

ADULT PROGRAMS



AT MDUUC

Mt. Diablo Unitarian Universalist Church

2018 Fall Quarter Edition

Classes, Workshops and Events

Mt. Diablo Unitarian Universalist Church provides a rich landscape of opportunities for members and friends to grow in mind, body and spirit. We invite you to engage in your own spiritual development by participating in one or more of the classes/groups offered herein.

How to register:

Registering in advance is highly encouraged. Please note: While drop-ins are often welcome, if advance registration is low, we may cancel a class or event.

You can register for an Adult Program in one of two ways:

- Sign up online by visiting www.mduuc.org, click on “Learn” on the top bar and then click “Adult Programs” on the drop-down menu. Scroll down to current events and click on event, then click on “Register Now” button.
- Sign up on paper in Bortin Hall during Sunday social hours and at Wednesday Community Dinners.



Director of Lifespan Religious Education

Indigo Lewis indigo@mduuc.org 925.934.3135 x 4

“Life becomes religious when we make it so: When some new light is seen, when some deeper appreciation is felt, when some larger outlook is gained, when some nobler purpose is formed, when some task is well done.”

— Sophia Lyon Fahs

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All are welcome to walk the labyrinth, located between the Sanctuary and parking lot.

MINISTERS' CLASSES

Counterweight Values for Our Times; A Unitarian Universalist Conversation

Tired of having your family's values dictated by a mass culture? Interested in being able to make a moral argument in your missives to congress? Wishing to have some touchstones to guide your own spiritual practice? This conversation is for you. We will meet to consider and to learn, from our tradition and from one another. With special guests upon occasion. Register on-line. Begins September 19th and will be held on the first and third Wednesday through May.

Facilitators: Lead Minister Rev. Leslie Takahashi and Intern Minister Aaron Eaves

Date: 1st and 3rd Wednesdays, beginning Sept. 19th

Time: 7:30 p.m. — 8:30 p.m.

Location: Sanctuary

Suggested Donation: \$5.00/class

Please note: This class is a drop-in class feel free to come for one class or them all.

The 12 Steps for Unitarian Universalists

Join us as we share our experience, strength, and hope with one another at MDUUC. Regardless of what kind of addiction you have, or whether the word addiction even feels right for you, you are welcome to join us as we explore what it means to be both a Unitarian Universalist and someone in recovery.

Facilitator: Intern Minister Aaron Eaves

Dates: Tuesday, September 11

Time: 6:00 p.m. — 7:00 p.m.

Location: Children's Chapel

Suggested Donation: \$10



Wednesday Evenings at Church!

Wednesday's at MDUUC provide dinner, worship and programming for all ages and still gets us home at a reasonable hour. Connect across the generations and make time midweek to join in the spirit of community.

Vespers Worship
5:30 p.m. — 6:15 p.m.
Every Wednesday

Community Dinners
6:30 p.m. — 7:15 p.m.
Every Wednesday

Adult Programming for head and heart
7:30 p.m. — 9:00 p.m.
Every Wednesday

Free Childcare
for children of program attendees
5:30 p.m. — 9:00 p.m.

Please email child-care@mduuc.org to let us know your child/ren will be attending

MINISTERS' CLASSES

Crucial Conversations

Join Rev. Leslie Takahashi for this Ministers' class on how to have crucial conversations. How do we learn to engage in conversations with those with whom we have differences. Using a book by the same name, we will practice the art of engaging in critical conversation when the stakes matter. This is a great way to learn the skills to talk to people across difference.

The class will be held from noon to 1 pm on Friday, October 26. You may attend in person or through the video stream for this lunch time offering. **Please register by October 5 to have a book ordered for you.** Books will be available the week before.

Facilitator: Rev. Leslie Takahashi

Date: Friday, October 26

Time: 12:00 p.m. – 1:00 p.m.

