Fall 2026 Classes, Workshops & Field Trips

Adult Learning Programs (ALPs) are Open to All
A Free Community Service of

The Salish Sea Fellowship

https://salishseafellowship.org

An Independent Community of Unitarians & Universalists

CALENDAR OF FALL PROGRAMS (See full descriptions beginning on p. 2):

Sept 16 — **Fall Birding** *with Penny Ridderbusch & Clara Mason*
Sept 16→Oct 7 — **Supreme Court at JC Library** *w/ Nils Pedersen & Joyce Francis*
Sept 18→Oct 9 — **Supreme Court at CUMC** *with Nils Pedersen & Joyce Francis*
Sept 28 — **Horses at Heron Hill Equine** *with Teren MacLeod*
Sept 30 — **How Electricity is Reliably Delivered** *with Gary Nelson & Friends*
Oct 1 — **Families & Politics Workshop** *with Braver Angels*
Oct 7→Nov 25 — **Personal Cosmology** *with Gary Nelson & Doug Rodgers*
Oct 8 — **Exploring Bainbridge Island** *with Kendra Golden & Clara Mason*
Oct 14→28 — **What are the Lessons of History?** *with Ron Strange & Friends*
Oct 16→30 — **Considering Microdosing** *with Liz Barnes*
Oct 24 — **Cozy Autumn Dinner** *with Judy King*
Oct 29 — **Introduction to the Magic Lantern** *with Brian Rogers*
Nov 2→30 — **"Tending the Fire"** *with Paul Hinton & Joannie Murphy*
Nov 4→Dec 2 — **Is Society Mad? How to Read Jung** *with Ron Strange*
Nov 6→Dec 18 — **The Telepathy Tapes Sampler** *with Ken Ing*
Dec 3 — **Visit the National Nordic Museum** *with Nils Pedersen*
Dec 9→30 — **Waking Up: In Search of Wholeness** *with Ron Strange*
Jan 6→Feb 10, **2027** — **The King, the Grail & the Wasteland** *with Ron Strange*

NOTE: *Programs take place at Community United Methodist Church (CUMC), 130 Church Lane, Port Hadlock, and other locations as noted.*

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1. ***HOW DO I SIGN UP? -*** Go to our SignUpGenius page at https://tinyurl.com/SSF-ALPs2026Fall and follow instructions. Select your choices BEFORE signing in or opening an account.
   NOTE: ALPs classes at JC & PT Libraries are without signup.
2. ***PASSWORDS?*** – If you already have a SignUpGenius account from any source but have forgotten your password, go to *https://www.signupgenius.com/register* and put in your email, then click "forgot your password?" (at the bottom of the log-in box) and follow the directions for password help. You'll receive an email with instructions on how to reset your password. Then, PLEASE write it down where you can retrieve it.
3. ***ASSISTANCE? (including those who are just plain frustrated)*** – *Contact Joyce Francis, joyce.francis.pt@gmail.com* or 301-512-6815.
4. ***SPECIFICS OF EACH PROGRAM?*** – Roughly one week before the program, ALPs Liaisons/Facilitators will contact you via email. For field trips, you'll get specifics on where to meet, what to bring, and how you might carpool (if appropriate).

FALL 2026 PROGRAM DESCRIPTIONS

1. Fall Birding Field Trip — *Penny Ridderbusch & Clara Mason*

1 Wednesday, **Sept 16,** 8 AM→3 PM, Start from PT Park & Ride

Join us for a Fall birding trip to the Billy Frank Jr. Nisqually National Wildlife Refuge, a 4,000-acre estuary where the Nisqually River meets Puget Sound near Olympia. Fall migration brings the refuge's tidal marshes and wetlands to life with waterfowl and raptors traveling the Pacific Flyway.

