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 Westwood U courses, confirmation students will need to take a minimum number of 3 courses in each category. Of the 17 credits, 4 in each of the 3 categories will be required. The remaining 5 credits are up to you!

Example:
Year 1: 6 courses and Bible Milestone
Year 2: 6 courses
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 16-22 for confirmation students
- September 23-29 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 repeat those electives in the next 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.
Westwood U is designed to be a confirmation and congregational learning model. It’s 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!

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

Just as the David Brooks article encourages people to see ourselves as “hands on” folks whose job it is to be kind, caring, collaborative and welcoming, Westwood U seeks to make Westwood a place where all of those things are true as well!

We’d like to invite you to be an artisan, someone who cares deeply about the lives of the people who are a part of our faith community, our geographical community and our world!

Join us in one of the many course offerings as we seek to become artisans of the common good.
SUNDAY MORNING
EDUCATION OPPORTUNITIES

September 9:
Artisans of the Common Good
Rally Sunday!

September 16:
Life Together “Faith, Hope, and the Common Good”
with Julie Neraas, Associate Professor of Religion
at Hamline University

September 23:
A Sense of Hope “The Next Generation and the Common Good”
with Karen Atkinson, Executive Director,
Children First, St. Louis Park

September 30:
A Sense of Agency “Global Relationships and the Common Good”
with Gordy and Betty Olson,
founders of Lutheran Partners in Global Ministry

October 7:
A New Worldview “Politics and the Common Good”
with State Senator John Marty

October 14:
Set Free From Proving Ourselves “Education and the Common Good”
with St. Louis Park Schools Superintendent
Astein Osei

October 21:
Freedom For Living Our Call
“Lutheran Social Ministry and the Common Good”
with Lutheran Social Service CEO Jodi Harpstead
OCTOBER ELECTIVES

Small groups (Grow) Groups run from September 16 thru the week of October 21, times vary group to group. Small groups will gather to build community and engage in weekly discussion around our fall theme, Artisans of the Common Good. All groups run for six weeks and most meet once a week. Once you sign up and groups are finalized, your small group leader(s) will be in touch with you about details. For available small groups, register on the webpage about Artisans of the Common Good or in the commons.

Fall festival Helper (Live) Saturday, October 27 from 1-5 pm.
This fall we are having our first fall festival! We will need helpers to set-up, facilitate activities like pumpkin decorating, and clean up. The event runs from 2-4pm. Feel free to wear your best costume!

Trunk or Treat Host (Live) Saturday, October 27 from 2-4pm 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.

Small Engine Training with Gas, Oil, Wrenches and Conversation (Know) Saturday, October 13, 1-3pm at Keith Bergquist’s home, 2501 Yukon Ave. S. Saint Louis Park (down the road from church)
Learn to service your lawn mower or snow blower as we chat about the many members, but one body/many parts but one machine. Course will include: Internal combustion engine basics, basic seasonal service training. Bring your own lawn mower or snow blower (or use one of mine) and we will spend the afternoon sharing our stories while we get ready for winter. Expect to get a little dirty so wear appropriate clothing. You will need to provide your own safety glasses/goggles,. Tools, supplies and a warm, dry garage provided for the afternoon.

Bread of Life (Know) Saturday, October 6, 9-Noon in the Westwood Kitchen. Led by Marilyn Stalheim and Carole Wagen.
Join us in the Westwood Kitchen and learn to make artisan breads which will be used for communion. As we bake we will enjoy fellowship and learn about the bread of life texts found in scripture. Come be a part of this important servant ministry of our church and have a taste of the bread of life, (sampling encouraged!)
**Sunday Morning Artisans Assistant (Grow)** Sunday mornings October 7, 14, 21, 28 from 9:40-10:40am. Help families interact and create together Sunday mornings between worship services in Good Shepherd Hall. Activities of various levels and interest will be set up and we can always use extra hands helping out! Besides that, we’d love you to join in the fun, fellowship, and creativity!

**Worship Servants (Live)** Training event Wednesday, Oct. 10, 6-6:30pm. in the Sanctuary, service dates TBD. Become an integral part of worship life here at Westwood! We will talk about what worship means, why we do some of the things we do, and some of the roles that make us a worshipping community. We will be training in people to be ushers, communion servers, lectors, PowerPoint operators and more. Commitment involves a training event and then engaging in the area of your choice during a worship service one time per month for four months or more if you choose!

