

LIFE ENRICHMENT

Classes, Events, and Affinity Groups

2018 Fall Term

Offered by the

UNITARIAN UNIVERSALIST CHURCH OF THE MONTEREY PENINSULA

490 Aguajito Road
Carmel, CA 93923

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lifenrichment@uucmp.org



Classes and Events

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 November
Winter Term - January to
March Spring Term - April to
June

WE INVITE YOUR PARTICIPATION
IN THE EVENTS LISTED IN THIS BOOKLET,
and 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 are open to all.

The UUCMP Life Enrichment Committee:

Carol Greenstreet, Chair
Barbara Bullock-Wilson
Carol Meyer
Rev. Axel Gehrmann

Classes and Events

FALL 2018 LIFE ENRICHMENT

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Classes and Events

Book Discussion on “Being Mortal”

Dates: 2nd and 4th Tuesdays, beginning September 25.
(9/25, 10/9, 10/23, 11/06, 11/27, 12/11, 1/8, 1/22)

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

Location: Fireplace Room

What does it mean to live well and to die well? This question lies at the heart of our thoughts and feelings surrounding the mortality of loved ones, as well as our own mortality.

Rev. Axel will be leading an 8-session discussion of “Being Mortal: Medicine and What Matters the Most in the End” by bestselling author and surgeon Atul Gawande. An excerpt about the book: “Medicine has triumphed in modern times, transforming the dangers of childbirth, injury, and disease from harrowing to manageable. But when it comes to the inescapable realities of aging and death, what medicine can do often runs counter to what it should.” Through eye-opening research and gripping stories of his own patients and family, Gawande reveals the suffering this dynamic has produced... Riveting, honest, humane, *Being Mortal* shows how the ultimate goal is not a good death but a good life - all the way to the end.”

Please acquire the book and read the Introduction and first chapter for our first session. Please contact Rev. Axel (minister@uucmp.org) if you have questions, or plan to attend.

Suggested donation: \$5.00 per session

Classes and Events

The Ministerial Intern and the Teaching Congregation: Roles and Responsibilities

Date: Sunday, October 7

Time: 12:30 to 2:00 p.m.

Location: Fireplace Room

Amy Carlson's internship with us is one element of her larger program of education for the development of new UU ministers. As we welcome Amy as our ministerial intern, it is helpful to know our mutual responsibilities as well as the benefits to our congregation. This presentation will explain the relationship between the intern and the congregation, including the following:

- The elements of the internship and our contract with Amy
- Our ministers' role as the supervising minister
- The function, role, and tasks of the Internship Committee
- Opportunities for the congregation to participate in Amy's educational program.

Please send your questions to Susan Hocevar, Intern Committee Chair, so that we can answer them during the presentation.

sphocevar@gmail.com.

Classes and Events

Organizational Success with Volunteers: Lessons from Big Sur Marathon, Monterey Bay Aquarium, and First Night.

Date: Wednesday, October 24

Time: 7:00 to 9:00 p.m.

Location: Sanctuary

Presenters: Alice Crawford, Ken Peterson, Paulette Lynch

Organized by Susan Hocevar and Gretchen Hausmann

Join us for some insights from three people who have experience with some of the most successful organizations in the Monterey Bay...and they rely on volunteers! Alice Crawford is Chair of the Governance Board of the Big Sur Marathon Foundation, Ken Peterson is in charge of strategic communications at the Monterey Bay Aquarium, and Paulette Lynch – the executive director of the Arts Council for Monterey County – was key to bringing First Night to Monterey. We will ask each of them to share what they have learned about recruiting, retaining, and motivating volunteers. There will be time for Q&A and we will encourage small group discussion among participants so we can generate specific ideas of how we all might improve volunteerism in our own organizations.

Classes and Events

Basic Spanish Class for Beginners

Dates: Mondays, October 8 to December 10

Time: 7:00 to 8:00 p.m.

Location: Conference Room

Come learn and improve your Spanish skills in this class with experienced instructor An McDowell and fellow church members. Whether you want to help immigrants fill out forms, or be able to converse with your neighbors, clients, or community members, this class will give you the tools and the confidence to habla Espanol!