Location: Children's Chapel + VIDEO

STREAMING OPTION

Suggested Donation: \$5/class



TOOLS FOR TALKING
WHEN STAKES ARE HIGH

Changes: Navigating Life's Turns

Change comes, whether we like it or not. Abrupt or gradual, deliberate or by chance, joyous or sorrowful - life's transitions are inevitable. Are you navigating through a time of change and transition in your life? Join in a conversation as we tend our spirits together in our ever evolving lives.

Facilitator: Rev. Neal Anderson

Dates: Saturdays, October 13, November 3, December 1

Time: 9:00 a.m. – 10:30 a.m.

Location: Panera Bread, - 744 Bancroft Rd, Walnut Creek.

Suggested Donation: \$10

Claiming Our Stories: A People of Color*

Gathering Space

Members and friends of MDUUC who identify as People of Color are invited to join this gathering where we will create a sacred space of sharing and power. Each month, we will come together to reflect on our experiences as people of color in Unitarian Universalism and in our larger world. Using our stories, our wisdom and our truths as our guide, we will collaborate on a vision of what it means to be "exuberantly multicultural" - within and beyond MDUUC's walls. This gathering will be facilitated by Rev. Ranwa Hammamy.

**This space is specifically for people who identify as People of Color (Black, African, Latinx, Asian/South Asian, Pacific Islander, Indigenous/ Native American, Arab/Middle Eastern, Multiracial). A sibling group for white allies, friends and family members will be held at the same time.*

Facilitator: Rev. Ranwa Hammamy

Dates: 4th Wednesdays

Time: 7:30 p.m. – 9:00 p.m.

Location: Sanctuary

Suggested Donation: \$5

MINISTER'S CLASSES (CONTINUED)

Journeying Together: Engaging Whiteness* & White Supremacy

Member and Friends of MDUUC who identify as white are invited to this gathering to create a sacred space where we can engage what it means to decenter whiteness in a culture which centers whiteness. We will engage together to understand oppression as it exists within ourselves and around us. You are encouraged to attend in spite or because of your level of awareness or understanding. We will engage texts, multi-media, and other sources and engage in dialogue. This gathering will be facilitated by Rev. Neal Anderson.

** This space is specifically for people who identify as white. A sibling group for People of Color will be held at the same time.*

Facilitator: Rev. Neal Anderson

Dates: 4th Wednesdays

Time: 7:30 p.m. – 9:00 p.m.

Location: Children's Chapel

Suggested Donation: \$5

A Gathering of Men

Every second Wednesday at 7:30 p.m. those who identify as male are invited to A Gathering of Men. This group will be led by Rev. Neal and Intern Minister Aaron. In this group we will have the opportunity to check-in, and then engage with each other around a spiritual theme inviting participants into deeper engagement. We will work together to create a supportive and caring environment as well as inviting each other to being stretched.

Facilitators: Rev. Neal Anderson & Intern Minister Aaron Eaves

Dates: 2nd Wednesdays of the month

Time: 7:30 p.m. – 8:30 p.m.

Location: Sequoia Room

Suggested Donation: \$5

Women Talk

Every second Wednesday at 7:30 p.m. those who identify as female are invited to discuss the feminine side of the spirit. This group will be led by Rev. Leslie Takahashi and several seasoned female-identified leaders, beginning in October.

Facilitators: Rev. Leslie Takahashi & additional female-identified leaders,

Dates: 2nd Wednesdays of the month

Time: 7:30 p.m. – 8:30 p.m.

Location: Oak Room

Suggested Donation: \$5

JUSTICE

Queer 101

Over the last 50 years, language around sexuality and gender has shifted and changed in incredible ways. New words have been born; other words have changed meanings and usages. One of the more complex of these words is queer, a word that began as derogatory but is now worn and embraced with pride by many. Join our Intern Minister, Aaron, as we dive into this sea of words, both new and old, renewing our LBGTQIA vocabulary as well as our calls to personal healing and collective liberation.

