

LIFE ENRICHMENT Classes, Events, and Affinity Groups

2020 Fall Term

Offered by the UNITARIAN UNIVERSALIST CHURCH OF THE MONTEREY
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The UUCMP Life Enrichment Committee offers classes, events and affinity groups to promote learning, fellowship, spirituality, and outreach to the wider community. We offer three terms each year:

Fall Term - September to December

Winter Term - January to March

Spring Term - April to June

WE INVITE YOUR PARTICIPATION IN THE EVENTS LISTED.

We welcome your suggestions for future events.

Classes are offered during the fall, winter, and spring terms for four to ten week periods, on a schedule determined by the instructor.

One-time events may be workshops or special programs of wide interest.

Ongoing Affinity Groups and Shared Interest Groups are open to all.

The UUCMP Life Enrichment Committee:

Carol Greenstreet, Chair

Bud Smith

Lee Hulquist

Rev. Axel Gehrman

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BOOK DISCUSSION: “How to Be a Unitarian Universalist in 2020”

Dates: 1st and 3rd Tuesdays (September 15 - December 15)

Time: 7:00 to 8:30 p.m. via Zoom

We are living in extraordinary times. The current pandemic, a heightened awareness of racial and economic disparities, and an increasingly polarized political climate provide an abundance of social and personal challenges. What kind of religious response can Unitarian Universalism provide? Please join Rev. Axel for a book discussion of the current New York Times bestseller [How to Be an Antiracist](#) by Ibram X. Kendi, as we grapple with these important questions.

Please acquire a copy of the book and read the introduction and first chapter for our first session, on September 15.

Please contact Rev. Axel if you have questions, need help with Zoom, or plan to attend.

THE ANTI-RACISM BOOK AND FILM GROUP

Dates: First Tuesdays

Times: 7:00 p.m. to 8:30 p.m. via Zoom

Location: Zoom

The Anti-Racism Book and Film Group alternates books and films. Coming up soon:

September 1: Film "Stockton on My Mind" (please watch ahead of time),

Oct. 6: Book [Caste](#) by Isabel Wilkerson. Questions speak with Rev. Elaine.

Contact: Rev. Elaine Gehrmann

WHITES FOR RACIAL EQUITY

Date: Second Saturday

Times: 10:00 a.m. to 12:00 p.m. via Zoom

For more information, go to Whitesforracialequity.org

Contact: Rev. Elaine Gehrmann or JT Mason

WOMEN'S DISCUSSION GROUP

Dates: Second and fourth Thursdays

Time: 2:00 to 3:30 p.m. via Zoom

This is an ongoing group for women who are free in the afternoon, as a way of building friendships and enlarging knowledge. The wide-ranging programs are about books, travel, personal enthusiasms, and much more. Discussions are led by a group member's interest-based presentation. Presentations have ranged from "favorite job ever held" to personal definitions of the meaning of love. All women are welcome.

Contact: Nancy Baker Jacobs

SANGHA GROUP: AWAKENING THE BUDDHA WITHIN

Dates: Wednesdays

Time: 7:00 to 8:30 p.m. via Zoom

Buddhism is a path of self-discovery. Through the practice of meditation and mindfulness we cultivate compassion, decrease suffering, and lead a more balanced life.

The purpose of the group is to provide "Sangha" (spiritual community) for everyone interested in practicing meditation and learning about the "Dharma" (the teaching of the Buddha). Our Sangha is a self-led group that has no affiliation to any particular Buddhist school of tradition. All are welcome to attend.

We sit in silent meditation from 7:00 to 7:20 p.m., followed by brief individual sharing about our practice. Then we listen to Dharma talks recorded by noted Buddhist teachers with group discussion afterwards.

"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves." - The Buddha

Contact: Dennis Hamilton

CHALICE CIRCLES

Chalice Circles consist of 6-10 people who meet at least once a month for about two hours to explore meaningful topics together. A typical meeting begins with opening words and a check-

in, followed by sharing and discussion on a specific topic. The meeting often concludes with a check-out and closing words.

