



Welcome to Mount
Diablo Unitarian
Universalist Church
Lifespan Education
and Programming.

MDUUC is committed to offering an array of meaningful religious educational programs for all ages in a variety of formats, settings and times. To support such a program MDUUC community members share the responsibility of being both leaders and participants, giving of their time, talents, and other resources."

These programs, provided with the help of the MDUUC LEAP Council and the Adult Program Committee, are offered to our MDUUC community and the community at large. They are designed to nurture and nourish the soul. We hope you will join us.

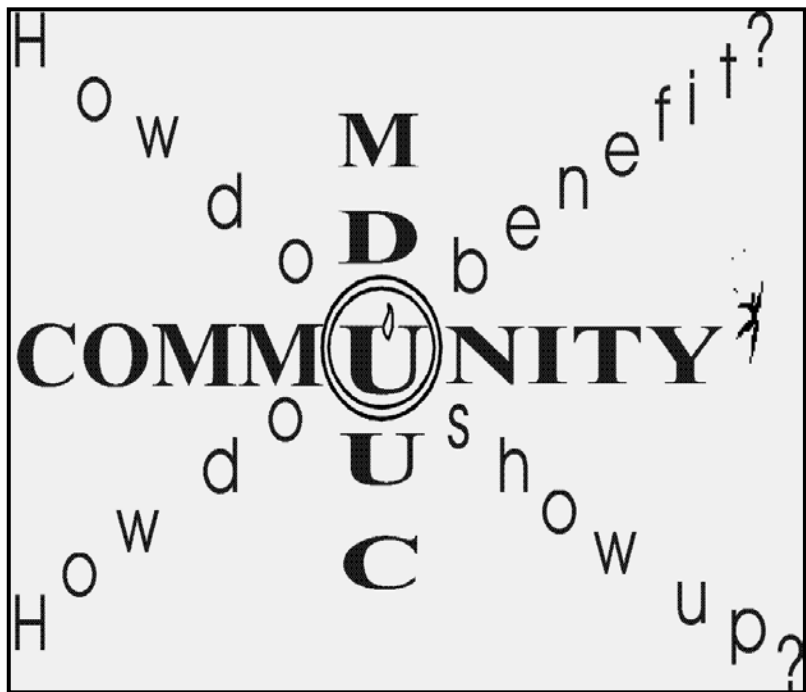
NOTE

Fees for classes are on a sliding scale. Fees can be waived or reduced for hardship. Contact Heather Sawyers at dre@mduuc.org

Free childcare is provided. Contact childcare@mduuc.org one week in advance or call 925.934.3135

Please register online at www.mduuc.org

LIFESPAN EDUCATION AND PROGRAMMING



**HOW CAN YOU BUILD COMMUNITY?
WE EACH HAVE SOMETHING TO CONTRIBUTE.
WE ALL PLAY A PART.**

MOUNT DIABLO UNITARIAN UNIVERSALIST CHURCH
55 ECKLEY LANE, WALNUT CREEK, CA 94596
PHONE: 925.934.3135 – FAX 925.934.3136
WWW.MDUUC.ORG – DRE@MDUUC.ORG

MINISTER'S CLASS: JEWISH AND CHRISTIAN ROOTS OF OUR FAITH



Oppressive interpretations of the Bible do kill, literally. You'll find no denial of that here. Massive injustice has been and continues to be done in the name of the Bible . . . Meanwhile the Bible is also about the beauty and goodness of creation itself; about the ancient human struggle for freedom and liberation; about frustration with violence and injustice throughout the generations; and about experiences of exultation, expectation, and inspiration that can sustain the human quest for wisdom, justice, and peace.