Facilitator: Intern Minister Aaron Eaves

Dates: Sunday, October 14th

Time: 2:00 p.m. – 4:00 p.m.

Location: Children's Chapel

Suggested Donation: \$5

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JUSTICE

Beloved Conversations

Beloved Conversations is an experiential curriculum that provides a space to reform/refuse the brokenness of racism into new patterns of thought and behavior ushering in social and spiritual healing. New ways of being are learned through the actions of conversation and probing dialogue. This year participants will have a chance to attend the kick-off retreat facilitated by the Rev. Leslie Takahashi, Linda Russell, Rev. Neal Anderson, Rev. Ranwa Hammamy and Intern Minister Aaron Eaves. The retreat will be held Friday evening September 28th and all day Saturday, September 29th.

Each session poses questions that connect with both the sources of inspiration as well as the challenges of race/ethnicity that slow our human journey toward wholeness. As such, the curriculum differs from many approaches to anti-racism/multicultural work in that it frames the discussion not only in terms of demographic urgency or cultural critiques (both of which are useful to understand!), but how developing skills and the habits of an anti-racist mind helps everyone—those in dominant groups as well as those who are targets of oppression—heal from the wounds of racism.

Following the opening retreat, participants will engage in 2 hour sessions covering the following topics:

- The Footprint of Racial & Ethnic History in Your Community
- Exploring the Dynamic of Racism & Privilege
- Racism Today: Micro-Aggressions
- Interrupting Racism
- Community Audit: The Experience of Race and Ethnicity in your Community
- The Legacy of Racism
- Toward a New Identity: How Can We Be-in-the-World?
- Collecting Our Wisdom: A Celebration of Learning and Commitment

Facilitators: Rev. Leslie Takahashi, Linda Russell, Rev. Neal Anderson,
Rev. Ranwa Hammamy and Intern Minister Aaron Eaves

Retreat Date: Friday September 28th (evening) & Saturday September 29th (all day)

Time: 6:00 p.m. – 9:00 p.m. on Friday
& 8:00 a.m.—5:00 p.m. on Saturday

Location: Bortin Hall

Ongoing Dates: Eight Sunday Afternoon Sessions TBA

Suggested Donation: \$25



SPIRITUAL PRACTICE

Meditation with Rev. Leslie

Feeling a need to be centered? Interested in learning new meditative practices? Interested in being with others seeking to establish a meditative discipline? Join us for this lunch time offering either on campus or virtually through video streaming.

Facilitator: Rev. Leslie Takahashi
Dates: Thursday, October 11th
Time: 12:00—1:00 p.m.
Location: Children's Chapel
Suggested Donation: none



Living By Heart

Living by Heart is based on the devotional practices of Harry Scholefield, former Senior Minister of the First Unitarian Church of San Francisco and a professor at Starr King Seminary. He was interviewed over a period of time by the Rev. Laurel Hallman, who wrote the workbooks we will use in this class.

The video portions will guide us through the basic elements of the *Living By Heart* Devotional Practice:

- waiting as a source of spiritual nourishment
- welcoming life rather than fearing it
- noticing sacred relationships all around you
- recording words of wisdom and poetry that especially speak to you
- living with the words until they become a part of your own heart wisdom
- moving from a center of strength into the world

These four classes will focus on:

- 1) The Encompassed Heart
- 2) The Nourished Heart
- 3) The Just Heart
- 4) The Mortal Heart

Please enroll so we have enough workbooks.

Facilitator: Suzanne Lofquist
Dates: Tuesdays, October 9, 16, 23 and 30.
Time: 10:00 a.m. – 12:00 p.m.
Location: Owl Room
Suggested Donation: \$20

Dances of Universal Peace

Join us every
2nd Saturday
for an Interfaith,
Multi-cultural
Spiritual Practice.

Potluck

6:30 p.m. in Bortin Hall

Singing and Moving Prayers for Peace

7:30 p.m.
in the Sanctuary

Honor all faith &
wisdom traditions.
Celebrate our Unity in
Diversity!