The format of the meetings helps participants set aside daily distractions, reflect on their lives and beliefs, and make meaningful connections with one another.

Chalice Circles provide an opportunity for members and friends of the church to develop deeper connections and wider service within our community through small-group conversation. Similar groups have been called Covenant Groups or simply small group ministry.

This year, the vast majority of our church meetings, events, classes, and Chalice Circles will be conducted via your computer or phone line. Our current groups include:

Dorothy's Group

Meeting time: First Thursdays, 2:00-4:00p.m., via email

Contact: Peggy Hansen

Louise's Group

Meeting time: Second Mondays, 1:30-3:00 p.m., via Zoom

Contact: Carol Meyer

Evening Chalice Circle

Meeting time: Fourth Mondays, 6:45-8:45 p.m., via Zoom

Contact: Sharon Miller
and Kerry Sisse

Canterbury Group

Meeting time: Second and Fourth Tuesdays, 2:00-4:00 p.m., via Zoom

Contact: Craig Scott

Join a Chalice Circle!

If you would like to inquire about joining a current Chalice Circle or forming a new one, sign up here [Chalice Circle Form](#) or contact the ministers, Revs. Axel or Elaine.

SHARED INTEREST GROUPS

Shared Interest Groups are a new idea generated from a church-wide survey earlier in 2020. These are informal, peer-led interest groups for people who share and want to connect around a common interest. They have no designated "coordinators" unless someone steps up. Some are quite active, and have contacts listed. Some need coordinators to initiate action with ideas; if you are interested, please contact membership@uucmp.org.

Garden Club Shared Interest Group (Soil Mates)

Dates: 3rd Saturday at 10:00 a.m. via Zoom

Contact: Lee Hulquist

Book Lovers Shared Interest Group
Dates: N/A, this is an email thread.
Contact: Maren Martin

COVID-19 SIMULTATION AND DISCUSSION

Dates: Monday, September 21, 7:00 p.m. to 8:15 p.m.
Time: 7:00 to 8:30 p.m. via Zoom
Contact: lifenrichment@uucmp.org

Please join Bill Kampe for a demonstration and discussion of a simulation model on the dynamics of COVID-19. He developed the model to illustrate the penetration and growth of the viral pandemic and to help answer some personal curiosities about what we are facing. Why did Covid-19 explode so suddenly in our country, and elsewhere? Why is it so difficult to maintain control when we thought we had made such good progress? As a member of the at-risk segment, what can I and others do to minimize our chances of contracting Covid-19? How does the behavior of others affect my prospects? Bill will describe the dynamic simulation which shows some answers, and then be available to answer your questions about the simulation and mitigations such as shutdowns, distancing, and masks.

Bill and his wife Cheryl are residents of Pacific Grove, where they retired after careers in the San Francisco Bay Area. In Pacific Grove, Bill served on the City Council from 2008 to 2018, including as the former Mayor from 2012 to 2018.

Bill's career included 35 years with Hewlett-Packard Co. and Agilent Technologies, mostly in marketing of precision measurement instruments for the electronics industry. During his career, Bill found it useful to develop simulation models of key processes to deepen understanding of new or changing circumstances and facilitate discussions with others on how best to adapt with new approaches. The pandemic simulation follows in the same spirit, enabled by some of the extra free time from our shelter-in-place era.

Website: www.billkampe.org

ME AND WHITE SUPREMACY WORKING GROUPS

There will be two working groups, so please sign up for one of the two. Details below

1) M & WS Second & Fourth Tuesday evenings, 7:00 - 8:30 p.m. Pacific time
<https://uuma.zoom.us/meeting/register/tJwtcO6tqiovGdBTs4ZHn4iqKfrcV4YHqHNx>

OR

2) M & WS First & Third Friday mornings, 10:00 - 11:30 a.m. Pacific time
<https://uuma.zoom.us/meeting/register/tJwlc-ypqTovHdDMf6x8EVPwArbjWXd5lbwZ>

Me and White Supremacy Working Group Information

Elaine Gehrman, Bonnie Rose Fernandez and Kat Morgan have called together this set of working groups using Layla F. Saad's Me and White Supremacy workbook. Although Elaine & Bonnie Rose and Kat are convening this set of groups as co-facilitators, each group will take on shared responsibility of group leadership within the framework of a process called The Circle Way.