Suggested donation: \$5 - \$10 per class

Classes and Events

"Obit"-- A documentary about the Obituaries section writers at the New York Times.

Date: Saturday, November 3

Time: 1:00 to 3:00 p.m.

Location: Fireplace Room

Rev. Elaine Gehrmann

We will watch together and discuss this excellent documentary, focused on these careers spent shaping the stories of our lives, "a touching inquiry on the nature of public legacy amid the ceaseless march of time." Recommended although not required in preparation for the Writing Your Own Obituary workshop.

"Writing Your Own Obituary Workshop"

Date: Sunday, November 4

Time: 1:00 – 3:00 p.m.

Location: Fireplace Room

Rev. Elaine Gehrmann

An obituary is a synopsis of one's life, a condensed version of one's history, family, and impact on the world. These can be challenging to write and yet this exercise can also be illuminating. It can also be a gift to your loved ones, and your opportunity to help shape your legacy. Please join Rev. Elaine, and bring your preferred writing materials (pen and paper, journal, or laptop, etc.). Refreshments will be provided.

Suggested donation: \$5.00

WOMEN'S DISCUSSION GROUP

Dates: Second and fourth Thursdays

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

Location: Fireplace Room

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 person:

Nancy Baker Jacobs

831-646-1530; pgauthor@comcast.net

MEN'S GROUP BREAKFASTS

Date: Second Saturdays

Time: 8:00 to 10:00 a.m.

Location: Conference Room

All men who are members and friends of the UUCMP are welcome to meet for breakfast and conversation.

Contact person:
Marsh Pitman
marshpitman@gmail.com

T'AI CHI CHIH

Date: Wednesdays

Time: 5:30 to 6:30 p.m.

Location: Sanctuary

T'ai Chi Chih consists of nineteen movements and one pose intended to generate, circulate and balance the body's life energy, which the Chinese call Chi. It is a modern movement form with roots in the Qi Gong and T'ai Chi Chuan traditions.

Suggested donation: \$5.00

Contact person:
Jim Eagle
831-484-2238, jeagle@redshift.com

THE DANCES OF UNIVERSAL PEACE

Dates: Third Sundays, September 16, October 21, November 18, and December 16

Time: 5:00 to 7:00 p.m.

Location: Sanctuary

Dances of Universal Peace are a joyful, multi-cultural way to experience our spiritual essence, to connect with each other heart-to-heart, and to bring peace into our lives and into our world. Participants sing or chant sacred phrases from many of the world's faith traditions while doing simple circle dance movements. Since every dance is taught to the whole circle, no experience is necessary.

For more detailed information about the Dances at UUCMP, please use the contact information below. General information about the Dances may be found at

www.dancesofuniversalpeace.org.

Suggested donation: \$10 per person per session is suggested to cover basic costs. Out of respect for participants' sensitivities, the Dances are fragrance-free events.

Contact person:

Barbara Bullock-Wilson

831-624-2801, barbbw@sonic.net

SANGHA GROUP AWAKENING THE BUDDHA WITHIN

Dates: Wednesdays

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

Location: Sanctuary

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 afterward.

“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

FRIDAY NIGHT AT THE MOVIES

Dates: Second Fridays

Time: 7:00 to 10:00 p.m.

Location: Sanctuary

We are showing movies of interest to UUs.

Contact persons:

John Freeman

831-236-7358

john.freeman258@gmail.com

Harry Nagel

813-718-8112, harrynagel@icloud.com

Suggested donation: contribution towards refreshments

THE ANTI-RACISM BOOK GROUP

Dates: First Tuesdays

Time: 7:00 to 9:00 p.m.

Location: Fireplace Room

THE ANTI-RACISM FILM GROUP

Dates: Third Thursdays

Time: 7:00 to 9:00 p.m.

Location: Fireplace Room

Co-sponsored by UUCMP and Whites for Racial
Equity.

Contact person for both:

Rev. Elaine Gehrman

minister@uucmp.org

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**Unitarian Universalist Church
of the Monterey Peninsula
490 Aquajito Road
Carmel, CA 93923**

Return service requested