These are meditative,
joyous circle dances
with uplifting song and
live music. Each dance/
chant/song is taught –
no partner or
experience needed.

Led by SierraLynne &
Bill Wentz

Suggested donation:
\$10.00



SPIRITUAL PRACTICE

Breath And Spirit:

Join us for our half-day retreats, which feature opportunities to calm your brain, rest your heart and restore your spirit. By spending time in reflective and meditative practices, you will find yourself able to build a new resilience. Breath & Spirit retreats share restorative practices to calm and center you and provide a supportive environment to think about how you can continue finding these forms of peace-making in your day-to-day life.

This year, our Breathing Deeply programs will center on the themes of solidarity, abundance and resilience. Please join us! Our October 6th gathering, “Finger Pointing At The Moon”, will focus on the Japanese practice of Naikan, a philosophy which emphasizes renewal of relationship and values-based action..

Facilitators: Rev. Leslie Takahashi, Jo Gelinias and friends

Dates: Oct 6th: Finger Pointing At the Moon

Dec 8th: Our December gathering will focus on gratitude and the importance of cultivating a true sense of gratitude in the “season of giving” which can lead us feeling jaded and jangled.

Time: 9:30 a.m.—1:00 p.m.

Location: Bortin Hall

Suggested Donation: \$20



Evening Yoga



The session begins with 80 minutes of gentle integrated yoga asanas and stretches, breath work exercises, relaxation techniques and opportunities to set neural pathways for happiness that include laughter yoga. A 20-minute guided relaxation meditation follows.

Facilitator: Sharon Lawrence

Date: Mondays, Sept. 10th—Dec. 17th
(No Class Oct. 22nd, & 29th)

Time: 7:15 p.m. — 9:00 p.m.

Location: Bortin Hall

Suggested donation: \$5 per class



SPIRITUAL PRACTICE

Creative Journal Writing



Discover your fresh, adventurous, reflective, playful, healing expressiveness through journal writing in a group. Using suggestions from Natalie Goldberg's

Writing Down the Bones, we'll write together. I'll offer "prompts" to jump-start your imagination.

The workshops are offered by Susie Symons, MDUUC member, who led a journal writing group for 16 years in Michigan, before moving to Rossmoor late in 2016. This is a creative, group encouraged experience where your inner critic will be left behind!

Facilitator: Susie Symons

Dates: 2nd Wednesdays of the month; Sept. 12th, Oct. 10th, Nov. 14th

Time: 7:00 p.m. – 8:30 p.m.

Location: Owl Room

Resiliency

Is there anyone out there who doesn't have mental difficulties once in awhile, real or imagined troubles and worries, more often than not just in your head?

What makes the difference

when they come up is how fast you can get back to being your regular AOK self. The key is "resiliency," the ability to move through whatever is distracting you and carry on. Of course this can happen by itself, but it can take time. It turns out there are also a number of simple ways for moving the process along by accessing a source of presence and strength deep in all of us and bringing up into consciousness real confidence and clarity when we need it. These techniques are simple to use and they really work. .



Facilitator: Tony Newey

Dates: Wednesdays; Sept. 12, 19 & 26

Time: 7:00 p.m. – 8:30 p.m.

Location: Children's Chapel

Thin Moments

Inge and Bill Yarborough will facilitate a discussion where you can share a special experience that transcends ordinary reality, such as knowing something is about to happen, sensing the presence of a deceased loved one, experiencing a deep interconnectedness with a scared place, or other moving non-ordinary experience.

Facilitator: Bill & Inge Yarborough

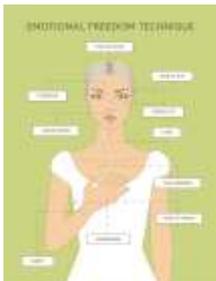
Dates: Tuesday, September 18th

Time: 7:30 p.m. – 9:00 p.m.

