



FALL/WINTER CATALOG OCTOBER 2019-JANUARY 2020

RELATIONAL & HANDS ON CONFIRMATION AND CONGREGATIONAL LEARNING
WESTWOOD IS OPEN & AFFIRMING, WELCOMING ALL WHO SEEK GOD.

WHAT IS WESTWOOD U?

Welcome to Westwood U!

Westwood U offers people of all ages the opportunity to gather for education, faith development, and mutual growth-

kids, parents, grandparents, friends...

Everyone is invited!

The purpose is to move beyond education to *formation* and *transformation*.

Westwood U is a way to nurture a whole culture – an ecosystem - of faith formation at Westwood.

We believe that *heart* and *hands* must accompany *head* in one's faith journey, so in addition to the classroom, Westwood U will create opportunities for faith mentoring, faith socializing, and even faith surfing by tapping into life *experience of multiple generations*. We operate under the conviction that the content of faith has no traction outside of faith-based relationships. Our faith flourishes in relationship.

What courses are offered?

There are 3 categories for the courses offered at Westwood U. Several courses from each category are offered throughout the year.

They are:

Know- hands on learning

Live- service to our neighbor and congregation

Grow- fellowship and faith nurturing experiences

How many of each should I take if I'm looking to get credit for confirmation?

While completing the required number of 15 total Westwood U courses, confirmation students are required to take a minimum number of 3 courses in each of the 3 categories listed above. The remaining 6 credits are the students choice!

Example:

Year 1: 5 courses ,Wednesday Night Live and Bible Milestone

Year 2: 5 courses and Wednesday Night Live

Year 3: 5 courses, mentoring and a faith statement.

HOW DOES IT WORK?

An email will be sent to you during the open registration period and you will also find the registration link in the e-news and on the Westwood homepage.

September 18-24 for confirmation students

September 25-October 1 for congregation

Visit the registration page , when you are there you will:

- Fill in your **FULL** name
- Give us an email address where the “professor” can reach you to let you know about any details, supplies, announcements and/or costs that may accompany your elective. Please make sure it is an email you will check regularly! (Parent email, probably the best for confirmation student registrations!)
- Clarify your grade for recording purposes, or choose N/A if you are not looking for confirmation “credit”.
- Choose an elective for each month, and if you are opting out of a particular month, please choose “none” so that we know you have bypassed an elective for that period.
- If you see “_____ is full, please choose another” that means that it has filled, and we will work to repeat the elective in a future course catalog. Please choose an alternate option.
- When you are finished choosing an elective for each month, click submit and your registration will be cataloged with us.
- Be sure to check all the dates listed for your elective, some go outside the “month” they are listed under. To receive confirmation credit you must be present for 3/4 of the class’s time commitment.

PRAYER OF GOOD COURAGE



Westwood U is designed to be a confirmation and congregational learning model. It's been a wonderful relational tool for those who have participated in our Westwood family, but we want to invite you to check it out if you haven't done so already! The intergenerational friendships, conversations and experiences have deepened the connections among generations in our large congregation and have fostered a deeper understanding of just who we are as a community of faith!

When it's at its best, Westwood U is multigenerational so that it's truly the church learning together, everyone's voice is heard, and everyone's life experience contributes to the topics discussed and relationships formed.

Westwood U allows us each to help create a community, a society, where all people thrive, where hope, compassion, beauty, creativity and cooperation flourish!

Over the past few years, the Prayer of Good Courage has become a foundational prayer for us as a congregation. We will be using the words of the Prayer of Good Courage as our theme this coming year.

Each week this fall we will take one phrase of the prayer for preaching and discussion, and many of the courses listed in this catalog are centered around the Prayer of Good Courage.

The Prayer of Good Courage

O God,
You have called your servants,
To ventures of which we
cannot see the ending,
By paths as yet untrodden,
through perils unknown.
Give us faith to go out with
Good Courage,
Not knowing where we go,
But only that your hand is leading us
and your love supporting us, through
Jesus Christ our Lord.
Amen

Join us as we delve deeper into our understanding of ourselves, our world and God.