—JOHN A. EHRENS,
Understanding the Bible: An Introduction for Skeptics, Seekers, and Religious Liberals

As Unitarian Universalists, part of our living tradition is to draw from the Jewish and Christian roots of our faith. These texts are woven into the fabric of the dominant culture in which we live. Yet we are often loathe to do so, scarred as we are by the ways that these scriptural texts are used and misused to further injustice. As we approach an election year, when these texts will be part of the dialogue and as we face a time of unprecedented change and division in our nation, this is the time to understand more about the roots and alternative interpretations of the texts that are too often used as weapons and which still offer thinking people metaphors for hope in time of struggle. Emphasis will be placed on new scholarship by Unitarian Universalists, feminists, gay scholars and other voiced often silenced. Each week we will explore a different set of scriptural readings and allow ourselves to bring our own truths to their interpretation. We will be looking at the scriptural texts from a variety of lenses, including:

- ◆ Liberal religious and particularly Unitarian Universalist
- ◆ New scholarship
- ◆ Feminist, queer, liberationist and other perspectives



Facilitators: Revs. Leslie and David Takahashi Morris and Intern Minister Amy Moses-Lagos

Day/Time: Wednesdays, 7:30-9:00 PM.

Dates: This Class is ongoing. ends May 30

Location: Sanctuary **No Fee**

Please note: This class is a drop in. Please send a message to leslieTM@mduuc.org to be added to the announcement list for this class.

UU HISTORY

Our Intern, Amy Moses-Lagos, and Minister Emeritus David Sammons will be leading a five week exploration of Unitarian and Universalist history. We welcome Dave back to teaching at MDUUC and Amy's insights from seminary. In this class, the focus will be on the turning points that led some liberal Christians in Colonial America to begin the journey through time that has led UUs to becoming the open, inclusive, multi-faith respecting religious movement we've become. Dave and Amy will both bring to the discussions their interest and experience exploring our unique history.



Facilitators: Rev. David Sammons and Intern Minister Amy Moses Lagos

Day/Time: Wednesdays, 1:00-3:00 PM

Dates: February 15, 22, 29, March 7 and 14

Location: OWL Room **No Fee**



Please Register by Visiting our Website www.mduuc.org.

JESUS SEMINAR READING GROUP

New scholarship around the life and teachings of Jesus of Nazareth offers a fascinating way to re-experience one's relationship with one of the great religious figures of the world. Get to know Jesus as the revolutionary, as the teacher, as the social activist and learn interpretations of his life and ministry you were never taught in your childhood Sunday School! The scholarship of recent decades puts a whole new spin on what Jesus might really do and helps us to understand the prophetic and radical view of the world that he professed. We will read a variety of books and meet to discuss them once a month.

Facilitators: Rev. Leslie Takahashi Morris and Darla Tuning

Day/Time: Tuesdays, 7:00-8:30 PM.

Dates: February 14, March 13 (may be changed), April 10, May 16 and June 12

Location: OWL **Fee:** None but purchase of books

Please sign up by January 30 to receive a book list!!!! We will also have two copies available for loan so all can attend.



JEWISH POETRY SEMINAR: SHIR CHADASH: SING FOR US A NEW SONG – THE JOYS OF JEWISH POETRY

Explore the rich heritage of:

- ◆ Lyrical love poems of King Solomon
- ◆ Passionate psalms of David
- ◆ The mystical language of Hebrew prayer
- ◆ Kabbalah and its mysteries
- ◆ The anguish of the holocaust
- ◆ Struggles in modern Israel
- ◆ The world-wide expression of Jews outside Israel



Facilitator: Shoshana Kobrin

Day/Time: Saturday 10:00 AM-12:00 PM

Date: March 31

Location: OWL/CC **Fee:** \$5 member, \$10 General

*About the Facilitator: Shoshana Kobrin, MA, LMFT, author, psychotherapist, and professional speaker, has studied Judaism for many years. She did her Master's degree on Jewish women, and recently had an adult Bat Mitzvah.

SOLAR SEMINAR

There have been many advances in solar energy in recent years. MDUUC has taken the leap and is now operating on solar energy. Come join this one day conversation with the Green Committee at MDUUC.

Interested members will gain more understanding about the how, whys, benefits and safeguards about our new solar power at church, learn to be better consumers if you choose to go solar for your home or business, and learn how solar fits in the big picture with reference to a climate change, electrical grid security, and other alternatives to solar.