Possible sightings include: Northern Pintails, American Wigeons, Green-Winged Teals, Great Blue Herons, Bald Eagles, Peregrine Falcons, and Merlins. The Twin Barns Loop Trail and elevated boardwalk provide easy, accessible walking with great views across the marsh and river delta.

Suitable for birders of all skill levels. Wear comfortable outdoor shoes and layered clothing. Bring binoculars. We will carpool from the Haines St. Park and Ride, with pickups in Pt. Hadlock and/or Pt. Ludlow on request.

Penny Ridderbusch has co-led several birding outings with Dave on the Olympic Peninsula and has birded in Nepal, Bhutan, South America, and the Southwest. **Clara Mason** has gone to bird festivals in Utah, Arizona, Alaska, and Texas. She has traveled to see birds in Mexico, Scotland, Argentina, Chile, Antarctica, and the most magical place on earth—South Georgia Island. For more information, contact Penny at *pennyr1950@hotmail.com* or 206-409-4612.

2. **What's Happening with the Supreme Court (SCOTUS)?** ***Nils Pedersen & Joyce Francis***

4 Wednesday Evenings, **Sept 16→Oct 7**, 5→6:30 PM, JC Library **(NO SIGNUP)**

OR

4 Friday Mornings, **Sept 18→Oct 9**, 10:30 AM→Noon, CUMC Library **(SIGNUP REQUIRED)**

This is our 7th annual case-based SCOTUS course, recapping highlights of the previous term of the U.S. Supreme Court and previewing the cases scheduled for the upcoming term. Additionally, we will consider how recent cases have impacted the public's perception of the Court.

The general plan of the four sessions is expected to be:

- Week 1 - Introduction of participants and their interests. Overview of the Oct 2025 term by court watchers and comparative data on the previous terms.
- Weeks 2 & 3 - Review of select major cases from the Oct 2025 term.
- Week 4 - Overview of select scheduled cases for the Oct 2026 term.

We hope participants will share the questions/concerns they have about the Court during the introduction, and we will seek to address those in the following sessions.

Nils Pedersen is a retired patent attorney, member of the WA State Bar, and board president of the Salish Sea Fellowship. His current legal interest is estate law and end-of-life planning. **Joyce Francis** is a retired international relations professor and long-time facilitator of the Great Decisions Program. In addition to this case-based program, Nils and Joyce (husband & wife) have offered four historical overviews on the Supreme Court through JC Library and Peninsula & Olympia Colleges. For more information, contact Joyce at *joyce.francis.pt@gmail.com* or 301-512-6815.

3. **Bless the Horses: An Afternoon at Heron Hill Equine** ***Teren MacLeod***

1 Monday Afternoon, **Sept 28**, 2-3:30 PM, Heron Hill Equine

Join us for a 90-minute presentation and field trip into the world of horses. We'll start with an introduction to the herd and a little of Heron Hill's history, then talk through what makes horses so different from us — prey animals with instincts, sensitivities, and a way of reading us that most people never stop to consider.

There's plenty of room for questions and conversation along the way. From there, we'll get hands-on with the horses themselves — brushing, touching, and simply being with them, discovering what it is like to meet a completely authentic creature, in their own skin, with no agenda other than safety and survival. We'll close with Velda Thomas's "Bless the Horses" wisdom deck, drawing a card or two and talking through what comes up. Heron Hill Equine is a working-teaching barn with two resident horses. Participants are asked to wear comfortable outdoor clothing and solid footwear and will be required to sign a Liability Release Form.

Teren MacLeod is co-founder of Heron Hill Equine, a Washington non-profit on the Olympic Peninsula devoted to equine-assisted learning. She partners with the horses raised and retired there to exchange energy and connection across species with all ages and all interests. As a Hospice Specialist Volunteer, it is the horses that provide the real connection. She believes horses ask nothing of us but honesty and offer everything in return. For more information, contact Teren at *teren@heronhillequine.org* or 360-774-1441.

