

**1721 SEVEN STEPS TO A HAPPY FACE**  
George Ross

Counseling that ultimately works is self counseling. But is your counsel worth listening to? Join me in this five-day workshop as we explore how to use the seven steps to identify, critique, and if necessary, change how we talk to ourselves. Learn how to maintain your emotional balance, eliminate excuse making and procrastination, and reduce worry, anger, and depression.

Maximum enrollment: 20. Minimum age: 16.  
*Weeks 9, Aug. 22-26 / M-F / 8:30 - 10 a.m. / Hall of Ed. (Sheldon), Rm. 202*  
**Fees: 1 week (5 sessions).....\$88**  
**1 session (at door only).....\$22**

**1722 MINDFULNESS IN EVERYDAY LIFE**  
Edith Todd

The practice of mindfulness is being fully open to the present. Discover how to use mindfulness to appreciate and meet the challenges of everyday living and to improve tolerance of painful feelings and circumstances. In this course, students will be introduced to mindfulness skills that can enhance the quality of their lives.

Maximum enrollment: 20. Minimum age: 16.  
*Weeks 9, Aug. 22-26 / M-F / 12:30 - 1:45 p.m. / Octagon*  
**Fees: 1 week (5 sessions).....\$75**  
**1 session (first day only, at door).....\$22**

**1723 UTILIZING CONFLICT AND RESOLUTION TECHNIQUES TO CREATE A MORE MORAL WORLD**  
Kay Johnson-Gentile

Participants will learn strategies for resolving conflict and have opportunities to create win/win scenarios. Come learn to understand that conflict can have many positive outcomes including individual understanding and personal growth.

Maximum enrollment: 15. Minimum age: 17.  
*Weeks 9, Aug. 24 & 25 / W & Th / 1 - 3 p.m. / Turner, Rm. 105*  
**Fees: 1 week (2 sessions).....\$45**  
**Materials fee.....\$5**

**1800 THE QUESTIONS AND MYTHS OF CHRISTIAN AMERICA**  
William Saum

Is America a Christian country? A Judaeo-Christian country? A secular country? What difference does it make? This course will examine the role of religion in the founding and development of America from the very beginning to the present day arguments. We will discuss founding documents, religious freedom, separation of church and state, and issues including slavery, prayer in public schools, religion and politics, the role of religion in the public square, "civil religion" and recent disputes that question the extent of religious freedom in our country. Maximum enrollment: 20. Minimum age: 16.

*Week 1, June 27-July 1 / M-F / 3:30 - 5 p.m. / Hultquist 201A*  
**Fees: 1 week (5 sessions).....\$88**

**1801 BUDDHISM**  
Jeannette Ludwig

We will examine the life and teachings of the man Siddhartha Gautama, who became enlightened (the Buddha). After reflecting on his key teachings, we will look at the expansion of the religion into its three principle schools. Finally, we will take up issues in American Buddhisms today. A Portion of each session will be devoted to meditation. Maximum enrollment: 20. Minimum age: 16.

*Week 2, July 4-8 / M-F / 9 - 10:30 a.m. / Hultquist 201A*  
**Fees: 1 week (5 sessions).....\$88**  
**1 session (at door only) .....\$22**

**1802 SPIRITUALITY FOR ACTIVE THINKING PEOPLE: AN INTRO TO IGNATIAN PRACTICES**  
Kent Ira Groff

Are you looking for ways to connect spirituality with active life in work, relationships and decision-making? To integrate intelligent reflection, active imagination and contemplative practices? This explains the burgeoning ecumenical interest in The Spiritual Exercises of Ignatius of Loyola with their four life-affirming themes (one each day plus a summary). The instructor will draw on his newest book *Facing East, Praying West*, from his intensive Ignatian training in India. Maximum enrollment: 20. Minimum age: 18.

*Week 2, July 4-8 / M-F / 3 - 4:15 p.m. / Hultquist 201B*  
**Fees: 1 week (5 sessions).....\$75**  
**1 session (first two days only, at door) .....\$20**

**1803 CHRISTIANITY: THE BASICS**  
Jeannette Ludwig

This overview examines five distinct aspects of the Church, beginning with the Jewish context of Jesus. We'll follow with the church's formative stages, including codifying the Bible, major doctrinal disputes like the doctrine of the Trinity. Next we will consider schisms Rome vs. Byzantium, the Reformation that divided Christianity. After comparing various denominations and groups like the Amish, we turn to the modern challenges the Church faces here and abroad.