Facilitator: Green Committee

Date to be Determined

Please e-mail adultprograms@mduuc.org for more information.



WALKING THE TALK: COMMUNICATION SKILLS FOR SPEAKING ACROSS DIFFERENCE

Are you interested in learning more about how to communicate more effectively across lines of difference—particularly racial and ethnic and cultural lines? If so, you might be interested in taking this new class based on the work of Mark Hicks, the Angus MacLean Professor of Religious Education at Meadville-Lombard Theological School. This one-day seminar will provide a range of tools that can help you be more effective in conversations across lines of difference (and remember, we are all unique so every conversation we have contains a cross-cultural aspect!) The tools practiced here will help you manage crucial and difficult conversations. This is an excellent class for folks to take who are planning to attend the Justice General Assembly in Phoenix this coming June.

Facilitators: Rev. Leslie Takahashi Morris and Intern Minister Amy Moses-Lagos

Date/Time: 9:30-12:00 PM

Date: March 3 and March 24.

Location: OWL Room **Fee:** \$15 for purchase of Crucial Conversations book



RELIGIOUS RESPONSE TO HUNGER

The 2011 General Assembly passed the Ethical Eating: Food & Environmental Justice 2011 Statement of Conscience. *“As congregations, we aspire to: . . . provide educational programs for all ages that address the issues of environmental justice, world hunger, gardening, food preparation, and nutrition.”* MDUUC was instrumental in having the words, “world hunger” inserted into the passed resolution. Over four bi-weekly two-hour meetings, we will explore hunger and malnutrition through the stories of Americans and Africans. We will focus on exploring how UU and other religious institutions use advocacy, direct service, and other approaches to address the dire food needs of almost one billion people worldwide. In addition to regularly scheduled meetings, if the class desires, we may visit a local food bank, talk to a restaurant about how they support the end of hunger locally, be briefed by a local non-profit, or other ideas from class attendees.

***Facilitator:** Patrice Curtis

Day/Time: Mondays, 7:30– 9:00 PM

Dates: February 20, March 5 and 19

Location: Fireside Room **Fee:** \$20 member, \$30 General

***About the Facilitator:** Patrice Curtis is a member of MDUUC, a Starr King seminarian, and the Chair of the UUA Fund for International Unitarian Universalism. She has seen the effects of extreme hunger through her volunteer work in three refugee camps in Sudan, Kenya and Croatia, and more recently through trips to Kenya for the ICUU and Uganda with UUSC. Additionally, she worked to effect USG policy through positions at USAID and the Library of Congress, both in Washington DC and overseas.



SPANISH LANGUAGE INTENSIVE

This is a pre-GA Intensive Survival Spanish class that will last for four two and one-half hour sessions on May 6, 13, and 20 with the final meeting to date be discussed. The focus will be oral with emphasis on listening and speaking skills. The content will be basic vocabulary, use of verbs in the present tense, descriptive words and useful idioms. The first half hour of each session will be conducted in English, but then we will gently switch to Spanish for the last two hours. No one will be forced to use Spanish, however all class members will be encouraged to participate in some way.

Facilitator: Elizabeth Rust

Day/Time: Sundays, 1:30 -4:00 PM

Dates: May, 6, 13, and 20

Location: OWL Room **Fee:** \$5 Member, \$10 General

*Elizabeth Rust is a bilingual teacher for the Pittsburg USD.



IMMIGRANT WORKERS SHARE THEIR STORIES

In the final months of 2011, over 200 workers were fired from the Pacific Steel Foundry in Berkeley, due to the audit of I-9 immigration forms, often referred to as a “silent raid,” by the Immigration and Customs Enforcement. At this presentation, some of these workers will share their stories of how this action by ICE has impacted them and their families. Come and learn how this country’s immigration policies are affecting people in our communities. Refreshments will be provided.

