirk

Sept. 17 | In person only

Join Rev. Dr. Nicole Kirk for an exploration of how certain places and spaces become holy and transformative in our spiritual lives. We will examine what makes a space “sacred,” and how sacred places and spaces are both created and discovered. Together we will reflect on our experiences of sacred space and consider how understanding these ideas can deepen our spiritual practice and connection. Come prepared to share about a place that feels sacred to you, whether it is a quiet garden, a corner in your home, or a grand cathedral.

Strut Your Crown: Beading and Conversation

Sept. 17, Oct. 1, 15, and 29, and Nov. 12 | In person only

"Strut Your Crown" is an ongoing community beading project and discussion on conscious inclusion, religion, and relationships. Facilitated by Katherine Mitchell. All materials provided - just bring yourself!

Theme Talks with Shannon Boston

Sept. 3, Oct. 1, Oct. 29, and Dec. 3 | In person only

Join Shannon Boston to discuss what the monthly church-wide themes mean to you. On the Wednesday before the first Sunday of each month we look at the upcoming theme with poetry, imagery and prompts, then share with one another practicing speaking from our own experience and listening deeply. This series is especially important for anyone leading or facilitating classes or groups in the church.

- September: Vision
- October: Evil
- November: Covenant
- December: God

“The New Menopause” Book Study

Oct. 1-22 | In person only

Join Hannah Middlebrook and A’isha Henderson to learn about Dr. Mary Claire Haver’s best seller “The New Menopause” and become equipped to make informed decisions about your health and well-being during menopause. This frighteningly under-researched area of women’s health is now leading to an boon in understanding as women are finally getting into the game of awareness of their own physiology.

Wednesday Circle

Sept. 10 – Nov. 19 | In person and on Zoom bit.ly/wednesdaycircle

Members moderate this conversational ministry from a spiritual point of view, governed by a commitment to our covenant. All are welcome to join in person (during Wednesday Community Connections) or on Zoom year round!

Yoga for All Souls

Sept. 10 – Nov. 19 | In person only

Join us for a weekly donation-based yoga class and sound bath led by Hannah Demuth, founder of High Vibrations Co. This weekly class is designed to use movement as medicine. All levels are welcome, come as you are.

Hannah Demuth is certified in trauma informed somatic therapy, a registered yoga teacher and sound practitioner. She is passionate about helping people feel safe and at home in their bodies. Through movement, mindfulness and sound, Hannah shares her magic with the world. Hannah creates safe, supportive spaces for healing, creativity, and self-trust.