FALL SUNDAY MORNING EDUCATION OPPORTUNITIES



September 15:

Introduction to the Good Courage Theme
Dr. Casey Elledge on Philippians

September 22:

Called Your Servants
Dr. Casey Elledge on Philippians

September 29:

To Ventures of Which We Cannot See the Ending
Dr. Casey Elledge on Philippians

October 6:

By Paths as Yet Untrodden, Through Perils Unknown
Mental Health and Good Courage

October 13

Give Us Faith to Go Out with Good Courage
Mental Health and Good Courage

October 20:

Not Knowing Where We Go
Retirement coffee hour for Janet Johnson

October 27:

But Only That Your Hand is Leading Us and Your Love
Supporting Us, Through Jesus Christ Our Lord
Stewardship Town Hall Meeting between services

November 10:

Westwood 75th Anniversary Birthday Party

November 17:

Stewardship Education Series (2 options, see catalog)

OCTOBER ELECTIVES

Bee responsible for the Earth (Know)

October 6 from 12-3pm

Have you ever wondered what your environmental impact looks like on bees? This course taught by youth beekeeper Emma Coen-Pesch will introduce you to bees and beekeeping.

Bee-come educated on some of the issues facing bees today and learn what you can do to help. (course may include a live hive demo, dependent on weather)

Festival Fanatic (Live)

Saturday, October 12 from 2-4:30pm and December 8th

We host a Fall Festival in October and an Advent Festival in December! We will need helpers to set-up, facilitate activities like crafts and games as well as clean up.

Fall festival runs from 2:30-4pm. Feel free to wear your best costume!

Advent Festival is December 8 from 9-11am.

Be sure you can do both events if you sign up for this course!

Trunk or Treat Host (Live)

Saturday, October 12 from 2-4:30pm in the Westwood parking lot.

Part of our fall festival will be Trunk or Treat! If you've never heard of this peculiar and very specific part of Lutheran liturgy, it is a tradition of many churches to have cars lined up in the parking lot with decorated trunks that younger members of the congregation can "trick-or-treat" at. It makes Halloween fun, safe, and accessible especially for young family members who can't take as many steps. Please register! You can use any theme to decorate and the more decorations, the better! Nut-free candy only.



Mental health and Good Courage

October 6, 10, 13 Attend all three to get WWU (Know) credit

Demystifying Anxiety and Depression October 6 in the Westwood Room between services (9:50am) Led by Gayle Vaughan, MA, LSC, LMFT and the Healthcare Affinity Group

Is anxiety or depression affecting you or someone you love? Anxiety and depression affect people of all ages. Come and learn more about challenging old myths and learning some tools to help regulate emotions including mindfulness, breathing techniques, and coping strategies.

Angst, the Movie, October 10, 2019 St. Louis Park High School Auditorium, 6:30pm.

Angst is a 56-minute film and virtual reality experience that explores anxiety, its causes, effects and what we can do about it. The filmmakers' goal is to have a global conversation and raise awareness around anxiety. Angst features candid interviews with kids and young adults who suffer, or have suffered, from anxiety and what they've learned about it. The film includes discussions with mental health experts about the causes of anxiety and its sociological effects, as well as help, resources and tools.

Decoding the Mysteries of the Teen Domain October 13 in the Westwood Room between services (9:50) Led by Al Updike, MA, LADC and the Healthcare Affinity Group

This presentation will help uncover the mysteries in the lives of teens and adults providing tools, resources to foster safe environments and encourage ongoing dialogue. Please join us for a small presentation and panel discussion on identifying situations and secretive behavior that could lead to high risk in addiction and disordered eating. There will be a question and answer period from our panel of experts who work in the field following the brief presentation.