Facilitator: Amy Moses Lagos

Day/Time: Sunday 1:00 –3:00 PM

Date: January 29

Location: OWL Room **No Fee**



YOU DON'T ALWAYS HAVE TO UNDERSTAND: CULTURAL COMPASSION AND THE PASTORAL VISIT

How can we use our differences as a bridge to deeper connection? How do we honor another's experience while staying true to our own? What sustains us in helping/caring roles? Join us for an afternoon training in which we will explore these questions (and others). Together we will find ways to develop supportive relationship through a deeper understanding of cultural diversity.

Facilitators: Linda Russell, LMFT, Medical Social Worker at Contra Costa Regional Medical Center, and Rev. Andrew Karlson, Acute Care Chaplain for Kaiser Hospital in Walnut Creek

Day/Time: Saturday, 1:30-5:00 PM

Dates: February 25

Location: Bortin Hall Room **No Fee**



FACING ADDICTION

Are you or someone close to you finding that drug and/or alcohol abuse is getting in the way of living a joyful and fulfilling life? This four-week information and discussion group can help you identify chemical addiction and sort through treatment options available. The group is led by Jim Hasse, a long-term Unitarian, a recovered addict and alcoholic. Jim has a M.A. in counseling and has worked for the past five years as a facilitator at a residential treatment center. This will be a private confidential group .If you are not comfortable meeting in a group or would like more information, please contact Jim@mduuc.org.

Facilitator: Jim Hasse

Day/Time: Tuesdays, 7:30 – 9:00 PM.

Dates: April 3, 10, 17, and 24

Location: Fireside Room **No Fee**



UNDERSTANDING ISLAM



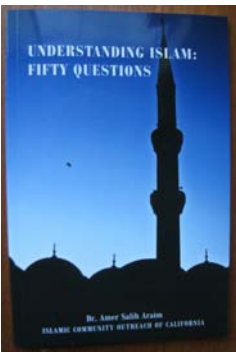
What do you know about Islam? What does this faith, followed by more than one-fifth of the world's people, really teach? Dr. Amer Araim welcomes this opportunity to discuss Islam and answer your questions. His new book is *Understanding Islam: Fifty Questions*.

"Dignified and eloquent, Araim is an advocate of interfaith dialogue and his goals are to share with his audience the roots of his faith, bringing out what they have in common, leading to an audience understanding that American Muslims are no different than themselves."

Sophie Braccini, Lamorinda Weekly, March 20, 2011

"In his book Dr. Amer Araim strives to clear up misconceptions of Islam."

Contra Costa Times, December 30, 2010.



***Facilitator:** Dr. Amer Araim

Day/Time: Sundays 1:15-3:00 PM

Dates: March 18, Presentation/Book Signing and April 1, Discussion

Location: Sanctuary

*** About the Facilitator:** Dr. Araim is President of the Islamic Community Outreach of California, Muslim Imam and member of the Executive Committee of the Interfaith Council of Contra Costa County. He is also Adjunct Professor at Diablo Valley College and former Secretary of the United Nations Special Committees against Apartheid and on Decolonization.

NOTE: Amer's book will be available for purchase and signing for \$10

THE SACRED IN PROCESS: A THEOLOGICAL JOURNEY



Process theologians hold the belief that the sacred in our lives is ever-evolving and that we are the co-creators of life around us. Join Rev. Leslie Takahashi Morris and Jim Hughell for a three-session glimpse at this intriguing stream of beliefs. This is a theological point-of-view very compatible with beliefs in evolution, reverence for the natural world and affirmation of the importance of the human being as an actor in realizing the potential for happiness and goodness in this world. Come and join with us in musing on the possibilities offered by these intriguing ideas.

Facilitator: Rev. Leslie Takahashi Morris and Jim Hughell

Day/Time: Saturday, 1:00-3:00 PM

Dates: May 12, 19, and 26

Location: Fireside Room **Fee:** \$15 for course reader



BEING A HUMANISTIC MYSTIC

Universalist Kenneth Patton, founder of the Charles Street Meeting House in Boston, called himself a "humanist naturalistic mystic." What might that mean? Mysticism can be experienced and practiced without assuming a supreme being; it is not necessary to believe in the supernatural to be a mystic. Join Rev. David Takahashi Morris in this exploration of religious naturalism which will include writings of Ursula Goodenough, Ken Patton, Michael Dowd & Connie Barlow, and others.



