

LIFE ENRICHMENT Classes, Events, and Affinity Groups

2021 Winter Term

Offered by the UNITARIAN UNIVERSALIST CHURCH OF THE MONTEREY PENINSULA

490 Aguajito Road
Carmel, CA 93923

(831) 624-7404

www.uucmp.org

lifeenrichment@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 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

Table of Contents

BOOK DISCUSSION: “Unitarian Universalism for our Times - Discussion of <i>Caste</i>”	2
CLASS: “Hindsight, Humor, and Hope: Who, Me, an Elder?”	3
THE ANTI-RACISM BOOK AND FILM GROUP	3
WHITES FOR RACIAL EQUITY	4
CONCERT: Joanna Wallfisch	4
KARAOKE: Dana Morigan	4
CONCERT: Shannon Wardo	4
MONTHLY SINGALONG: Sing Along with Shawn	4
ZUMBA CLASS with Elizabeth!	5
WOMEN’S DISCUSSION GROUP	5
SANGHA GROUP: AWAKENING THE BUDDHA WITHIN	6
CHALICE CIRCLES	6
SHARED INTEREST GROUPS	7

BOOK DISCUSSION: Unitarian Universalism for our Times - Discussion of *Caste* by Isabel Wilkerson

Dates: 2nd and 4th Tuesdays, (February 9 - May 25, 2021)
Times: 7:00 p.m. to 8:30 p.m. via Zoom

The First Principle of Unitarian Universalism affirms the “inherent worth and dignity of every person.” It sounds simple and straightforward, and yet seems maddeningly difficult to actually practice. We continue to live in extraordinary times. The current pandemic, our heightened awareness of racial and economic disparities, and an increasingly polarized political climate provide an abundance of challenges. How can we as Unitarian Universalists best understand and address these issues? Please join Rev. Axel for an 8-session reading and discussion of ***Caste: The Origins of Our Discontents*** by the Pulitzer Prize Winning author Isabel Wilkerson, as we grapple with these important questions.

Please acquire a copy of the book and read the introduction and Part One (p. 1-35) for our first session, on February 9.

From the book jacket: “In this brilliant book, Isabel Wilkerson gives us a masterful portrait of an unseen phenomenon in America, as she explores, through immersive, deeply researched narrative and stories about real people, how America today and throughout its history has been shaped by a hidden caste system, a rigid hierarchy of human rankings... Linking caste systems of America, India and Nazi Germany, Wilkerson explores eight pillars that underlie caste systems across civilizations, including divine will, bloodlines, and stigma... She points forward to ways America can move beyond artificial and destructive separations of human divisions, toward hope in our common humanity.”

Please contact Rev. Axel (minister@uucmp.org) if you have questions, need help with Zoom, or plan to attend.

CLASS: “Hindsight, Humor, and Hope: Who, Me, an Elder?”

Dates: Six Mondays, from February 1 through April 12 (every two weeks)

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

Susan Panttaja, Intern Minister, will lead this six-part exploration of the journey into elderhood. Sometime after the age of sixty, adults start to have the sense of moving into “older folk territory.” The transition to being an elder often comes before we are emotionally prepared for it, and it can be quite unsettling! This new phase of life can bring up deeply personal questions, such as “Who am I now?” and “What will I do that is meaningful?”

This course is for those of us who have reached the threshold of elderhood, whatever chronological age you happen to be. In this program, we will prepare ourselves to step into our elder years with grace and grit, reimagining them as a time of relevance, reflection, and possibility. Through discussion, journaling, and creative arts, we will explore the positive side of being an elder. We will support each other to claim the inner wisdom, spiritual richness, and adventure of being an elder.

The course is a “Tapestry of Faith” curriculum offered by the Unitarian Universalist Association. The curriculum will be modified to fit the zoom format.

Materials: In addition to a journal of some type, please assemble a “Hindsight, Humor, and Hope toolkit”: pen, pencil, eraser, and color pencils or multicolor *washable* (not permanent) fine-line markers.

Please contact Susan Panttaja (intern@uucmp.org) 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 9:00 p.m. via Zoom

The Anti-Racism Book and Film Group alternates books and films.
January 5 Film: "The body remembers when the world broke open"
February 2 book: "Just Us" Claudia Rankine

Please email (below) or check the Events section of the website (<https://uucmp.org/congregation-news/events/>) for the most current information.