NOVEMBER ELECTIVES

6-12th grade Pop Up Choir

Rehearsals, Wednesdays October 23 and November 6 from 7:15-8pm & singing in worship on November 10. Love to sing but cant make the full year commitment? Haven't tried choir at church but have always been curious? We're calling all singers grades 6-12 to join us in the big 75th anniversary celebration service! We will be singing a song in both 8:45 and 10:45 services on November 10th. Please join us!

Holiday Fair (Live) Saturday, November 2 from 9:30-1:30

Annually the Westwood Holiday Fair raises +\$20,000 to give back to the community! It takes lots of help from both youth and adults to make this amazing outreach and fundraising event happen. See how we recycle and reuse to obtain funds to give away. Clearing dishes, packing and taking items out to customer's cars, and helping in the Children's Shoppe are just a few of the ways you can serve to make this event a success. (You might also shop!)

Community Meal (Live) Wednesday November 6, 13, 20th volunteer shifts

Westwood provides a community meal each Wednesday night that is both an internal and external outreach and fellowship opportunity for all who gather! As you can imagine it takes a great team to pull off a meal or 250+ people each week, come learn about this ministry and be a part of the team!

Westwood Women's Retreat (Grow)

Friday, November 15 to Saturday, November 16 Late afternoon Friday to mid-afternoon Saturday

Women and girls (12 and up) are invited to the Westwood Women's Retreat. We will gather using the Prayer of Good Courage as our theme for fun, friendship, and spiritual grounding. Spiritual director Anna Martinez will lead part of the retreat at the beautiful Dunrovin Retreat Center, Marine on St. Croix

Courageous Living - Generous Giving. (Know) November 17th from 9:50-10:40 and some reading.

This course is for anyone interested in thinking about what it means to have "good courage" when it comes to our finances and our giving. Come get some practical help as well as have conversation around our life choices. This will take place in the Westwood room.

"The Opposite of Spoiled: Raising Kids Who are Generous, Grounded & Smart about Money" (Know)

November 17th from 9:50-10:40 and some reading.

The book with the above-mentioned title will be used as the basis for a discussion with parents of children and youth (or grandparents), as we learn how to talk about generosity with today's young ones. The book will be for sale in the church office in November. This will take place in the Fireside room.

Westwood Wind Ensemble (Live)

November 17 8:45 service, with rehearsals on November 11, 7 -9pm, & November 6, 9 -11am.

Do you play a wind instrument? Would you like to offer your musical gift in worship? We'd love for you to join the Westwood Wind Ensemble! A short commitment, and a great gift to our congregation! 2 rehearsals, and 1 worship service, plus great relationships, and music. Under the direction of Em Stark.

Flatbread Bake (Live)

Saturday, November 30 from 8:30-12noon Join us in the Westwood Kitchen on a Saturday in November to make flatbread which the cracker type bread used for communion. While we bake, we'll enjoy fellowship and have wonderful conversation. Come be a part of this important ministry of our church and have a taste of the flatbread you baked, knowing you make a great contribution to our worship life!

DECEMBER ELECTIVES

Advent Worship (Grow)

Sundays, December 1, 8, 15, 22 at 8:45 or 10:45am

Join us for the journey through the 4 weeks of Advent as we prepare to celebrate the birth of Jesus. This year we will be focusing on the family tree and lineage of Jesus.

Community Meal (Live)

Training Wednesday volunteer shifts December 4, 11 and 18th

Westwood provides a community meal each Wednesday night that is both an internal and external outreach and fellowship opportunity for all who gather! As you can imagine it takes a great team to pull off a meal for 250+ people each week, come learn about this ministry and be a part of the team!