Facilitator: Rev. David Takahashi Morris

Day/Time: Thursdays, 7:30-9:00 PM

Dates: April 5, 19, May 3, 17

Location: Fireside Room **No Fee**



CREATING WELL-BEING

This six-week class will explore practices that create well-being such as mindfulness, gratitude, forgiveness, compassion, nurturing ourselves and serving others. Guided meditation and singing will be a part of each session. The Co-facilitators are Jim Hasse and Joan Redding. Jim has five years of experience teaching spirituality classes at a residential recovery center as well as, a Buddhist background, especially focusing on the practice of metta (loving kindness). Joan was a TIE facilitator for eight years at MDUUC and has also taken, along with Jim, AWAKENING JOY classes led by James Baraz, a Buddhist teacher from Spirit Rock. The materials used in the class will come from several sources.

Facilitator: Jim Hasse* MA (Counseling), Joan Redding
Day/Time: Tuesdays 1:00-3:00 PM
Dates: February 7, 14, 21, 28, March 6 and 13
Location: Sequoia Room **Fee:** \$20 Member, \$30 General



BREATHING DEEPLY: MINI RETREATS

Please join us as our series of half-day spirituality retreats continues. Give yourself a gift of time and space to reflect on your own spirit and breath. Each of these retreats will introduce a series of meditative practices that you can continue on your own. You will also have the option of having a practice partner who can help you concentrate on establishing helpful and consistent practices between retreats. Come for one or come for the series. Come and create a space to look at what your spirit and soul need to grow and flourish.

This is a chance to create a space for silence and reflection in your life and to learn new practices that you can encompass in your daily life. Join a warm and supportive community of people seeking to explore the gifts of meditation, silence and spiritual practices. In February, our emphasis is on developing comfort with silence. In May, we hope to use our new labyrinth space as the focus for our gathering. These rich experiences include music, chant, guided meditations, and art as paths to growth.

Facilitator: Rev. Leslie Takahashi Morris, Jo Gelinis, Jim Hasse
Day/Time: Saturdays, 1:30-5:00 PM
Dates: February 18 and May 5
Location: Fireside Room
Materials Fee: \$10 each session Member, \$20 General
Contact Leslie at leslietm@mduuc.org if you have questions about this group.



WILDFLOWER HIKE

"To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk...; to be elated over a bird's nest or a wildflower in spring – these are some of the rewards of the simple life."
John Burroughs

Join us for a 1 1/2 hour moderate hike exploring the hills above the church grounds while we enjoy the beautiful wildflowers of the season.

Facilitator: Monica Mueller
Day/Time: Sunday, 8:30 AM
Date: May 6
Location: Church Parking Lot **Fee:** \$10 Member, \$15 General



Please bring water, snacks, sunscreen, hats, appropriate hiking shoes and clothes. We are planning to be back at church for coffee hour. Please RSVP Monica Mueller at hiking@mduuc.org.



WRITING YOUR MEMOIRS

Now is the time to record those special times in your life, to think about those people you loved and the events that changed you. This will be a guided, confidential group setting allowing time for personal reflection in a supportive environment.

Facilitator: Margaret Peterson

Day/Time: Tuesdays, 10:30 AM-12:00 PM

Dates: February, 21, 28, March 6, 13, and 20

Location: Oak Room **Fee:** \$10 Please bring a writing journal with you.

*“A Calm Mind is
not Disturbed by the
Wave of Thoughts”

Anonymous*

SUNDAY MORNING MEDITATION

This group meets Sunday mornings before church services. It is a time for quiet reflection in a supportive group environment. Beginners are welcome.