Location: Children's Chapel

Suggested Donation: \$10

Emotional Freedom Technique



Inge and Bill Yarborough will share a specific form of energetic healing that involves tapping on specific pressure points on the body to obtain release from negative emotions or difficult experiences. The practice is closely related to the therapeutic practice of acupressure.

Facilitator: Inge & Bill Yarborough

Dates: Tuesday, Oct. 2nd

Time: 7:30 p.m. – 9:00 p.m.

Location: Children's Chapel

Suggested Donation: \$10

COMMUNITY

Unitarian Universalist congregations affirm and promote seven Principles, which we hold as strong values and moral guides.

We live out these Principles within a “living tradition” of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience.

The seven Principles are:

The inherent worth and dignity of every person;

Justice, equity and compassion in human relations;

Acceptance of one another and encouragement to spiritual growth in our congregations;

A free and responsible search for truth and meaning;

The right of conscience and the use of the democratic process within our congregations and in society at large;

The goal of world community with peace, liberty, and justice for all;

Respect for the interdependent web of all existence of which we are a part.

Getting to Know UU

Are you new to MDUUC? Or relatively new? Or experienced enough to begin to wonder what this whole Unitarian Universalist thing is about anyway? If you want to learn more about our faith, this congregation, what we believe, where we come from and how you can take the next step in getting to know us, please come to this fun, interactive gathering where you will have a chance to meet others new to MDUUC as well as ministers and leaders from our congregation. Brunch foods will be provided.

Facilitators: Lead Minister Rev. Leslie Takahashi

Dates: Saturday, September 15th at 9:30 a.m. – 12:30 p.m.

Wednesday, January 9th at 7:30–9:00 p.m.

Wednesday, January 16th at 7:30–9:00 p.m.

Saturday, April 13th at 9:30 a.m. – 12:30 p.m.

each class is a single session

Location: Bortin Hall or Children’s Chapel

Suggested Donation: none



Coffee and Conversation!



A great way to meet with congregational friends and our ministerial staff. Join us, grab the beverage of your choice and bring a topic for conversation.

Rev. Neal Wednesday, September 5 - 4 - 5:30 p.m. Pleasant Hill @ Starbucks on Contra Costa Blvd.

Rev. Neal Thursday, September 13 - 4 - 5:30 p.m. Walnut Creek @ Philz

Rev. Leslie, Friday September 14 from 2-3:30 p.m. Rossmoor place to be announced

Rev. Leslie, Friday September 21 from 7:30–8:30 p.m. Starbucks on Military West, Benicia

Rev. Neal, Saturday September 29 from 9:30–11 a.m. Pittsburg @ Steeltown Coffee

COMMUNITY

Community Circle Groups



Searching for deeper connections and engagement with others at MDUUC?

Check out our Community Circle Groups.

Community Circles are part of the broader Small Group Ministry found in many Unitarian Universalist congregations around the country. A Community Circle comprises 5-10 members of the congregation plus two co-facilitators, who get the discussions started on a topic of the week. Most circles meet every week, or every other week, for 6-10 sessions. Members gather at a meeting room on campus or in the home of one of the members. The discussion follows a format designed to

promote mindful listening, without interruption or cross talk, as members share on the topic for the meeting. This can be a way for newcomers to get to know a handful of members of the congregation and for members of long-standing to know friends in a deeper way, through sharing thoughts and experience on the topics. These discussions are intended to be community building, rather than intellectual exercises (and there are no quizzes!).

New Community Circles are being organized in September, to begin in October. Watch for sign-ups in Bortin Hall, and check the online sign-ups after Labor Day.

If you are interested in co-facilitating a group, or to find out more about what to expect, please email Rev. Neal Anderson (Neal@mduuc.org) or Mary-Helen Binger (maryhelen@mduuc.org)

Beloved Commitments Movie Night

On a Friday of each month we come together to deepen our conversation on race, through collective viewing of a movie/video, followed by spirited, supportive conversation. Look in the weekly email announcements for information about the upcoming films.

