



ADULT PROGRAMS

AT MDUUC

Mt. Diablo Unitarian Universalist Church

2020 Winter 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.

How to register:

Registering in advance is highly encouraged. Please note: While drop-ins are 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 coffee and connection hour at the adult faith formation table.



Director of Lifespan Religious Education

Indigo Lewis indigo@mduuc.org 925.934.3135 x 4

“Life is a gift for which we are grateful. We gather in community to celebrate the glories and the mysteries of this great gift ”

— Marjorie Montgomery

Table of Contents

Ministers’ Classes	pg. 2
Justice	pg. 5
Spiritual Practice	pg.8
Community	pg. 14
Life Skills	pg. 17
Families	pg. 18
Ways to Make Connections	pg. 19

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

MINISTERS' CLASSES

Ministers' Class: Beliefs That Build Hope

This year our Ministers' Wednesday night class will be held on the first Wednesday of the month starting in February from 7:30 to 8:30 p.m. and is a chance to try on some interesting ideas and have discussion across a range of perspectives. This winter and spring we will be exploring some of the theologies which are influencing contemporary Unitarian Universalist thought and have a chance to think through the tenets of their beliefs and the opportunities and questions they confront us with as UUs.

February: Liberation Theology for UUs
March: Process Theology
April: Islam and Hinduism
May: New Science!

Register on-line.

Facilitators: Lead Minister Rev. Leslie Takahashi, Intern Minister Miranda Lennox, and guests

Date: Wednesdays; Feb. 5, Mar. 4, Apr. 1, May 6

Time: 7:30 p.m. — 8:30 p.m.

Location: Sanctuary

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

A Unitarian Universalist Introduction to Prayer

Prayer is a practice which many of us do surreptitiously and which others of us might consider with skepticism. In this interactive sacred time we will create together, we will look at why we might consider prayer, the different types we might consider (with a little about the forms of prayer—did you know there are principles of prayer?) and why more and more of us may find this a spirit-nourishing practice in these unsettled and unsettling times. While what we want and what we expect from prayer may differ from other traditions, many still find sustenance in this instinctual practice.

Facilitator: Lead Minister Rev. Leslie Takahashi

Date: Feb. 6, Thursday, 6:00 p.m. —7:00 p.m.
Mar. 15, Sunday, 5:00 p.m.—6:00 p.m.

Location: Sanctuary

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
6:30 p.m. — 7:30 p.m.
1st & 3rd
Wednesdays of the
Month

Community Dinners
5:30 p.m. — 6:15 p.m.
1st Wednesday of
the Month starting
in Feb.

**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 — 9:00 p.m.

*Please email
childcare@mduuc.org
to let us know your
child/ren will be*

MINISTERS' CLASSES

Minister's Sunday Salons

Sunday January 19, 1:15 p.m.: *View from the Pettis Bridge*— Rev. Leslie will share commentary and images from her trip with the Contra Costa Clergy Cohort to Selma and Montgomery in the fall of 2019 with an opportunity for discussion and mutual exploration.

Sunday February 23, 1:15 p.m.: *Wrestling with History*— A conversation about reparations and the current movement to look at the costs of our systemic practices. This will be an opportunity to delve more deeply into the content of the day's sermon and to be part of interactive discussion.

Sunday, March 8: *Why Happiness Matters*— Join Rev. Leslie for a more in-depth look at the neurobiology of happiness and why it matters. This will be an opportunity for discussion and mutual exploration.

Facilitators: Lead Minister Rev. Leslie Takahashi

Dates: Sundays, Jan. 19, Feb. 23 & Mar. 8

Time: 1:15—2:15 p.m.