4. **How Electricity is Reliably Delivered** *Gary Nelson, Jameson Hahn & Friends*

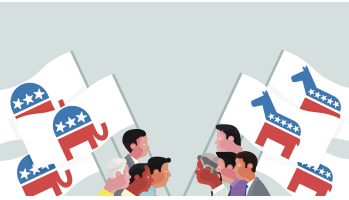
1 Wednesday, **Sept 30**, 9 AM→2 PM, Field Trip Starting from CUMC

This tour will include visits to major components of our local electrical distribution system. We'll meet in the parking lot of CUMC at 9:00 AM and carpool to several locations selected by Jefferson County Public Utility District (JPUD). We'll return to CUMC no later than 2:00 PM.

Gary Nelson is a Ph.D. electrical engineer and technical supervisor for the Salish Sea Fellowship. **Jameson Hahn** is the communication specialist for JPUD. Other specialists will share their expertise at each location. For more information, contact Gary at *gnelson.zynrgy@gmail.com* or 360-531-2395.

5. **Families & Politics Workshop with Braver Angels** *Sol Riou & Debra Morrison*

1 Thursday Afternoon, **Oct 1**, 1→4 PM, CUMC Narthex



The Family and Politics workshop teaches participants how to preserve family bonds while staying true to their values and political beliefs. Although the focus is on family relationships, you can use these strategies with any loved one. You'll have some fun in this workshop – it won't be all serious. After all, we all come from quirky families.

- Gain insight into why family differences over politics are uniquely challenging.
- Recognize common roles that family members play in political conversations.
- Learn strategies & skills for handling family political differences in a constructive way.

You will learn about the family dynamics of political differences, apply them to your family, and learn and practice effective communication skills with difficult family members. The Family and Politics workshop is open to everyone who struggles over political differences with a loved one.

Debra Morrison retired in 2023 after spending over 30 years in public and community health as case manager, clinic manager, and Behavioral Health program manager. She found Braver Angels after having some challenging political disagreements with family in 2020, and has been an enthusiastic participant ever since. In 2025, she helped start the Braver Angels King County chapter and recently became a moderator for Braver Angels.

Sol Riou retired to Port Townsend in 2018 after a career in advertising and a second career in social work. Most recently, a mental health therapist, she focused on bringing mindfulness meditation to the public schools in Tacoma. She has been actively involved in Braver Angels since 2022 and a Braver Angels Ambassador since 2024. For more information, contact Sol at *sriou@braverangels.com* or 360-774-1321.

6. **In Pursuit of a Personal Cosmology** *Gary Nelson & Doug Rodgers*

8 Wednesday Mornings, **Oct 7→Nov 25**, 10 AM→Noon, CUMC Library

Envision this project as a more comprehensive version of "Building Your Own Theology." We will explore discovering our own origin story, our personal theology, our notions of the nature of reality, the role of mind and consciousness, sources of meaning and values — a personal cosmology.

As sources, we will explore science, including controversial voices such as Michael Levin and Rupert Sheldrake, as well as more spiritual voices like Ram Dass, the Dalai Lama and the Gnostics. We will explore paths to spiritual knowledge and experience, including traditional religions and practices as well as psychedelics. The Process Relational Organic philosophy of Alfred North Whitehead and the Depth Psychology of Carl Jung will be part of the exploration with help from modern interpretations.

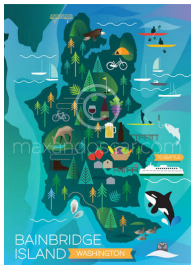
Each participant will have the opportunity to discuss one's own personal cosmology and to capture it on video for posting on the SSF website.

Gary Nelson earned a PhD in electrical engineering in 1972 and has no other formal qualifications for this project other than a lifetime of personal exploration, including being introduced at age five to his Indian spirit guide by his trance medium grandmother. He is a student of entheogenic experiences, Vipassana Buddhism, the depth psychology of Jung and the process organic cosmology of Whitehead. Contact Gary at *gnelson.zynrgy@gmail.com* or 360-532-2395.