Congregational Caroling (a.k.a. "Fa, la, la, la, la!") (Grow)

Sunday Dec. 8, 12noon to 2:30pm

This intergenerational event is a highlight of the holiday season for many! On Dec. 8 individuals and families of ALL ages are invited to a light lunch in the Commons at 12:00 noon. We'll have a short practice, get the reindeer in a row and head out to deliver cookies and carol at some of the Senior Communities and homes of Westwood homebound members. Done by 2:30 (unless you're having so much fun you want to continue). Bring friends, neighbors and family to share in the festivities. Wear fun hats, ugly sweaters, or whatever gets you into the mood to share the holiday spirit. A GREAT time will be had by all!!

Special Olympics (Flex course)

Wednesday, December 11 from 8-9pm and at least 2 hours of volunteering with the organization

Through Special Olympics' athletic, health and leadership programs, people with intellectual disabilities transform themselves, their communities and the world. Join us for an evening with Allie Henley, a faith-filled special Olympian (who works in Westwood's kitchen,) as she shares her story about Special Olympics and how it has changed her life! For more information about volunteer opportunities visit: <https://specialolympicsminnesota.org/get-involved/event-volunteers/>

Flatbread Bake (Live)

Saturday, December 14 from 8:30-12noon

Join us in the Westwood Kitchen on a Saturday in November to make flatbread which the cracker type bread used for communion. While we bake, we'll enjoy fellowship and have wonderful conversation. Come be a part of this important ministry of our church and have a taste of the flatbread you baked, knowing you make a great contribution to our worship life!

JANUARY ELECTIVES

What's Your Word? (Grow)

[Mondays, January 6 and 13; 6:30-8pm](#)

Tired of New Year's resolutions that fade within days or weeks? Try just a word for 2020. Taking a page from our Senior High Youth, we will each find our own word that will inspire us, challenge us, or remind us of what we would like to focus on for the new year. After finding our word, we will create a token (key chain, bracelet, necklace, etc.) with the word so that we have a memento for the year. Fee of \$5 for materials.

Community meal Community Meal (Live)

[Wednesdays, January 8, 15, 22, 29 volunteer shifts](#)

Westwood provides a community meal each Wednesday night that is both an internal and an external outreach and fellowship opportunity for all who gather! As you can imagine it takes a great team to pull off a meal for 250+ people each week, come learn about this ministry and be a part of the team!

Selma (Know)

[▶ Digital course](#)

Selma is a chronicle of Dr. Martin Luther King Jr.'s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965. As we head into an election year, watch this movie based in the 60's and wonder "is the world the same or different in 2019"? Have we moved? History matters. If you decide this course is for you, sign up and then watch it whenever is convenient for you by downloading it from Netflix, Amazon prime video or YouTube starting at \$2.99. When you sign up, you'll be emailed the discussion guide for this movie.

Why is there a dog in church? (Know)

[Saturday, January 11 from 9-11:30am](#)

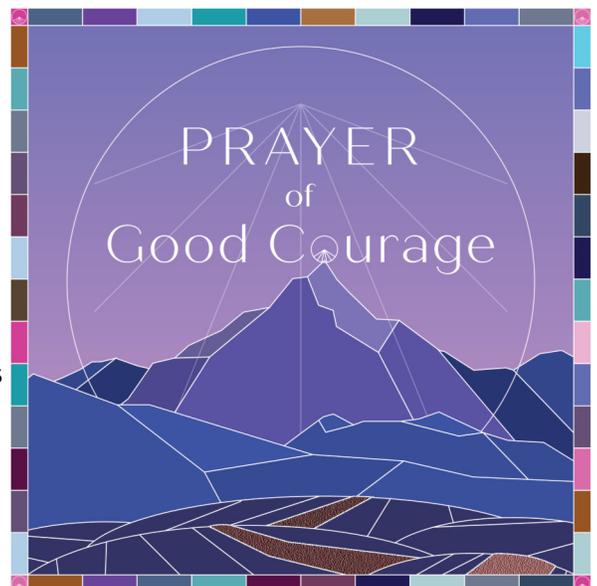
Ever wondered about what service dogs DO and how they're trained? Come meet a real-life service dog, learn about the work they do, and how they're trained. We'll go over the basics of service dog access, training, and how they're different from other working dogs like therapy dogs and police dogs. We'll also talk about what to do when you meet someone with a service dog in different settings.