September 21st: Film To Be Announced

October 19th at 7:00 p.m. we will be showing “This Changes Everything—The Film”.

Filmed over 211 shoot days in nine countries and five continents over four years. *This Changes Everything* is an epic attempt to re-imagine the vast challenge of climate change. The film, based on Naomi Klein’s international non-fiction bestseller, builds to the controversial and exciting idea that we can seize the existential crisis of climate change to transform our failed economic system into something radically better. We will be inviting people to consider becoming part of our work for climate justice after viewing the film.

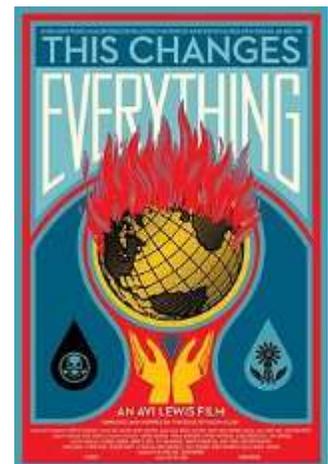
Facilitators: Linda Russell

Dates: Sept. 21, Oct. 12, Nov. 9, Dec.14

Time: 7:00–9:00 p.m.

Location: Children’s Chapel

Suggested Donation: \$5



SPIRITUAL PRACTICE

Money, Spirit and Life (OWL –but for money)

Money pervades our day-to-day lives, but it receives little attention in our religious lives. Money is entangled with our sense of self. It has complicated social dimensions and dynamics. In this program, participants join together to give this aspect of our lives due attention in a religious community. The heart of this program is to explore the relationship between money and our Unitarian Universalist spiritual values.

Facilitator: Les Polgar & Elizabeth Andreason

Date: TBD

Time: 10:00 a.m.—12:00 p.m.

Location: Children’s Chapel

Suggested Donation: \$15

Creating New Family Traditions

Traditions help families develop shared values and identities, part of the recipe for staying connected. Family life today can be vastly different and the traditions we inherited may no longer be serving that need. Join Indigo Lewis for a single workshop on creating more personalized, contemporary rituals to mark family celebrations. By the end of the hour you will leave with both a weekly family ritual and a rite of passage ritual. In addition, we will consider some fresh ways to celebrate the upcoming, established holidays of Halloween and Thanksgiving.

Facilitator: Indigo Lewis

Dates: Sunday, October 7th from 1:00 -2:15 p.m. or
Wednesday Nov 7, from 7:30—8:45 p.m.

Location: Oak Room

Suggested Donation: \$5

LIFE SKILLS

Parenting Tweens & Teens From Your Wise Mind

Raising a happy and successful teenager is a challenge for any parent, even the most patient and wisest among us. Parenting adolescents requires all sorts of skills that most of us don’t naturally possess. Using "Wise Minded Parenting" by Dr. Laura Kastner we will learn:

- * The latest research and knowledge about what our tweens and teens need to thrive.
- * Practical strategies for acting and responding mindfully and effectively throughout this rich and challenging period.
- * How to encourage progress towards the 7 essentials of happy, healthy tweens/teens. (Secure attachment, self control, academic success, social thriving, emotional flourishing, strong character, physical health)

Join Indigo Lewis in this "Wise Minded Parenting" class where you’ll learn how to tap your “wise mind” to calmly navigate even the stormiest of parenting moments.

Facilitator: Indigo Lewis

Dates: Wednesdays, Sep 26 , October 3, 10, 17

Time: 7:15 p.m. – 8:45 p.m.