Doug Rodgers is a retired engineer who has always been interested in how things work. He has a long history with religion, mostly with UU and now with the Salish Sea Fellowship. Over the past year, he has become fascinated with the world beyond what we can see. How does it all fit together? For more information, contact Doug at *douglas.rodgers@sbcglobal.net* or 360-390-8652.

7. Exploring Bainbridge Island *Kendra Golden & Clara Mason*

1 Thursday, **Oct 8** (Rain date Oct 15), 8:30 AM→5 PM, Meet at PT Park & Ride



Join Kendra and Clara for a day exploring Bainbridge Island. We will begin with a visit to the Japanese American Exclusionary Museum that honors the first Japanese Americans to be forcibly removed from their community and incarcerated during World War II. It is an outdoor exhibit, a unit of the Minidoka National Historic Site in Idaho. Built of old-growth red cedar, granite and basalt, the exhibit wall honors the names of all 276 Japanese and Japanese Americans who were exiled from Bainbridge Island.

Then we will head over to the Marketplace at Pleasant Beach for lunch. Next is the History Museum near the Ferry Dock. This museum, housed in an original 1908 schoolhouse, tells the stories and history of Bainbridge Island. Finally, we will visit Sakai Park to discover "Pia the Peacemaker," an 18-foot troll made from recycled materials and created by the renowned artist Thomas Dambo.

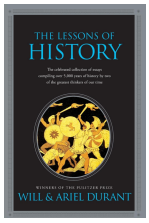
We will carpool together, meeting at the PT Park & Ride near Safeway at 8:30 am. There will be about a half-hour of driving between our 4 stops. None of the stops require a lot of walking. The trip is limited to 10 (with one volunteer driver besides Clara and Kendra). We should be back in Port Townsend by 5 pm. Everything is free except what you buy for lunch and maybe a share of the gas cost.

Kendra & Clara offer an interesting ALPs adventure every term. For more information, contact Kendra at *kendrajgolden@gmail.com* or 360-774-1576.

8. What are the Lessons of History & Do They Apply to Us?

Jack Salmon, Paul Hinton & Ron Strange

3 Wednesday Afternoons, **Oct 14→28,** 1→2:30 PM, PT Library Pink House **(NO SIGNUP)**



In our high-tech age — with the world interconnected by a ”web,” now enhanced by AI, and considering all of our technological achievements and prowess — is the study of history still relevant? One wag in the second Bush administration said "we don't read history, we make history." Is this more true now than it was in the late 1990s? What are the practical advantages of moral virtue versus coercive power in the world we inhabit?

Will and Ariel Durant spent a long four decades studying civilizations. The Durrants, in their monumental 11-volume study, looked at 5,000 years of human history and focused on factors such as environmental change, migration, inequality, and competition between groups that shaped historical outcomes. They found recurring themes in social, political, and economic development. Are there general laws or continuities across societies and history?

We will look at their findings condensed by the Durants into approximately 120 pages and explore their relevance to our current world challenges. We will contemplate over three meetings together the above questions and wonder, “Are we, in the USA, an exception to history?”

To participate fully in this class, one must obtain the book “The Lessons of History” by Will and Ariel Durrant (approx. $7.00 used online). Please have read the first five chapters before the first class. This class is a facilitated seminar, not a lecture, that relies on informed participants. For more information, contact Ron at 360-379-4908 or *ron.j.strange@gmail.com*.

Jack Salmon holds a PhD in International Relations and was on the faculty at Gonzaga U, Virginia Tech, U-West FL, and the U.S. Naval War College. He is Interested in Asian history, military, and ecology. As a pessimist-pragmatist, he studied strategy and sailing fast. **Paul Hinton** is a recovering attorney and retired airline pilot. **Ron Strange** has spent the last few years thinking about hubris, climate change, the Titanic, entropy, and human folly. As an optimist, he plants trees.