If you don't have the book already, please ensure that you get it in a timely fashion so that you can be prepared for our first session.

We appreciate your willingness to engage in this work and your understanding of its urgency. We know that it may be difficult at times to put our lives aside, even for a few hours each week; and our shared commitment to this process means that we know that white supremacy isn't going to be dismantled easily. As many of us as possible are needed to take on the work of undoing racism and its horrific and deleterious impact on Black, Brown, Indigenous and other POC, and on all white people within our shared society and our world. "Taking on the work" means beginning with ourselves, and then continuing this work both with ourselves and with others. We'll be doing this work individually on a daily/weekly basis, and then coming together twice a month to process our writing, learning and experience in order to gain strength and wisdom and build shared understanding with and from each other. The nature of how cultural white supremacy affects each of us personally and plays into our own racism as white people is convoluted and difficult, and while this work can be done individually, many of us have found that there is a great deal of added benefit to working with others who can help us hold ourselves accountable.

We will be meeting online using a Zoom format. We will have two different series, with the same content in each, but different time slots. Please register for the series that you plan to participate in:

1) M & WS Second & Fourth Tuesday evenings, 7 - 8:30 pm Pacific time
<https://uuma.zoom.us/meeting/register/tJwtcO6tqjovGdBTs4ZHn4iqKfrcV4YHqHNx>

OR

2) M & WS First & Third Friday mornings, 10 - 11:30 am Pacific time
<https://uuma.zoom.us/meeting/register/tJwlc-ypqTovHdDMf6x8EVPwArbjWXD5lbnZ>

Our reading/discussion schedule is as follows:

Fri Sept. 4 and Tuesday Sept. 8 -- Intro, Foreword, Part 1, and Circle Way

Fri Sept. 18 and Tuesday Sept. 22 -- Days 1-4

Friday Oct. 2 and Tuesday Oct. 13 -- Days 5-7

Friday Oct. 16 and Tuesday Oct. 27 -- Days 8-11

Friday Nov. 6 and Tuesday Nov. 10-- Days 12-14

Friday Nov. 20 and Tuesday Nov. 24 -- Days 15-18

Friday Dec. 4 and Tuesday Dec. 8 -- Days 19-21

Friday Dec. 18 and Tuesday Dec. 22 -- Days 22-25

Friday Jan. 8 and Tuesday Jan. 12 - Days 26-28

Our Zoom environment will open about 15 minutes before class-time so folks can gather, and we'll begin our sessions promptly on the hour!

We are asking that all participants attend all sessions in your series if at all possible. It is critical to this work that everyone read, think about and complete all weekly writing prompts from the book for each session.

Before the first session, please read, absorb and engage with:

The Foreword

Part I: *Welcome to the Work*, and

the Appendix: Working in Groups: Me and White Supremacy Book Circles.

Of particular importance is the appendix, which outlines Layla Saad's requests for how we go about doing this work as a group. We will use the non-hierarchical format discussed in that section, called The Circle Way (<http://www.thecircleway.net/circle-way-guidelines>).

Please be sure to complete the pre-reading and engagement outlined above before our first meetings.

Please bring any initial thoughts and questions about The Circle Way process and/or anything else regarding the sections outlined above to our first meeting. If something feels pressing or you have other questions or concerns about this work before we begin, please don't hesitate to respond to this email or contact Elaine, Bonnie Rose or Kat.

MONTEREY ONLINE EVENTS

Many organizations around Monterey County offer interesting online presentations, classes, and events across a wide variety of topics. Links are included so that you can see if any appeal to you.

1, 15 and 29 SEP Tuesdays noon. [Learn to Draw Birds with John Muir Laws](#). Register. Free.