Maximum enrollment: 30. Minimum age: 16.  
*Week 4, July 18-22 / M-F / 9 - 10:30 a.m. / Hultquist 101*  
**Fees: 1 week (5 sessions).....\$88**  
**1 session (at door only) .....\$22**

**1804 THE POWER OF KEEPING A PRAYER JOURNAL**  
Maggie Oman Shannon

Keeping a prayer journal has been practiced by people from every era, culture, and faith. We'll explore why it's such a powerful spiritual practice, read excerpts from a variety of published prayer journals, then experiment with different forms of prayer journaling. At the end of the class, you'll create your own personal prayer journal to continue your practice at home.

Maximum enrollment: 15. Minimum age: 18.  
*Week 4, July 18-20 / M-W / 3:30 - 5 p.m. / Hall of Ed. (Sheldon), Rm. 204*  
**Fees: 1 week (3 sessions).....\$58**  
**1 session (first day only, at door) .....\$22**

**Religion & Philosophy**

Many of these courses reach capacity enrollment.  
Pre-registration is encouraged.

**1805 DEEPENING YOUR RELATIONSHIP WITH GOD THROUGH GROUP SPIRITUAL DIRECTION**

**Kay Johnson-Gentile**

Would you like to deepen your relationship with God? Group Spiritual Direction is a process in which people gather together on a regular basis to assist one another in an ongoing awareness of God in all of life. Come join this trained spiritual director as she facilitates these Spiritual Direction sessions.

Maximum enrollment: 10. Minimum age: 25.

*Week 4, July 18–20 / M–W / 3:30–5:30 p.m. / Turner, Rm. 103 Fees: 1 week (3 sessions).....\$58 Materials fee.....\$8*

**1806 WOMEN IN WORLD RELIGIONS**

**Jeannette Ludwig**

After an overview of the principles of comparative religions we will briefly explore the core teachings of each of the world's great religions. Challenging contemporary stereotyping about women, each day we will focus on the various roles women play within those traditions. These include, wife, goddess, warrior, and monastic. Special functions – such as healer, teacher/leader and keeper of tradition – will be examined as well. Time will be set aside for personal and group reflection. Maximum enrollment: 30. Minimum age: 16.

*Week 5, July 25–29 / M–F / 9–10:30 a.m. / Alumni Hall Ballroom Fees: 1 week (5 sessions).....\$88 1 session (at door only) .....\$22*

**1807 CONVERSATIONS ON RELIGION IN A SCIENTIFIC AGE**

**Raymund Peckauskas**

Science and religion have been talking. Overhead in that dialogue: "It has become possible to confess in God without believing in God's existence." The words were those of an Anglican Priest. Our classroom conversations will span segments of the religious spectrum as we discuss the changing attitudes of science and religion toward each other. The impact of science on the development of radical theology will be explored in some detail.

Maximum enrollment: 20. Minimum age: 18.

*Week 5, July 25–29 / M–F / 4–5:15 p.m. / Hall of Ed. (Sheldon), Rm. 202*

*Fees: 1 week (5 sessions).....\$75 1 session (first day only, at door) .....\$20*

**1808 BAHAI FAITH 101 \***

**Richard Snyder**

"Should the lamp of religion be obscured chaos and confusion will ensue." Learn about the history, teachings, and administration of the Baha'i Faith in a 5-day presentation. Time is set aside daily for questions and participants keep the book, *Baha'u'llah and the New Era*.

Maximum enrollment: 20. Minimum age: 15.

*Week 6, Aug. 1–5 / M–F / 9–10 a.m. / Turner, Rm. 105*

*Fees: 1 week (5 sessions).....\$65 1 session (at door only) .....\$16*

**1809 ISLAM**

**Jeannette Ludwig**

Like its sister religions, Judaism and Christianity, Islam has been a major player in shaping world history theologically, politically, commercially, and artistically. We'll examine the foundations of the religion (Muhammad and the Qur'an), its central practices, and how Islam affects the daily life of both men and women. Scrutinizing (mis)conceptions, we'll look at the interplay between culture and religion as Muslims make their way in the contemporary world.

Maximum enrollment: 30. Minimum age: 16.

*Week 6, Aug. 1–5 / M–F / 9–10:30 a.m. / Alumni Hall Ballroom*

*Fees: 1 week (5 sessions).....\$88 1 session (at door only) .....\$22*

**1810 FINDING YOUR SPIRITUAL VOICE**

**Lisa Ward**

We all have a spiritual voice within. Each of our voices is part of the harmony of being. This course will invite and challenge you to write prayers, graces, meditations, invocations and even toasts that reflect your soul's wisdom within. Be prepared to be uplifted by your own voice and welcome it into the living of your lives.