9. Considering Microdosing *Liz Barnes*

3 Friday Mornings, **Oct 16→30**, 10:30 AM-Noon, 11 Swanson Avenue, Port Townsend

With ten million Americans microdosing in 2025, you may be curious about this practice. We will explore the concept and motivations behind this ancient practice in three sessions that will include presentations and Q&A. **NOTE:** There is a flight of stairs involved in accessing the audio-video presentations.

Liz has spent the past five years preparing to be of service in the realm of psychedelic plant use. She considers these plants to be teachers in themselves and has personal experience with healing from depression and anxiety through these teachers. For more information, contact Liz at *mslizbarnes@gmail.com* or 214-912-5428.

10. Cozy Autumn Dinner *Judy King*

1 Saturday Afternoon, **Oct 24**, 1→5 PM, Judy's Home Kitchen

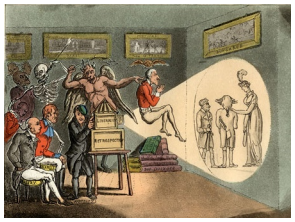
As the days grow shorter and cooler, it is time to head indoors to enjoy the season's bounty. Think earthy mushrooms, velvety squash soup, crisp apples, juicy pears and braised meats.

Menu: Savory Mushroom Clafoutis, Herbed Butternut Squash Soup, Salad of Romaine with Apples, Cheddar, Pecans and Mustard Vinaigrette, Medallions of Pork with Apple, Prune & Apricot Sauce, Lemon Rice and Pear Tarte Tatin. All recipes will be demonstrated, and participants will have detailed recipes to replicate the menu at home. The class includes a sit-down dinner with wine pairing, so participants will pay $25 for expenses.

Judy King has been an enthusiastic home cook for over 40 years. She is also a 2007 graduate of the San Diego Culinary Institute. Exploring and preparing cuisine from around the world has been and continues to be her lifelong passion. Her classes emphasize recipes and techniques that are accessible to the home cook. For more information, contact Judy at *judith.king2@icloud.com* or 360-643-5374.

11. Introduction to the Magic Lantern *Brian Rogers*

1 Evening, **Oct 29**, 7-8:30 PM, Quimper Village, PT

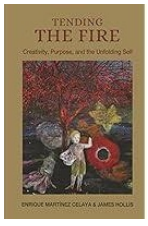


Before the film era, magic lanterns were used for entertainment, education, and religious instruction. At the turn of the 19th century, thousands of magic lanternists presented programs to delight children and entertain and educate adults. This program will present a variety of lantern slide styles, themes, and program to entertain and inform participants about the technology.

Magic Lanternist **Brian Rogers** is a long-term collector of magic lantern slides, with a special focus on Alaska and the Arctic regions. He has shown selections of the slides and magic lanterns in several dozen presentations. He is a former president of the Magic Lantern Society of the US and Canada and now serves as its treasurer. For more information, contact Brian at *briandrogers@gmail.com* or 907-460-0969.

12. Book Discussion: "Tending the Fire" *Paul Hinton & Joannie Murphy*

5 Monday Afternoons, **Nov 2→30**, 3:30-5 PM, CUMC Library



In 2016, artist and author Enrique Martínez Celaya met Jungian Analyst and author James Hollis. Despite their distinct backgrounds, they discovered a profound common ground: a shared devotion to the essential questions that shape our lives. Though our individual paths may differ, the journey is a universal one. By exploring the assumptions, longings, and questions that underlie our daily choices, we engage with the larger themes that connect us.

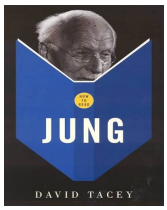
The questions explored in this book are not abstract; they are alive in each of us, shaping our perceptions, relationships, and aspirations. By welcoming these questions into our awareness, we invite the possibility of a more expansive journey — one that is richer, more meaningful, and uniquely our own.