Facilitator: Ludell Deutscher

Day/Time: Sunday mornings, on-going, 9:00 -10:15 AM

Location: Fireside Room **No Fee**

EVENING MEDITATION

Are you interested in learning and participating in a meditation group? We meditate based on the practices of Sri Eknath Ewaran of the Blue Mountain Center of Meditation. Newcomers and those new to meditation are always welcome.

For more information visit www.nilgiri.org.

Contact: Jocelyn Chandler

Day/Time: Mondays, 2nd and 4th of the month, 7:00-8:30 PM

Location: Fireside Room **Fee:** \$20 members, \$30 General per quarter

Sponsored by members of the Blue Mountain Retreat Center.



COMMUNITY CIRCLES

Do you want to feel more deeply connected? Perhaps you are looking for a group of friends that lets you share your vulnerable inner self in exploration of the mysteries of life. This is what Community Circle groups do. Their format is designed to create a safe and sacred space for talking about life's big questions. These groups meet at a variety of dates and times. Most groups meet two times a month in each other's homes. MDUUC also offers a Community Circle group for families with children on Wednesday evenings and provides free childcare. Community Circle Groups form at varying times each year. Please email communitycircles@mduuc.org





DEVIL MOUNTAIN COFFEEHOUSE AT MDUUC

The Devil Mountain Coffee House concert series offers an opportunity to experience great music in a warm and informal setting. Our performers present a rich variety of musical genres: mostly acoustic, mostly original, but always wonderful. Coffee, snacks, and a congenial audience make these concerts a delight.

Day/Time: Fridays, Show starts at 8:00 PM, Doors open at 7:30 PM.

Dates: January 20, March 16, May 18

Fee: \$15 (cash or check only at the door)

Please visit <http://mduuc.org/news-and-events-index/devil-mountain-coffee-house> for current performance information.

SUFI DANCES OF UNIVERSAL PEACE

All are welcome and invited to join in these uplifting and meditative evenings of chanting, singing & sacred circle dancing from the world's faith traditions.

The Dances are an Interfaith spiritual practice to cultivate Peace, Love, Harmony and Beauty for ourselves and our planet.

Each simple and joyous Dance is taught & accompanied by live music. They are fun, easy to learn and open to everyone. No experience or partner needed. Old hands and new join to form the sacred circle.

Facilitator: SierraLynne White

Day/Time: 2nd Saturdays – **Potluck:** 6:30 PM **Dances:** 7:15-9:00 PM

Location: Sanctuary **Fee:** \$10 **Please bring a dish to share.**

The Dances were originated by Sufi & Zen master Samuel Lewis, who was inspired by the Universal Sufi teachings of Hazrat Inayat Khan and sacred dancer, Ruth St. Dennis. Please e-mail sufidances@mduuc.org for more information.

MDUUC CHOIR

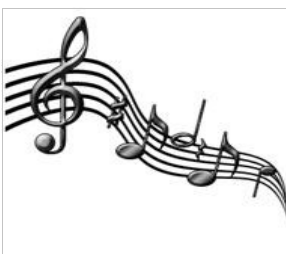
The MDUUC Choir is open to all who love to sing, regardless of experience. The ability to read music is not a prerequisite. We meet two hours on Thursday evening (7:30-9:30 PM), and you need the ability to arrive early (45 minutes) before the beginning of the service you are singing for on Sunday mornings.

Music Director: Mark Tuning - musicdir@mduuc.org

Day/Time: Thursdays, 7:30-9:30 PM

Dates: Ongoing

Location: Sanctuary



CREATING SACRED CHALICES

In this three part series, artist and ceramics instructor Ellen Sachtschale will teach participants how to construct their own clay chalices.

