Saint Thomas Episcopal Church

Adult Education

Course Catalogue
September – December 2020

Sunday Adult Ed Courses:

- Slave History
- Religious Art
- Laughter Yoga, and more!

St Thomas Episcopal Church
9 W Wheelock St
Hanover NH 03755

Osher Class with Guy Collins:
A Tale of Three Abbeys, Sept 22 – Oct 27

Laughter Yoga:
A Therapeutic Treatment for Your Health and Sanity
December 13

Synopsis:
Research has shown that laughter lowers the level of stress hormones in the blood. Entered into with an open mind, Laughter Yoga provides the stress-relief and ease of other mindfulness and deep-breathing therapies, without relying on jokes or humor. Gentle exercises will be performed either seated or standing. Easily accessible for any age, any fitness level, Laughter Yoga is a way to lower stress and become more open-minded, laughter-induced.

Course Leader: The Rev. Cricket Cooper is Interim Associate Rector of St. Thomas.

Does the Bible Endorse White Supremacy?
December 6

Synopsis:
For centuries, Jews and Christians, even Christian clergy, have been complicit in the practice of modern racial hierarchy and slavery. Is the Bible complicit in modern racism and racial slavery? Complicit in modern racism, and racial slavery, is the Bible itself. Does the Bible endorse white supremacy?

Course Leader: Professor James Murphy is the author of Haunted by Paradise: A Philosopher’s Quest for Biblical Answers to Key Moral Controversies.
**The Holy Land: October 4, 11, 18**

**Synopsis:** Often, pilgrims in the Holy Land will say that they used to read the Bible in black and white, but, after their pilgrimage, they read it in colour. Cities and stories come alive as one encounters a reality they refer to and in which people continue to live to this day. This series is aiming at introducing you to some iconic places in Jerusalem, Nazareth and the North-East of Judea.

**Course Leader for Both:** The Rev. Dr. Stephanie Burette is Curate-elect of St Thomas.

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**Religious Art: November 1, 8, 15**

**Synopsis:** As we approach the season of Advent, we will explore how artists from all over the world and for several centuries have taken on the challenge of representing the incarnation: how did they address theological questions through aesthetical means? From the Annunciation, the Madonna and Child (and Holy Family), to the Figure of Christ, we will explore how representations shape how we see God in our midst (or not).

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**Uncomfortable Conversations with an Upper Valley Black Man September 27**

**Synopsis:** In these challenging times we might have many questions about race, racism and healing that we are afraid to offend or afraid of being vulnerable. This is a chance to talk about some of those questions in a safe space.

**Course Leader:** Fred Chisolm is Director of Operations for one of Hypertherm’s business teams. He is currently studying for his third career, this time as an Episcopal Priest. Fred is in a biracial marriage.

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**Islam 101: Understanding our Co-Monotheists November 22**

**Synopsis:** Increase your understanding of, and an appreciation for, one of the world’s great, but little-known, cultures in this course about Islam.

**Course Leader:** For 43 years Dartmouth Professor Gene Garthwaite taught classes on the Islamic Middle East that spanned the seventh century to the present. His research deals with Iranian social history and culture, particularly the Bakhtiyari, one of Iran’s great tribal confederations.

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**Whaling: The first global industry; its Quaker roots and social implications November 29**

**Synopsis:** The rise of the whaling industry on Nantucket Island provided a vast global industry that fueled American homes. But under the success of that commodity was a thick layer of social intention that produced racial and gender progress. This presentation will provide a brief glimpse into a tiny island’s complex social structure that became a world dominating business.

**Course Leader:** Aine Donovan teaches ethics at the Tuck School of Business at Dartmouth College and has been a summer resident of Nantucket for nearly forty years.