2 and 9 SEP Wednesdays 10 AM. OLLI online: [Artists by the Sea](#) with Point Lobos Docent Cynthia Wagner. Register. \$.

2 SEP Wednesday 3:45 PM. Smithsonian Associates Streaming: [The Language of Butterflies - A Message of Hope](#). Science journalist Wendy Williams explores the factors behind declining butterfly populations, from habitat destruction to climate change, and charts the deepening bond we have with these insects and their importance to our own survival. Register. \$.

3 SEP Thursday 10 AM. Xerces Society Zoom: [Beyond Plants - What Else Do Insects Need to Thrive?](#) Register. Free.

3 SEP Thursday 10 AM. Pepperwood Preserve Webinar: [Increasing Biodiversity with Effective Invasive Plant Managements](#). Register. Free.

3 SEP Thursday 7:30 PM. CNPS webinar: [Restoring Urban Nature - A 21st Century Necessity](#). Register. Free.

3 - 6 SEP Thursday - Sunday. [Virtual Yampa Valley Crane Festival](#). Free.

5 SEP Saturday 1 PM. [Elkhorn Slough Reserve History Series](#) on Facebook: Indigenous Stewardship. Free.

6 - 12 SEP Sunday - Saturday. Elkhorn Slough Reserve on Facebook: [CA Biodiversity Week - Virtual Events](#). Free.

7 SEP Monday 4 PM. Marine Mammal Center presentation on Facebook: [Top Predators - Orcas and Great White Sharks](#). RSVP. Free.

9 SEP Wednesday 4 PM. Smithsonian Associates Streaming: [Bird Brains - How Birds Talk, Work, Play, Parent, and Think](#). Author Jennifer Ackerman discusses her investigation into the bird way of being and the recent scientific research that dramatically shifts our understanding of how birds live and think. Register. \$.

10 SEP Thursday 1 PM. OLLI online: [Julia Morgan - Asilomar and Beyond](#). Register. Class is free but requires OLLI membership \$.

10 SEP Thursday 6 PM. [NOAA online seminar](#): Into the Deep - Literally, Virtually and Fictionally. Register. Free.

12 SEP Saturday 11 AM. Cornell Lab of Ornithology online workshop: [Drawn to Birds - A Sketching Workshop](#). \$.

12 - 13 SEP Saturday and Sunday. [Virtual Puget Sound Bird Fest](#). Register. Free.

15 SEP Tuesday 6 PM. MIIS Online Speaker Series: [The Three E's to Change the World - Driving Behavior Change for Conservation](#) (note Zoom access link and password). Free.

20 SEP Sunday 1:30 PM. Seymour Marine Discovery Center Online Science Sunday: [Sharing Space with Sea Otters](#). Register. Free.

20 - 26 SEP. [Sea Otter Awareness Week](#). Events to be posted near start date.

21 SEP Monday 4 PM. Marine Mammal Center presentation on Facebook: [Sea Otter Spectacular](#). RSVP. Free.

22 SEP Tuesday 4 PM. Climate One Webinar: [Climate Ambition Panel Discussion](#). Addresses how leaders of some of the nations' biggest environmental organizations are responding to a year of race and health crises. Register. Free.

22 SEP Tuesday. [Fall Equinox](#).

22 SEP Tuesday 12:30 PM. MIIS Online Speaker Series: [Developing Just and Secure Food Systems in California](#) (note Zoom access link and password). Free.

22 SEP Tuesday 6 PM. MIIS Online Speaker Series: [Save The Oceans, Feed the World](#) (note Zoom access link and password). Free.

OCTOBER Virtual Birding Festivals: [Cape May](#) OCT 2 - 4; [Hawaii](#) OCT 15 - 19.

ANYTIME

[PG Museum To You](#) recorded programs covering a wide range of natural history topics with new offerings every week.

[Santa Cruz Museum of Natural History](#) recorded programs covering a wide range of natural history topics.

BBC YouTube: A moment of Zen for you. [What a Wonderful World with David Attenborough](#).