Location: Oak Room

Suggested Donation: \$10

LIFE SKILLS

Books & Connections

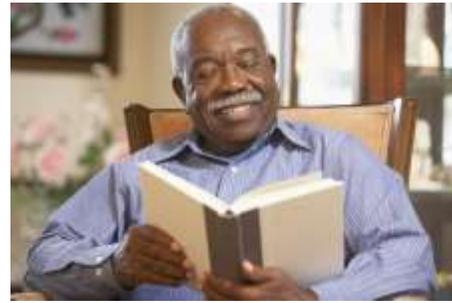
Calling all book-lovers, including young adults, too! Open to members and friends, this monthly reading group values diversity of opinion and respectful listening as we enlighten our minds with books and enrich our hearts with the connections they inspire. Drop-ins always welcome. (helenreznick@mduuc.org) Book titles will be chosen in September for the 2018-19 year.

Facilitator: Helen Reznick
Date: First Monday of each month
Time: 7:00 p.m. — 8:30 p.m.
Location: Fireside room
Suggested Donation: none

Improv

An intro to Improv. The class will do games designed to break the Improv ice and teach basic concepts - such as saying "yes" to offers and building a story from nothing. The ultimate goal is to lose the noise we've developed since childhood that tells us to edit ourselves and others (not permanently... just while we im-prov...).

Facilitators: Bill Younger and Ben Yates
Date: 1st & 3rd Tuesdays;
Time: 7:30 p.m. — 9:00 p.m.
Location: Mirror Room (White Building)
Suggested Donation: \$10



Book Discussion

Enjoy and discuss a new book each month. Meets in member homes in Rossmoor.

Facilitators: Bill and Joy Hicks 925.939.3316, wjhicks@att.net
Dates: First Tuesday of each month
Time: 7:30 p.m. — 9:00 p.m.
Location: various member homes in Rossmoor
Suggested Donation: none

Gifts of Aging: The Stories of Our Lives

Come and share the wisdom, wonder, mystery, spirituality, and laughter of our lives. Our togetherness will be filled with conversation of the remembrances, challenges, losses and joys we continue to experience on our journey. This is an open class.

Facilitator: Beth Snortum
Date: Mondays, Sept. 24th, Oct. 8, 15, 22, 29 and Nov. 5 & 12
Time: 10:00 a.m.—12:00 p.m.
Location: Sequoia Room
Suggested Donation: \$10

COMMUNITY NIGHT RETURNS TO WEDNESDAY

Join us for your midweek reset!

Back by popular demand - our midweek recharge returns to Wednesday. We will have time for centering, a chance to break bread together and many opportunities to learn and enrich yourselves.. Child care will also be available on these evenings.

Beginning on Wednesday, September 5, please join us for:

5:30 p.m. **Vespers** , every Wednesday

6:30 p.m. **Community Dinner**

7:30 p.m. :

•**Counter Weight Values**, 1st & 3rd Wednesday s

•**Claiming Our Stories**: A People of Color Gathering Space, 4th
Wednesdays

•**Journeying Together**, Engaging Whiteness & White Supremacy, 4th
Wednesdays

•**A Gathering of Men**, 2nd Wednesdays

•**Women Talk**, 2nd Wednesdays

Community Dinner

Wednesdays —6:30 p.m.

A catered meal with a suggested donation of \$8 per adult and kids eat free. RSVP required at <https://mduuc.org/events>



FAMILY EVENTS

Find out the latest for families at MDUUC every week with the Religious Education Newsletter!

There are three ways to access it:

1. Sign up directly with Indigo Lewis at indigo@mduuc.org
2. Click the link found on the weekly MDUUC email newsletter
3. Click the link found on the news/weekly announcements page of our website, www.mduuc.org

ALL FAMILY RE LUNCHEON



Parents! Gaurdians! Grandparents! Children! Youth!

Please join us on the brick patio after the 2nd service on September 9th for an all family RE luncheon. The LEAP council is providing the makings for “build your own”

sandwiches & drinks, and invite you to bring a shareable dish of your choosing, salad / chips / desert.