Location: Sanctuary

Unraveling Our UU Past

A look at the history of Unitarianism and Universalism in Europe and the United States with our Minister Emeritus who taught about such things while on the faculty of Starr King School for the Ministry. Dave has a unique way of looking at our oft-forgotten past and the way it has (or hasn't) shaped what UUism is like today. Session one will look at our beginnings abroad, going back to the development of the early Christian Church. Session two will look at our North American past from the early breaking apart of the established Church in New England to the move away from traditional Christianity to evolving a church where there is hardly any mention of God, at least in the way most people use the term.

Facilitators: Rev. David Sammons, Minister Emeritus

Dates: Tuesdays, Jan. 21 & Jan. 28

Time: 1:00—3:00 p.m.

Location: Children's Chapel

MINISTER'S CLASSES (CONTINUED)

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. Leslie Takahashi.

**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. Leslie Takahashi

Dates: Wednesdays, Jan. 29, Feb. 19, Mar. 18

Time: 7:30 p.m. – 9:00 p.m.

Location: Sanctuary

Suggested Donation: \$5

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. Rodney Lemery.

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. Rodney Lemery

Dates: 4th Wednesdays, Jan. 22, Feb. 26, Mar. 25

Time: 7:30 p.m. – 9:00 p.m.

Location: Children's Chapel

Suggested Donation: \$5

A Gathering of Men

One Wednesday a month at 7:30 p.m. those who identify as male are invited to A Gathering of Men. This group will be led by Jim Lewis. 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: Jim Lewis

Dates: Wednesdays, Jan. 8, Feb. 12, Mar. 11

Time: 7:30 p.m. – 8:30 p.m.

Location: Redwood Room

Suggested Donation: \$5



Women Talk

One Wednesday a month 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.

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

Dates: Wednesdays, Jan. 8, Feb. 12, Mar. 11

Time: 7:30 p.m. – 8:30 p.m.

Location: Sequoia Room

Suggested Donation: \$5

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, and the Rev. Rodney Lemery. The retreat will be held Friday evening January 31st and all day Saturday, February 1st.

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, and Rev. Rodney Lemery,

Retreat Date: Friday January 31st (evening) and Saturday February 1st (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: Sunday Afternoon Sessions 2:00—4:00 p.m.

Feb. 9 & 23, Mar. 1, Apr. 5 & 26, and May 3, 24, & 31

Suggested Donation: \$25



JUSTICE

UUA Common Read

This winter, join Kate Newkirk in building community in our congregation through the shared experience, shared language, and deep, meaningful conversations that engaging in the UUA common read can provide.

An Indigenous Peoples' History of the United States is an extraordinary book by Indigenous scholar and activist Roxanne Dunbar-Ortiz that challenges readers to learn US history through a narrative that centers the story, the experiences, and the perspectives of Indigenous peoples. Unpeeling myths and misinformation that have been promulgated by leaders and media, it asks readers to reconsider the origin story of the United States taught to every US school child.

The year 2020 marks the 400th anniversary of the much-mythologized encounter at Plymouth between colonists and those native to the land. The UUA General Assembly 2020, in Providence, RI, will speak to the truths that contradict the mythology. At the same time, movements in response to global and local environmental emergencies, many involving UUs, are increasingly recognizing the connection between Indigenous rights and climate justice. This Common Read invites UU congregations, communities, and individuals to learn the story of trauma and resilience that is the Indigenous Peoples' History of the United States.

The book will be available to purchase in the church office and at the ARE table in Bortin Hall on Sundays.

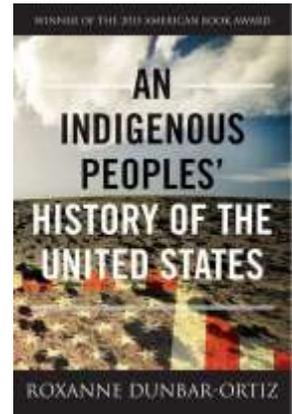
Facilitator: Kate Newkirk

Date: Sunday, Feb. 9

Time: 1:00 p.m. – 2:30 p.m.