Tending the Fire is a new book and expensive (~$35). We are exploring a possible discount from Imprint Bookstore. Also, we have an anonymous donor who has generously offered to subsidize $20 of the purchase price.

Paul Hinton & Joannie Murphy are partners who believe that addressing life's meaningful questions leads most naturally to a life better lived. They look forward to facilitating thoughtful discussions of this book. For more information, contact Paul at *paulsailon@aol.com* or 817-291-5669 or Joannie at *jlmalex1@aol.com* or 619-857-0042.

13. Is Society Mad? "How to Read Jung" *Ron Strange*

5 Wednesday Afternoons, **Nov 4→Dec 2,** 1→3 PM, CUMC Library



We live in a postmodern era in which many of the assumptions of science and modernity are being questioned and doubted. Our age is hungry for meaning, without which alienation and neuroses are lurking. Jung was the original anti-psychiatrist who designated society as mad.

By "religion" Jung means an attitude of reverence towards the whole of life, a sense of the sacred in the everyday, and openness towards the transcendent in self and others. He was not interested in weekly religious observance, but only in "the daily need of the soul."

In this seminar (not a lecture), we will pursue Jung as the "original anti-psychiatrist" through our close reading of the book "How to Read Jung" by David Tacey. Participants must acquire the book to participate fully and have read through page 32 before the first meeting.

Ron Strange has been a curious student of Jung's ideas for the past 40 years. Because of his interest in developing a thoughtful community of depth, he helped to create Port Townsend Friends of Jung 18 years ago. Contact Ron at 360-379-4908 or *ron.j.strange@gmail.com*.

14. The Telepathy Tapes Sampler *Ken Ing*

6 Friday Afternoons, **Nov 6→Dec 18 (EXCEPT Nov 27),** 1→3 PM, CUMC Library

A podcast series launched in 2025 called "The Telepathy Tapes" is attracting a sizable audience. The podcast explores telepathy and related extraordinary abilities, most often demonstrated by children and adolescents who are non-speaking. I find the stories to be really compelling, and very thought-provoking, making me eager to introduce the podcast to other people.

However, the series is now over 70 episodes and counting. In this 6-week class, we are going to sample a few of my favorite episodes, intending to touch on many of the various threads the series explores. The intent is to have interesting group discussions after we listen to excerpts of each chosen episode together.

Ken Ing retired in 2019, after a career in Information Technology in private business. Previous SSF ALPS class offered by Ken included the topics of World Cultures, Artificial Intelligence, and Mysticism. Contact Ken at *kennething@comcast.net* or 360-930-0800.

15. A Visit to the National Nordic Museum *Nils Pedersen*

1 Thursday, **Dec 3**, Full Day, Meet at PT Park & Ride

Please join us for a guided tour of the National Nordic Museum in Ballard, gateway to Nordic history and contemporary culture. We will carpool (or meet up, if you prefer to make your own way) to arrive at 11 AM for a guided tour of the museum. After the tour, we will have time for an optional Scandinavian lunch in their restaurant and to peruse their museum shop offerings.

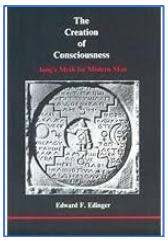
Ticket prices are normally $16-$20, but the 3rd is a 'free first Thursday.' Any charges for the guided tour are pending. Note: this day is after their *Julefest* (Christmas Fest) on November 20-22. The tour will be limited to 11 sign-ups plus your leader, Nils, for a total of 12 (likely three cars). Getting to and from the Museum is obviously time-consuming, so plan for most of the day.

After the museum, and if there is sufficient interest, we can stop by either or both 'Scandinavian Specialties' and 'Larsen's Danish Bakery', both also in Ballard, as we make our way back to the ferry. Details will become available after museum confirmation and release of the Fall ferry sailing schedule.