Contact: Rev. Elaine Gehrman (minister@uucmp.org)

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 (minister@uucmp.org)

CONCERT: Joanna Wallfisch

Date: Sunday, January 10, 2021

Times: 2:00 p.m.

Join us on Sunday, January 10, at 2 p.m. for a virtual concert with gifted singer/songwriter **Joanna Wallfisch**, who has been a guest musician several times during services at UUCMP. She will present a variety of her compositions at this afternoon concert. There will be a requested donation to attend. Please check the *Events* section of the website for the concert link.

(<https://uucmp.org/congregation-news/events/>)

KARAOKE: Dana Morrigan

Date: Saturday, February 13, 2021

Times: 6:00 p.m. to 9:00 p.m.

On Saturday, February 13, from 6 p.m. to 9 p.m. join us for a joyful and rollicking evening of karaoke music with professional Karaoke deejay **Dana Morrigan!** Attendance at this online concert will be by donation. You can try your hand (and voice) at a variety of songs; it will be fun for the whole family. Please check the *Events* section of the website for the event link.

(<https://uucmp.org/congregation-news/events/>)

CONCERT: Shannon Wardo

Date: Sunday, March 14, 2021

Time: 2:00 p.m.

On Sunday, March 14, at 2 p.m. come and spend an afternoon with songstress **Shannon Wardo** as she sings songs from the Celtic tradition, as well as some of her original pieces. There will be a requested donation to attend. Please check the *Events* section of the website for the concert link.

(<https://uucmp.org/congregation-news/events/>)

MONTHLY SINGALONG: Sing Along with Shawn

Dates: Second Wednesdays: January 13, February 10, and March 10

Time: 5:30 to 7:00 p.m. via Zoom

If you are looking to join other voices in a cacophonous karaoke style sing-along, then you are in for a treat. ***Sing Along with Shawn*** is available in a fun, interactive manner via Zoom and YouTube using songs with listed lyrics. The group meets on the second Wednesday of each month, January 13, February 10, and March 10 from 5:30-7:00 p.m. via the Music Zoom link. Bring your list of favorite songs to share,

Join from PC, Mac, Linux, iOS or Android: <https://cccconfer.zoom.us/j/8287611715>

Or iPhone one-tap (US Toll): +16699006833,8287611715# or +13462487799,8287611715#

Or Telephone: Dial: +1 669 900 6833 (US Toll)

Meeting ID: 828 761 1715

Password: music (case sensitive)

ZUMBA CLASS with Elizabeth!

Dates: Most Tuesdays, January 5, 2020 to March 30, 2021

Time: 5:00 p.m.

Join Elizabeth for Zumba Livestream class every Tuesday at 5:00 p.m. Check the UUCMP Wednesday E-News each week for the class link.

We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No experience needed! All fitness and dance levels are welcome. It's not about getting the right moves. It's about moving, having fun, and getting some exercise in. All moves can be modified and you're always welcome to take breaks. Many people enjoy Zumba while in their chair. Do what you can and most importantly get ready to have some FUN! Don't forget your water bottle and a towel for the sweat!

Benefits:

A total workout combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy, A serious dose of awesome each time you leave class.

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. (pgauthor@comcast.net)

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. (revdennishamilton@mac.com)

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, phansen@redshift.com

Louise's Group

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

Contact: Carol Meyer, meyer044@gmail.com

Evening Chalice Circle

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

Contact: Sharon Miller, bmccrane@redshift.com
and Kerry Sisseem, kerrysisseem@earthlink.net

Canterbury Group

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

Contact: Craig Scott, craigscottuu@gmail.com

Susan P's Group

Meeting time: Second Mondays, 7:00-9:00 p.m., via Zoom

Contact: Susan Panttaja, intern@uucmp.org

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, at <minister@uucmp.org>.

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 Maren Martin, marenmartin@sbcglobal.net.

Garden Club Shared Interest Group (Soil Mates)

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

Contact: Lee Hulquist, (hulquist@redshift.com)

Book Lovers Shared Interest Group

Dates: N/A, this is an email thread.

Contact: Maren Martin, (marenmartin@sbcglobal.net)