Day/ Time: Sundays, 1:15—3:00 PM

Dates: March 4, 11, and 18

Location: Mirror Room **Fee:** \$30 (includes materials)



HEALTHY COOKING

Often when we hear the words "healthy cooking" we think it is something that won't taste good or that requires a great deal of time to prepare. Not so; it couldn't be easier. In this class you will discover excellent recipes and ways to eat healthier. You won't be giving up your old favorites, you'll be thinking of how to make these special dishes in a healthier manner - think spices rather than more salt - think olive oil rather than butter. Can you imagine making chicken marsala using olive oil rather than butter? Have you ever tried making quinoa? It's a delightful little grain about the size of couscous that is cooked like rice; it's delicious and very healthy! This will be an interesting evening full of tasty food, nice people and lots of ideas. Come hungry and be ready for fun!

Facilitator: Suzanne Piphó

Day/Time: Thursday, 6:30-8:30 PM **Date:** May 24

Location: Sanctuary Kitchen **Fee:** \$15.00 for materials **Class size limit: 12 people**



THE ART OF COMPOSTING

Reduce your carbon footprint and at the same time learn how to make "Black Gold" worm castings that benefit your garden. It is simpler than you think and one week's garbage can be reduced by half. Beginning starter kits will be included.

Facilitator: Lanette Atwood

Day/Time: Saturday 10:00 AM-12:00 PM

Date: March 17

Location: Mirror Room **Fee:** \$25 includes materials



SPA CREATIONS

Create a Healthy, rejuvenating SPA Experience. Learn how to make your own skin care products from fresh ingredients. It is easy, economical, fun and very effective. You will observe and experience first-hand a lemon mist, a clay mask and a rejuvenating foot soak, in addition to other delightfully wonderful skin care recipes. You will leave feeling empowered, silky soft and very relaxed. The instructor provides a hand-out of general information discussed during the class as well as the recipes demonstrated. You can recreate this all-natural spa experience at home any time you wish.

Facilitator: Suzanne Piphó

Day/Time: Thursday, 6:30-8:30 PM

Date: May 31

Location: Sequoia Room **Fee:** \$15.00 for materials **Class size limit: 12 people**

Please sign-up for class in advance so that instructor can prepare materials.



NEW UU

Are you interested in taking the next step towards deepening your relationship with Mt. Diablo Unitarian Universalist Church? Are you interested in learning more about who Unitarian Universalists are? Are you looking for ways to get more involved? Are you wondering more about what the commitments of membership in this congregation mean? If so, please join us for this informative and interactive experience. Breakfast snacks and lunch included.

Facilitators: Revs. David & Leslie Takahashi Morris

Day/Time: 10:00 AM-1:00 PM

Date: April 14

Location: Bortin Hall



MULTIGENERATIONAL EVENTS

SPAGHETTI AND SONGS - Saturday, February 4, 5:30 -8:30 PM.

Come celebrate this year with spaghetti made by our youth and young adults. There will be wonderful songs and entertainment. For more information, please contact Heather Sawyers - dre@mduuc.org - or call the church office at 925-934-3135, Ext 154.



MULTICULTURAL POTLUCK AND GAME NIGHT - Saturday, March 24, 6:00-9:00 PM.

Join us for a multicultural potluck and game night. Bring a dish or a dessert that celebrates some aspect of your culture and bring a game you would like to share with others during this multi-generational event. We will also have the third in our series of ENVISIONING FORUMS hosted by the Vision In Action group, which is leading our strategic planning effort. Dinner starts at 5:30 PM. We will socialize and play games until 8:30 PM. This is a fun—and educational —evening as we explore and celebrate the many heritages of our community.



ANNIVERSARY DINNER/ FELLOWSHIP SPAGHETTI MYSTERY DINNER - Saturday, April 21, 6:00 - 8:30pm in Bortin Hall

EASTER EGG HUNT-Sunday April 8

9:30 AM: **Multi-generational Service** Grades three and up
(There will be Easter activities for younger children)

10:45-11:15 AM: Children's Egg Hunt

11:30 AM Adults attend service. All children are invited to attend the **Easter Party!**

Everyone is encouraged to bring one dozen (or more) pre-decorated or plastic filled eggs to Bortin Hall.



SPRING FLING HOE-DOWN DANCE: Saturday, May 19, 6:30 - 9:00 PM—Bortin Hall. It is a fun dancing activity for all ages.