Our time together will be a chance to eat a good meal, meet our larger community of RE families and teachers, register participants for programs, and learn about new opportunities for our RE families, children and youth.

SAVE THE DATE FOR THIS NOT-TO-BE-MISSED COMMUNITY FAMILY EVENT, a celebration of science and song with the BANANA SLUG STRING BAND!

The BANANA SLUG STRING BAND is a group of lovable musicians, songwriters, and educators who blend music, theater, puppetry and audience participation to create a lively learning experience.

Their Live show is legendary, and include characters such as; the Professor, Doug the Drop, Peter the Penguin, Mr. Dirt the puppet, Louie the Crab, and Big Red, the talking Redwood Tree. These characters come out in full body costume to the amazement of all. The songs are all original, and played in a variety of catchy musical styles...from folk to blues to reggae, rock and roll and rap. The songs are educational, funny and deeply moving. Kids come away, inspired, and ready to learn more about the Earth.

Bring your kids, your parents, your friends, your neighbors. All will walk away with catchy tunes in their head and deep appreciation for the diversity and wonder of our earth.

Date: Saturday, September 15

Time: 4:00 - 5:30 p.m.

Location: Bortin Hall

Suggested Donation: \$15 per family, no one turned away at the door!



During adult classes and programs, MDUUC is proud to offer free childcare.

Donations to the childcare fund are always appreciated.

Please contact MarenaMcGregor with childcare needs or questions.

A one-week advance notice of childcare needs is required.

childcare@mduuc.org

WAYS TO MAKE CONNECTIONS

One of the easiest ways to get acquainted and make friends at MDUUC is through joining a small group. Here are some welcoming groups. Also check out the various committees that might suit your interests and talents.

Book Discussions: (1) First Mondays of each month at 7:30 p.m. (2) First Tuesday of each month at 7:30 p.m. See page 12 for more details.

Caregiver's Circle: Support for those who are caregivers to a loved one. Meets the second Saturday of each month at 11:00 a.m.

Community Circles: Small groups gather twice a month to intentionally share in search for community, for significant connection with each other, for a personal search of deeper meaning in our lives and for spirituality.

Dances of Universal Peace: A joyous way of touching the spiritual essence of ourselves and others. No partner or experience necessary. Potluck at 6:30 p.m. and dancing from 7:30 p.m. – 9:30 p.m. On the 2nd Saturdays of the month. Suggested donation \$10.

Elder Journey: A circle for good company and lively conversations meeting the 2nd & 4th Wednesdays, from 10:00 a.m. – 12:00 noon in Bortin Hall.

Facilities Saturday Work Party: Members and friends gather the first Saturday of each month at 9:00 a.m. to maintain and improve the church buildings and grounds. Contact tristan@mduuc.org

Grief Group: A gathering for those who wish to express their grief in an open and welcoming environment. We meet the first Friday at 12:00 p.m. in the Oak Room.

MDUUC Prayer Shawl Knitting Ministry: Knitting and conversation; all levels welcome. Contact Sherryl Brinkley for more information.

Men's Breakfast Group: Meets second Saturday of the month at 9:00 a.m. at MDUUC.

Social Justice Table: Check out the Social Justice table in Bortin Hall during coffee hour for information on groups working on social justice issues.

Sunday Morning Meditation: This group meets weekly in the Fireside room from 9:00 a.m. – 10:15 a.m. weekly for quiet reflection. Beginners welcome. Contact Sharon Lawrence for more information.

Young Adult Network: Adults between the ages of 18 - 35 gather for monthly potluck and schedule hikes and other activities. Contact the Intern Minister for more information at intern@mduuc.org

Women's Group: Meets First Thursday of each month from 10:30 a.m. – 1:00 p.m. at MDUUC for potluck lunch and discussion. Topics and guest speakers vary. Contact Dee Simmons for more information.

Vespers: Join us every Wednesday, at 5:30 p.m in the Sanctuary for quiet gathering, music and reflection. Topic varies each week.