**Bread for the World (Know)** Wednesdays October 10 & 17 at 6:30pm. Led by Dennis Tollefson. What did Jesus say about feeding hungry people 2000 years ago? What kind of lifestyle did Jesus live among hungry people back then? Is hunger just an individual issue or is it a much larger, more complex issue? We will examine opportunities we have today to follow Jesus’ words and Jesus’ example. Opportunities like driving for “Meals on Wheels”, packing food for starving children, helping at food shelves and giving to organizations like Second Harvest with a special emphasis on Bread for the World and the Offering of Letters on October 21. The letters are directed to our Congressional representatives on behalf of hungry people all over the world including 13 million hungry people in the United States alone.

**Wednesday Night Family Faith Activities Assistant (Live)** Wednesdays October 3, 10 & 24 from 5:15-6pm. Do you enjoy helping kids, doing crafts and having fun at church? Volunteer to help with our Family Faith Activities Wednesday nights in the commons. Don’t have any experience? No problem, come along and have fun anyway! We can always use extra hands when there is glue around!

**Westwood U Sunday Morning (Know)** Between worship services, 9:50-10:40am. Choose 4 Sunday morning options from the list on page 4 . Write which you attended and turn in 1-2 sentences about what you learned in each session!
Holiday Fair (Live) Saturday, November 3 from 9:30-1:30pm
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!)

Flatbread Bake (Live) Saturday, November 17 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!

What does putting on the armor of God mean? What does it look like? How are those who have worn it different when they take it off? We will explore these questions and meet some amazing Westwood Veterans. Our time together will include discussion of faith, military and the Bible, interviews and discussion with Westwood Veterans from multiple conflicts. Service opportunity to be decided by the group!

Parenting My Parents (Know) Monday, November 12, 6:30-8:30pm in the Westwood Room.
Do you find your parents needing more help and support? Are you ‘sandwiched’ between the needs of them and your own active family? Is there any time for yourself? Join us to explore the many challenges and changes of shifting roles as our parents’ age and their needs change. The relational, as well as the very practical aspects, such as housing, driving and activities will be covered.

Take a STEP into our community (Know) Thursday, November 15 & Monday, November 19 from 6:30-8pm
STEP is the St. Louis Park community food shelf, but it is more than that. Find out about the services that are provided by STEP. Perhaps you are considering volunteering some of your time and talents to help others. The initial session at Westwood will be informational followed by Q&A. The second will be at STEP for a tour, followed by some hands-on work sorting food, stocking shelves etc. The sessions will be led by Gene Dallmann a member of Westwood and a volunteer at STEP for eight years.

Westwood Wind Ensemble (Live) November 18 services, with rehearsals on November 12 at 7 pm, & November 7 at 9 am. 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 2 worship services, plus great relationships, and music. Under the direction of Em Stark.

Wednesday Night Family Faith Activities Assistant (Live) Wednesdays 7, 14 & 28 from 5:15-6pm.
Do you enjoy helping kids, doing crafts and having fun at church? Volunteer to help with our Family Faith Activities Wednesday nights in the commons. Don’t have any experience? No problem, come along and have fun anyway! We can always use extra hands when there is glue around!

Sunday Morning Artisans Assistant (Live) Sunday mornings November 11, 18 from 9:40-10:40am.
Help families interact and create together Sunday mornings between worship services in Good Shepherd Hall. Activities of various levels and interest will be set up and we can always use extra hands helping out! Besides that, we’d love you to join in the fun, fellowship, and creativity!
Botanical part one: Drawing (Know) Thursdays 6 & 13 from 6:30-8:30pm. Taught by Pat Schmidt. Come to celebrate the wonder and beauty of the created natural world around us. Using a provided botanical subject, students will learn to correctly draw and shade subject. Students will leave with a finished drawing. (perhaps a gift for Christmas!) Students encouraged to bring a mechanical pencil, and an aux light if you have one, other materials will be provided.

Prayer Shawl Touching Lives One Stitch at a Time (Live) Thursday, December 6, 6:30-8pm (you pick 2 additional months for confirmation credit) You are invited to join a fabulous group of folks who meet regularly to knit or crochet Westwood’s beautiful Baptismal or Prayer Shawls. They are indicators of Westwood’s support and continuing prayer as we welcome children into God’s family, and for those experiencing life challenges or milestones. Yarn and instructions are supplied with plenty of laughter and great fellowship the first Thursday of each month, 6:30-8:00PM in the west side of the Westwood Library. People of all ages are invited to join us, and yes, we do have a guy who knits with us, and he’s GREAT!!