ICE CREAM SOCIAL: Sunday, June 10—11:45 AM

Wrap-up the traditional year and mark the beginning of our popular lay-led summer services! This is a multi-generational summer event.

WEDNESDAY EVENING PROGRAMMING

How do we make time for building connections with our family and our church community with the constraints of today's busy lifestyle? MDUUC has been working very hard to create an evening made for all ages that provides dinner, worship, and programming for all ages and still gives the opportunity for the kids to have help with homework and getting everyone home at a reasonable hour. Time and time again we hear families struggle with spending meaningful time with their children and the loneliness that occurs for many of us in single, elder and nuclear house-holds. We hope you will take the time to join in the spirit of community, and to enhance the spiritual quality of your life, and your family.

More information can be found on these programs in this brochure and on the website (www.mduuc.org).

"I enjoy sharing a good meal with family, friends and new acquaintances and connecting with other members. And then there's Vespers for dessert!"
Sharon Feldt

COMMUNITY DINNER

Take a night off from cooking dinner. Join us in community Wednesday evenings for on-going Community Dinners. Menus vary each week and dietary restrictions are accounted for.

Day/Time: Wednesdays, 5:15-6:00 PM

Fee: \$8

Community Dinner 5:15-6:00 PM

Community Family Worship 6:15-6:30 PM

Adult Vespers Worship 6:45-7:15 PM

Family Community Circles 6:45-8:30 PM

Parenting Classes 6:45-8:00 PM

Children's Programs/Tutoring 6:45-8:30 PM

Minister's Class/Adult Program 7:30-9:00PM

Childcare provided upon request



VESPERS WORSHIP

Take a break away from your hectic life. Join us for quiet gathering, music and reflection. Topic varies each week.

Dates: Wednesday Evenings, On-going

Time: 6:45 -7:15 PM.

Location: Sanctuary

FAMILY WORSHIP

Take time out from your busy schedule and enjoy a worship designed for all ages. Topic varies each week.

Dates: Wednesday Evenings, On-going

Time: 6:15p.m.-6:30 p.m.

Location: Children's Chapel

UU PARENTING

This program offers a chance for UU parents to talk about the unique challenges facing parents and children today. We will also talk about how we utilize spiritual practice, family values, traditions and rituals with our children and how we live our principles and purposes as families.

Facilitator: Heather Sawyers DLRE

Day/Time: Wednesdays, 6:45-8:00 PM

Dates: March 21, 28, and April 4

Location: Sequoia Room **No Fee**



UU TEEN PARENTING

This class focuses on Parenting Teenagers. Parenting teens can be quite a challenge. How can we effectively parent teenagers in a loving Unitarian Universalist way while at the same time setting clear boundaries and maintaining open communication. Come and we will share and learn in a supportive environment.

Facilitator: Heather Sawyers DLRE

Day/Time: Wednesdays, 6:45-8:00 PM.

Dates: May 16 and 23

Location: Sequoia Room **No Fee**

TEACHING MEDIA LITERACY TO YOUR KIDS

How can you protect your kids from media manipulation? What questions can you ask your kids to help them think critically about the messages they are exposed to in the media? In this 2-session class we will explore how parents can help kids of all ages break down media messages. Kids are less vulnerable to media manipulation when they understand and think about how and why media products are made. This type of critical thinking is often taught in school but how can we, as parents, support that education and even begin it before our kids start school. These classes will present practical strategies parents can use to encourage critical thinking about media for kids of all ages.

Facilitator: Kristin Becker

Day/Time: Wednesdays, 6:45-8:00 PM.

Dates: March 7 and 14

Location: OWL **No Fee**

Family values are a little like family vacations -- subject to changeable weather and remembered more fondly with the passage of time. Though it rained all week at the beach, it's often the momentary rainbows that we remember.

Leslie Dreyfous,
New York Times

**REGISTER FOR
CLASSES AT
WWW.MDUUC.ORG**

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