Maximum enrollment: 15. Minimum age: 16.

*Week 6, Aug. 1–5 / M–F / 3–5 p.m. / Hultquist 201A*

*Fees: 1 week (5 sessions).....\$88 1 session (at door only) .....\$22*

**1811 BIOETHICS IN AMERICA**

**Dena Davis**

Should people be allowed to sell their kidneys? Should we legalize assisted suicide? What do the major religious traditions have to say about human embryonic stem cell research? These are some of the questions we will take during this course devoted to contemporary issues in American bioethics.

Maximum enrollment: 20. Minimum age: 16.

*Week 7, Aug. 9–12 / Tu–F / 9–10:30 a.m. / Turner, Rm. 103*

*Fees: 1 week (4 sessions).....\$72 1 session (first day only, at door) .....\$22 Materials fee.....\$5*

**1812 THE FRIENDSHIP OF RELIGION AND PSYCHOLOGY**

**William Morrow**

In the face of irrational fears and junk science, can two disciplines cooperate in one personal journey? The search for religious truths depends on a struggle with the unconscious mind, yet emotional maturity must have a spiritual dimension. Examine a new intersection of religious practice and psychological tools for the sake of pursuing wholeness of self and the world.

Maximum enrollment: 20. Minimum age: 16.

*Week 8, Aug. 10–12 / W–F / 9–10:15 a.m. / Turner 103*

*Fees: 1 week (3 sessions).....\$50 1 session (at door only) .....\$20*

**1813 MYSTICS, MEDIUMS, AND MUGGLES**

**Mary Grace**

Why is it that many religions consider mystics to be "good" people, while mediums are considered "bad"; they both possess paranormal abilities? Who are muggles and what is their function? Through the study of science, religion, and the supernatural, learn all about these groups and find out which category you belong in.

Maximum enrollment: 20. Minimum age: 16.

*Week 8, Aug. 17–19 / W–F / 9–10:30 a.m. / Hall of Ed. (Sheldon), Rm. 202*

*Fees: 1 week (3 sessions).....\$58 1 session (at door only) .....\$22*

There are courses for all ages. Consult individual course descriptions and age guidelines to find the right choice for you.

**1814 NEITZSCHE, VITAL PHILOSOPHER**  
Michael Szekely

Considered one of the most influential thinkers in Western thought, Nietzsche is also one of the most misunderstood. His "will to power" was grossly misappropriated by the Nazis. His "Anti-Christ" was misconstrued as nihilistic rather than the call for vital ethics. In addition to exploring key ideas, this course will dispel some of the misconceptions surrounding this seminal thinker.

Maximum enrollment: 15. Minimum age: 18.

*Week 9, Aug. 22-26 / M-F / 9:15 - 10:30 a.m. / Library Classroom*

*Fees: 1 week (5 sessions).....\$75*  
*1 session (first day only, at door) .....\$20*

**1815 RELIGIOUS LEADERS WHO FUELED THE CIVIL WAR: ABOLITIONIST & PRO-SLAVE**  
Ray Merz

This sesquicentennial year of the start of the Civil War provides an ideal occasion to consider the strident voices of religious leaders who were adamantly abolitionist and adamantly pro-slave in the decades preceding the Civil War. How much were they responsible for escalating the rhetoric toward the inevitable conflict? Is the polarization of today's society analogous to that era?

Maximum enrollment: 20. Minimum age: 16.

*Week 9, Aug. 22-26 / M-F / 4 - 5 p.m. / Hultquist 201A*

*Fees: 1 week (5 sessions).....\$65*  
*1 session (at door only) .....\$16*

## Special Interest

**CULINARY ARTS****1900 LITERATURE YOU CAN EAT: TURNER CLASSIC MEALS\***  
Barbara Blackburn

From the pages of classic literature you'll study passages with references to food so artfully described. You will create matching recipes in the Turner kitchen with recipes from Chef Barbara. This taste of literature will include Sylvia Plath, Theodore Roethke, Edith Wharton, Theodore Dreiser, Henry James, Anton Chekhov, Herman Melville, and William Shakespeare, plus some surprise guests. Literature selections and recipes will be different from 2010.

Maximum enrollment: 20. Minimum age: 15.

