

LIFE ENRICHMENT

Classes, Events, and Affinity Groups

2019 Winter Term

Offered by the

**UNITARIAN UNIVERSALIST CHURCH
OF THE MONTEREY PENINSULA**

490 Aguajito Road
Carmel, CA 93923

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lifenrichment@uucmp.org



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.

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
Bud Smith
Rev. Axel Gehrmann

WINTER 2019

LIFE ENRICHMENT CLASSES AND EVENTS

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Book Discussion: *Justice on Earth: People of Faith Working at the Intersections of Race, Class, and the Environment*, edited by Mishra-Marzetti and Nordstrom.

Dates: 1st three Tuesdays in February. (February 5, 12, 19)
Time: 7:00 to 8:30 p.m.
Location: Fireplace Room

Amy Carlson, our ministerial intern, will be leading a three-session discussion of this 2018-2019 UUA Common Read.

From the UUA website: “At a time when racial justice, environmental justice, and economic justice are seen as issues competing for time, attention, and resources, *Justice on Earth* explores the ways in which the three are intertwined. People and communities on the margins are invariably those most affected by climate disaster and environmental toxins. The book asks us to recognize that our faith calls us to long-haul work for justice for our human kin, for the Earth and for all life. It invites us to look at our current challenges through a variety of different perspectives, offers tools to equip us for sustained engagement, and proposes multiple pathways for follow-up action.”

Please have most, if not all, of the book read before the first session. Each session will be focused on a theme and will draw insight from the various essays in the book. (Session 1 – The Nature of the Problem, Session 2 – Finding our Religious Ground, and Session 3 – Embracing Accountability and Becoming Partners.)

Contact: Amy Carlson (intern@uucmp.org)

Suggested Donation: \$5 per session

Internet & Computer Safety and Maintenance for Non-Technical People

Dates: January 21, February 18, March 18 (3rd Monday of the month)

Time: 1:00 – 2:00 p.m.

Location: **Sanctuary**

Internet security is a challenge. One bad decision could lead to identity theft, money stolen from a bank account, or all the data on your computer being held hostage for ransom. The first class will explain how this can happen and the steps you can take to prevent it from happening to you. The last half of each class will be a general Q&A where I hope to help with some of the many frustrations and challenges associated with just owning a personal computer or smartphone. You may wish to bring your eReaders, mobile phones, or other devices for which you have questions. Later sessions of the class will adapt to the sort of issues and questions the students have.

Contact: Fred Hamilton (fred@yonkitime.com)

Basic Spanish Class for Beginners

Fridays, January 18 to May 31, 2019 *

*No class on April 5

Time: 12:00 to 1:00 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!

Contact: An McDowell (anmcd311@gmail.com),
831-233-4853

Suggested Donation; \$5 - \$10 per class

Karaoke Celebration Party

Date: Saturday, January 26, 2019

Time: 3:00 to 5:30 p.m.

Location: Sanctuary

Join us for a rollicking multi generational Karaoke celebration with professional Karaoke deejay Dana Morrigan! You can enjoy refreshments and try your hand (and voice!) at performing musical pieces. Don't miss this enjoyable event with fun for the entire family!

Contact: Carol Collin (pacgrovia@yahoo.com)

Suggested donation: \$10 per person or \$15 per family

Non-Violent Communication

Dates: January 24 until May 23 (2nd and 4th Thursdays) Time: 7:00 to 8:30 p.m.

Location: Conference Room

This fun and enlivening group will assist you to connect with others and yourself in a more meaningful and harmonious way. You will learn ways to soften conflict, develop more healthy, honest, warm, empathetic and open relationships with friends, acquaintances, relatives and most importantly yourself. Finally, it will help you to make requests to others in ways that are more clear and produce less resistance. The course is based on the work of Dr. Marshall Rosenberg.

The sessions will be conducted by Ted Hill, MA. Ted has a Masters in Counseling from Chapman University, and has been trained in Nonviolent Communication. He has conducted month-long programs at Esalen, and at Omega Institutes. He presently works as a counselor, group leader, and trainer at Alliance on Aging.

Contact: Ted Hill (tedsup3@gmail.com)

Suggested donation: \$5.00 per session.

Palestinian Film Series

Dates: March 12 & 26, April 9 & 23 (4 Tuesdays)

Time: 6:30 to 8:30 p.m.

Location: Sanctuary

Each evening we will watch a film about Palestinian issues and discuss. The films include: *"Disturbing the Peace," "The Insult," "The Occupation of the American Mind"* and *"Flying Paper."* Everyone welcome.

Contact: Elaine Gehrmann (minister@uucmp.org)

St. Patty's Day Celtic Celebration

Date: Saturday, March 16, 2019

Time: 3:00 to 4:30 p.m.

Location: Sanctuary

Join us for wonderful Celtic Concert in honor of St. Patty's Day, featuring renowned storyteller Taelen Thomas, Celtic songstress Shannon Warty, and harpist Tara Ragsdale-Cronin. A not-to-be-missed event!

Contact: Carol Collin (pacgroviaan@yahoo.com)

Admission is \$20 for adults, \$15 for seniors and students.

Children under 12 are free with a paying adult.

Tickets available at the door.

Tickets may be available at Bookmark Music at 307 Forest Ave in Pacific Grove, or online through PayPal at uucmp.org.

Affinity Group: 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: Nancy Baker Jacobs

(pgauthor@comcast.net)

831-646-1530

Affinity Group: 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: Marsh Pitman
(marshpitman@gmail.com)

Affinity Group: 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: Jim Eagle (jeagle@redshift.com)
831-484-2238

Affinity Group: THE DANCES OF UNIVERSAL PEACE

Dates: Third Sundays, January 20, February 17, March 17

There will be no Dances on Easter Sunday, April 21.

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: Barbara Bullock-Wilson
(barbbw@sonic.net)
831-624-2801

Affinity Group: 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

Affinity Groups

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 Gehrmann (minister@uucmp.org)

Affinity Group: A COURSE IN MIRACLES (ACIM)

Dates: Wednesdays

Time: 6:30 to 8:30 p.m.

Location: Conference Room

We read and discuss this spiritual masterpiece with an emphasis on the practical application of its teachings.

The classes consist of half-hour of discussion on basic themes, and then a discussion of the text. You may find the text at: <https://acim.org>

Contact: Will Bullock (willbullock@mac.com)

Or

<http://www.meetup.com/A-Course-in-Miracles-Carmel-Study-Group/>

Suggested donation: \$5.00 per class

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Return service requested