Wednesday Night Family Faith Activities Assistant (Live) Wednesdays December 5, 12 & 19 from 5:15-6pm. Do you enjoy helping kids, doing crafts and having fun at church? Volunteer to help with our Family Faith Activities Wednesday nights in the commons. Don’t have any experience? No problem, come along and have fun anyway! We can always use extra hands when there is glue around!

Congregational Caroling (a.k.a. ‘Fa, la, la, la, la!) (Grow) Sunday December 9, Noon -3pm This intergenerational event is a highlight of the holiday season for many! On Dec. 9 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 3:00 (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!!

Go nuts over Peppernuts (Pfeffernüsse)! (Grow) Thursdays, December 6 &13 from 6:30-8pm in the Westwood Kitchen. There are no nuts in these are tiny spice cookies. Popular as a holiday treat in Germany, Denmark, and The Netherlands, as well as among ethnic Mennonites in North America. Join Jan Kamrath as she introduces one of her family traditions to the Westwood community.

Digital Story Telling Saturday, December 8, 9-noon Telling stories in a digital world can be tricky. What platform do I use? What story should I tell? How should I tell it? On and on the questions can arise. This course will help eliminate questions on how, where and when to tell stories in the digital world. You will learn not only about how to tell a story but also how to distribute it on the platforms that it will be heard best and maximize the amount of people that will hear it. As people of faith we are story people, and creative storytelling was something we learned from Jesus. Delivery is different, but telling stories doesn’t have to be tricky! Bring your smartphone or tablet to class.
Community Meal (Live)  Training, Wednesday, January 9 from 5:30-6:30pm; January 16, 23, 30 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!

Wednesday Night Family Faith Activities (Live)  Wednesdays January 9, 16, 23 & 30 from 5:15-6pm. Do you enjoy helping kids, doing crafts and having fun at church? Volunteer to help with our Family Faith Activities Wednesday nights in the commons. Don’t have any experience? No problem, come along and have fun anyway! We can always use extra hands when there is glue around!

DIY: Vision Board and Creative Journaling (Grow)  Saturdays January 5 & 12, 10-Noon. Led by Alison Broman Cost: $5.00 In two sessions, students will begin to create a vision board and creative journal using a variety of mixed media skills and techniques. You don’t need to be an artist to think and reflect about what you want in life, what you have, and where you want to go! Optional Supply List: personal mementos and photos, magazines, old books, scrapbook paper, etc. If you have a journal you’d like to use, feel free to bring it!

Botanical art part 2: Watercolor Painting (Know)  Thursdays, January 10 & 17 from 6:30-8:30pm. $10 supply fee. Taught by Pat Schmidt. Using the botanical subject drawing from part 1, learn the basics of painting with transparent watercolors. We will learn to mix paint, layer color, and create a finished painting using botanical subject matter. Bring an aux light if you have one. Other materials will be provided.

Teen Cuisine (Know)  Sundays, January 13 & 27 from 12noon to 2:30pm. $10.00 for ingredients. Do you love to bake and make new foods? Food can evoke memories, brighten relationships and elevate us...especially when it is shared with friends and family. While we cook, we will discuss some of the traditions, customs and cultural influences around our favorite foods. Working together and having fun is key, so whether you’re experienced or new to baking and cooking, you will find the class full of creative inspiration. And the best part is—everything we cook must be eaten! Course taught by 9th grader and chef, Olivia Kelly.

Designing (and Participating in) an Effective Writing Group (Know/Grow)  January 8, 22 & February 5 from 6:30-7:30pm Led by Jonathan Weise. The purpose of a writing group is to get feedback and insight from others on a similar journey and is a common way to mutually strengthen each other’s writing. This particular elective gets a writing group started with good ground rules and expectations so that a writer can get as much as possible out of regular meetings. The idea is to have a safe place to hone one’s craft. All forms of writing and skill levels are welcome! Short story, Novel, Poetry, etc. The approach will be highly intentional—commenting on other writers and then giving feedback to how well we critiqued. Join us to be inspired, and enhance your writing processes!

Sunday Morning Artisans (Live)  Sunday mornings January 6, 13, 20 & 27 from 9:40-10:40am. Help families interact and create together Sunday mornings between worship services in Good Shepherd Hall. Activities of various levels and interest will be set up and we can always use extra hands helping out! Besides that, we’d love you to join in the fun, fellowship, and creativity!
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