

## **LIFE ENRICHMENT**

Classes, Events, and Affinity  
Groups

**2019 Spring Term**

Offered by the

**UNITARIAN UNIVERSALIST  
CHURCH OF THE  
MONTEREY PENINSULA**

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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 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

Carol Meyer

Bud Smith

Rev. Axel Gehrman

Amy Carlson

## **Spring 2019**

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## **What Moves Us: Unitarian Universalist Theology**

Dates: Mondays, April 1 to June 3

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

Location: Conference Room

Amy Carlson, our ministerial intern, will be leading a ten-session class on the curriculum *What Moves Us: Unitarian Universalist Theology* by UU minister and theologian Thandeka.

From the preface: “The program explores the life experiences of both historic and contemporary Unitarian Universalist theologians, highlighting that which caused in them a change of heart and a deeper understanding of their own liberal faith. The program offers a pathway for developing not only one’s own personal theology but also one’s deep understanding of the threads of our Unitarian Universalist heritage.”

All are welcome. It is not necessary to attend all ten sessions in order to benefit from this rich curriculum. Each week is a stand-alone session and focuses on the life and theology of a different UU theologian. In the first session, we’ll be looking at the life and theology of George de Benneville, the father of non-creedal Universalism in America. Drop-ins welcome!

Please contact Amy Carlson ([intern@uucmp.org](mailto:intern@uucmp.org)) if you plan to attend or if you have any questions.

Suggested Donation: \$5 per session

## **Class by Appointment: Internet & Computer Hands-on Help for Non-Technical People**

Dates: By appointment only. Fred will (generally) offer one appointment per week.

Time: To be decided when appointment is made.

Location: Conference Room if in Church, or Fred will be happy to make a house-call.

Do you have problems or questions about computers? Web Browsers? Wifi? Printing? Viruses? Portable devices? Pretty much anything else technical? Fred Hamilton is available to meet with you one-on-one to resolve and inform. Fred will offer one appointment per week on a first reserved, first served basis.

Contact: Fred Hamilton ([fred@yonkitime.com](mailto:fred@yonkitime.com))

Suggested donation: \$20 per session

## **Basic Spanish Class for Beginners**

Dates: Fridays, January 18 to May 31, 2019 \*

\*No class on March 29 and 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](mailto:anmcd311@gmail.com)),  
831-233-4853

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

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## **Palestinian Film Series**

Dates: March 26, April 9 & 23, May 14 (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 Gehrman ([minister@uucmp.org](mailto:minister@uucmp.org))

Suggested donation: \$5 per person

## **Cannabis and non-Cannabis Phyto-Cannabinoids**

Dates: 5 Tuesdays (April 9, 16, 23, 30, May 7)

Time: 6:00 to 7:00 p.m.

Location: Conference room.

Description: Learn about current science for current protocols for specific conditions. We will make a healing salve using non-cannabis phyto-cannabinoids such as echinacea, black pepper, liverwort, etc.

Contact: Susan Ragsdale-Cronin

[sragdalecronin@comcast.net](mailto:sragdalecronin@comcast.net)

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Suggested Donation: \$5 per class

Cost for Salve: \$20 for materials to purchase the salve.

## **Enneagram Personality Test and Guide**

Dates: Bi-Weekly for 5 Saturdays

April 20, May 4th &18th, June 1st &15th

Time: 1:00 to 2:30 pm

Location: Conference Room

A centuries-old psychological system with roots in sacred tradition, the Enneagram can be an invaluable guide in your journey toward self-understanding and self-development.

Empowering information for each of the nine Personality types --- Perfectionist, Giver, Performer, Romantic, Observer, Loyal Skeptic, Epicure, Protector, and Mediator will equip you with all the tools you need to dramatically enhance your quality of life.

Contact: Walt Beam ([beambythebay@gmail.com](mailto:beambythebay@gmail.com)) for book 831-402-8966

Suggested donation: \$5.00 per class

Book Available: \$10



## **Barbershop Extravaganza!**

Date: Saturday, May 25, 2019

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

Location: Sanctuary

Get ready to enjoy the Barbershop Extravaganza. Let the sweet sounds of a cappella harmony wash over you for a delightful afternoon. The Monterey Bay Belles, Cypressaires, Four on the Floor, and Vocal Point are tuning up to sing for you and your family at this special event.

Contact: Carol Collin ([pacgrovia@yahoo.com](mailto:pacgrovia@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](http://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](mailto: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](mailto:jeagle@redshift.com))

831-484-2238

## **Affinity Group: THE DANCES OF UNIVERSAL PEACE**

Dates: Third Sundays: March 17, April 21, May 19, June 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](http://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](mailto: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 Gehrman (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](mailto:willbullock@mac.com))

Or

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

Suggested donation: \$5.00 per class



**Unitarian Universalist Church  
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Carmel, CA 93923**

**Return service requested**