*Week 1, June 27-29 / M-W / 12:30 - 2:30 p.m. / Turner, Rm. 205*

*Fees: 1 week (3 sessions).....\$58*  
*1 session (at door only) .....\$22*  
*Materials fee.....\$6*

**1901- SHARPENING YOUR KNIFE SKILLS, HANDS-ON**  
1904 Lynn Novo

This primer on knives and how to handle them is not just for beginners. Even experienced cooks can benefit from learning proper technique and having the opportunity to practice. We'll pare, slice, dice, julienne, chiffonade, and mince ingredients for a simple meal of bruschetta, minestrone, salad, and apple crisp. Knives and cutting boards for each student to use are provided.

Maximum enrollment: 15. Minimum age: 18.

*1901: Week 1, June 30 / Th / 12:30 - 3:30 p.m. / Turner, Rm. 205*

*1902: Week 3, July 13 / W / 12:30 - 3:30 p.m. / Turner, Rm. 205*

*1903: Week 5, July 25 / M / 12:30 - 3:30 p.m. / Turner, Rm. 205*

*1904: Week 7, Aug. 8 / M / 3 - 6 p.m. / Turner, Rm. 205*

*Fees: 1 session advanced registration or payment at the door on a space available basis.....\$35*

**1905 TURKISH DELIGHTS**  
Lynn Novo

Expand your knowledge of the cuisine of the country that gave the world yogurt. After a survey of Turkish ingredients and spices, we will prepare Anatolian Lentil Soup with Mint, Kofte (traditional meatballs), Karniyarik (stuffed eggplant with ground beef, tomato, and green peppers), and Zucchini Bulgur Casserole with Yogurt Sauce. Halva, the traditional Turkish sweet, and sesame cookies will be dessert. Maximum enrollment: 20. Minimum age: 17.

*Week 1, June 30 & July 1; Week 8, Aug. 18 & 19 / Th & F / 3:30 - 5:30 p.m. / Turner, Rm. 205*

*Fees: 1 week (2 sessions).....\$45*  
*Materials fee.....\$15*

**1906 ALL NEW SOUP'S ON**  
Gail Greenblatt

An around-the-world array of delicious, heart-healthy, easily prepared vegetarian soups. These liquid jewels, made from pantry and freezer staples, are mostly microwaveable. Exotic spices and herbs enhance lentils and chickpeas, dried porcini, and a colorful variety of veggies. Sample and savor! New recipes to take home.

Maximum enrollment: 16. Minimum age: 16.

*Week 2, July 4 & 5; Week 4, July 18 & 19 / M & Tu / 3 - 5 p.m. / Turner, Rm. 205*

*Fees: 1 week (2 sessions).....\$45*  
*Materials fee.....\$8*

**1907 WHAT'S TERROIR? VINEYARD WALKING TOUR AND WINE TASTING AT JOHNSON ESTATE WINERY - OLDEST ESTATE WINERY IN N.Y.**  
Frederick Johnson, Jeff Murphy, & Mark Baldwin

Chautauqua Institution is near one of the great grape-growing regions of North America, known as America's Grape Country. Its wines are influenced by a unique combination of geography, soils, slope, weather, and agriculture. That's terroir. Your narrated geological history tour from Chautauqua to the Johnson Estate Winery will set the stage; then the experts who make the Estate's award-winning wines will guide you through the vineyard itself to sample several wines paired with delicious foods, see and hold the ripening grapes, and enjoy a summer afternoon discovering the meaning of terroir firsthand. Maximum enrollment: 15. Minimum age: 21

*Week 2, July 7; Week 4, July 21; Week 6, Aug. 4 / Th / 2:30 - 5:30 p.m. / Meet in Turner Lobby*

*Fees: 1 session advanced registration only.....\$55*  
*(fee includes tuition, bus, wine tasting and food)*  
*Transportation will not wait for late students. Must have at least 10 registered for class to run.*

**1908 PORCH SUPPERS**  
1909 Lynn Novo

Get out of the kitchen and onto the porch! Summer entertaining couldn't be easier with these two meals. Entrees are Tandoori Chicken Kabobs with cauliflower and red pepper or roasted cod with warm tomato olive tapenade, accompanied by Basmati rice pilaf or Orzo with spinach. As the stars come out, enjoy strawberry-ginger tart or easy apple nut cake.

Maximum enrollment: 20. Minimum age: 17.

*1908: Week 2, July 6-8; / W-F / 3:30 - 5:30 p.m. / Turner, Rm. 205*

*1909: Week 4, July 20-22 / W-F / 12:30 - 2:30 p.m. / Turner, Rm. 205*

*Fees: 1 week (3 sessions).....\$58*  
*Materials fee.....\$10*