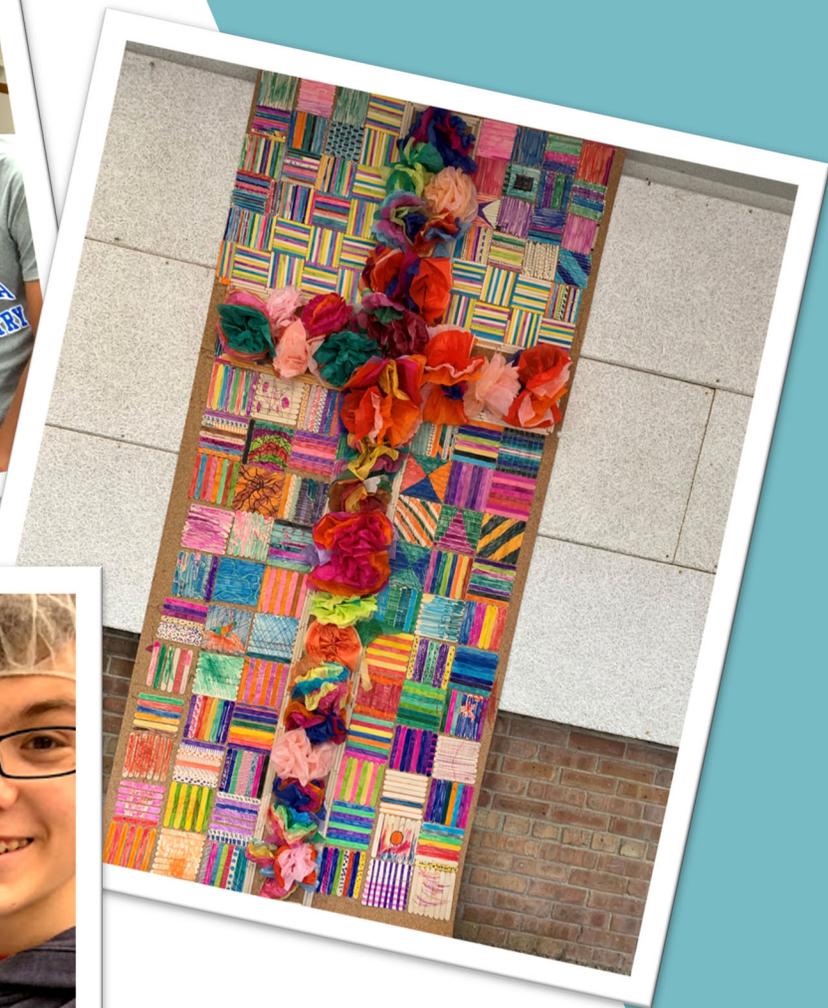
Woven Together

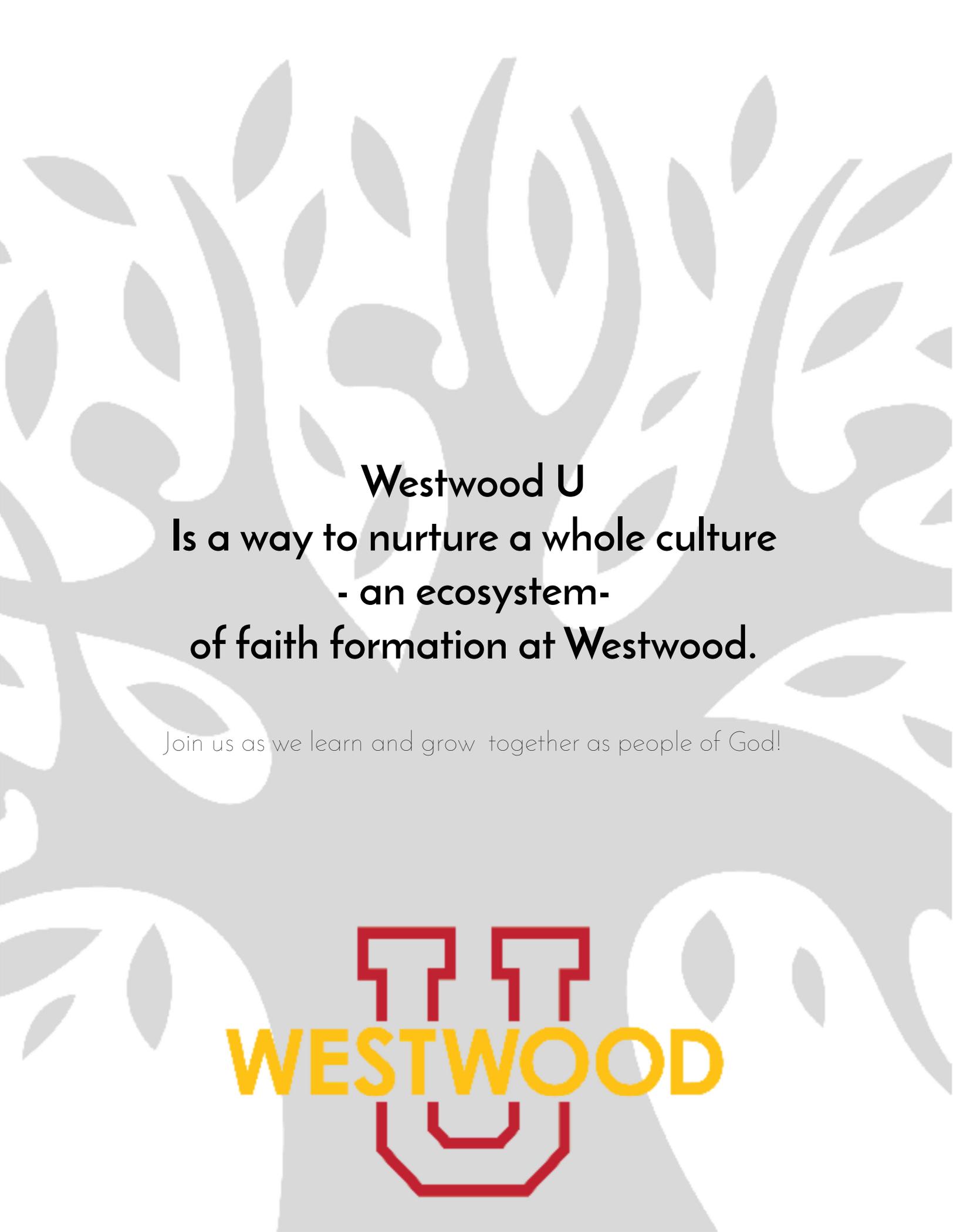
[Wednesdays, January 22 and 29 from 6:30-8pm](#)

[\(not open to 7th grade because of PSL\)](#)

Interested in trying your hand at weaving? No prior weaving experience required! After two sessions, you will complete a unique, Woven Wall Hanging. In the first session you will learn the fundamentals of weaving, including basic vocabulary, and the knowledge of how to warp and weave on a lap loom. In the second session, you will learn to add additional patterns, designs and textural effects. Looms provided for the two sessions. This course has a \$10.00 materials fee.





A large, stylized tree graphic in shades of gray and white serves as the background for the text. The tree has a thick trunk and many branches with simple, oval-shaped leaves.

Westwood U
Is a way to nurture a whole culture
- an ecosystem-
of faith formation at Westwood.

Join us as we learn and grow together as people of God!

The logo for Westwood University, featuring the letters 'WU' in a red, outlined, blocky font. The 'W' is formed by two 'U' shapes. Below the 'WU' is the word 'WESTWOOD' in a bold, yellow, sans-serif font.

WESTWOOD