Nils Pedersen is proudly Danish-born and current president of the board of the Salish Sea Fellowship. Contact Nils at *nilsepedersen@gmail.com* or 240-994-0730.

16. Waking Up: In Search of the Archetype of Wholeness *Ron Strange*

4 Wednesday Afternoons, **Dec 9→30**, 1→3 PM, CUMC Library



"The world today hangs by a thread, and that thread is the psyche of [humanity]," wrote Carl Jung. We have achieved the goal of living in interesting times. For the past 500 years or so, there has been a perceived conflict between religion and its linkage to God in science, which has sought knowledge — Eros vs. Logos. If we are to continue with any form of life on earth, perhaps the time is at hand to seek a "linked knowledge."

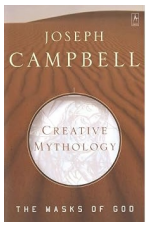
Carl Jung connected world religions, alchemical texts, ancient myths, modern dreams, and depth psychology to prove the existence of something universally shared. He showed that the human mind contains universal patterns called archetypes within a collective unconscious.

This four-week seminar (not a lecture) requires all participants to obtain the book "The Creation of Consciousness: Jung's Myth for Modern Man" by Edward Edinger, and have read chapter 1 prior to the first meeting.

Ron Strange has been a curious student of Carl Jung for 40 years. He was a cofounder, 18 years ago, of Port Townsend Friends of Jung. Contact Ron at 360-379-4908 or *ron.j.strange@gmail.com*.

17. The King, the Trail & The Wasteland *Ron Strange*

6 Wednesdays, **Jan 6→Feb 10, 2027,** 1-3 PM, CUMC Library

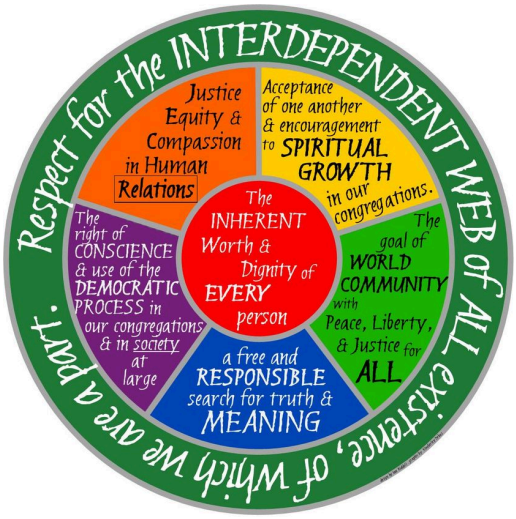


The wasteland is any world in which force, and not love, indoctrination, not education, authority, not experience prevail in the ordering of lives. The king has a wound that will not heal, resulting in a lack of fertility and eros; society is morally adrift, disconnected from its sacred foundations, earth, and the archetypal feminine. The king must be healed for the kingdom to thrive. Thus, the knights are sent on a quest, in search of healing.

Most of the Grail legends were written during a 125-year, politically tumultuous period in the late 12th and 13th Centuries. The first were pre-Christian of Celtic origin. In this class, we will explore Joseph Campbell's writings on the importance of these legends to the development of Western culture and their continued relevance to the times in which we currently live.

Please acquire the book "The Masks of God: Creative Mythology" by Joseph Campbell (between $17 used to $25 new online) for this six-week seminar and read pages 383 through 416 before the first class.

Ron Strange has been a student Jungian psychology and depth psychology in general for the past 40 years. He is still curious and enjoys the adventure of disambiguating complicated stories and texts with others. He is a co-founder of Port Townsend Friends of Jung. Contact Ron at ron.j.strange@gmail.com.



The Salish Sea Fellowship (SSF) is an Independent Community of Unitarians & Universalists, a spiritual & educational home of mutual support that embraces these traditional seven principles.

https://SalishSeaFellowship.org