Location: Children's Chapel

Suggested Donation: \$10.00



Who We Are: Economic Diversity in our Community

Intern minister Miranda Lennox will lead a workshop with opportunities to discuss issues of classism, hunger, and economic justice in the Bay Area and in Unitarian Universalism. People of every background are welcome to bring their perspectives to this class, which will take place in late February. Exact dates TBA.

Facilitator: Intern Minister Miranda Lennox

Date: TBD in February

JUSTICE

Our Place in the Web of Life

Many people know a great deal about issues of sustainability and are eager to do their part to repair and restore the environment around them and lessen the destruction of our precious natural resources. And, many understand how social oppression works to build up walls that divide the human family, especially along the lines of racial-ethnic identity and class. Yet, far too often these concerns are seen as separate issues. Indeed, at times, in advocacy or congregational planning processes for example, they even may be pitted against each other – with someone asserting that one concern should take priority because it is more important or fundamental than the other(s). This curriculum serves to link social and environmental concerns as mutually informed projects. As Audre Lord famously said: “There is no hierarchy among oppressions.” Martin Luther King, Jr. said it another way: “What affects one, affects us all. We are bound by an inescapable web of mutuality.”



Facilitators: Kristen Taylor, Marianne Callahan, Daphne Drescher

Dates: Sundays, Feb. 2 & 23 and Mar. 1 & 29

Time: 1:00 p.m. – 3:00 p.m.

Location: Children’s Chapel

Suggested Donation: \$10

Justice Movie Night

Join us each month to deepen our conversations on justice through collective viewing of a movie/video, followed by spirited, supportive conversation.

Home is a Human Right is a collection of shorts that includes: Pursuing the Dream which looks at the protections provided to undocumented immigrants through the Deferred Action for Childhood Arrivals (DACA) and the threats they face from intensified deportation actions. We Can’t Turn Our Backs Again on Refugees tells the stories of everyday Syrians living amid a violent civil war and what has driven millions to flee their homeland. The Call to Sanctuary breaks down the ways that communities and individuals can support their undocumented neighbors through a how-to video guide. In Divided by Deportation, we hear directly from children whose lives are shadowed by constant fear and uncertainty due to our increasingly harsh immigration policies. Immigrant Stories: Doctors and Nurses exposes the inhumanity of our immigration policies which force people to choose between medical care or deportation, and Immigrant Stories: Teachers reveals how these policies are disrupting students' lives across the nation.

Facilitators: Rev. Rodney Lemery

Dates: Fridays, Feb. 7 & Mar. 13

Time: 6:30 p.m. – 8:00 p.m.

Location: Children’s Chapel

Suggested Donation: \$5

SPIRITUAL PRACTICE

Mindfulness and Meditation Challenge!

Join Rev. Leslie for a practice-based exploration of the techniques of mindfulness which you can use to increase awareness, reduce anxiety and be more engaged in your life and your values. We will gather at 6:30-7:30 p.m. on Jan. 15, Feb. 12 and Mar. 11 for this important practice. The text for this gathering will be *30-day Meditation Challenge* by Emma Silverman and Nicole Stumpf. Books can be ordered at the first gathering.

Facilitator: Rev. Leslie Takahashi

Dates: Wednesdays, Jan. 15, Feb. 12, Mar. 11

Time: 6:30 p.m. – 7:30 p.m.

Location: Sanctuary



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 and 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.

Join Rev. Leslie Takahashi, Jo Gelinias, intern minister Miranda Lennox and the rest of the Breath and Spirit team for a half-day experience of connecting with your breath and spirit. Our February offering is *Love as a Spiritual Practice* and will focus on how we can use the type of spiritual love which is our inheritance as a guide for our spiritual practices.

Breath and Spirit provides an avenue for those who are looking for on-going spiritual practices.

Facilitators: Rev. Leslie Takahashi,
Intern Minister Miranda Lennox & the
Restorative Practices team

Dates: Feb. 8
May 9

Time: 9:30 a.m.—12:30 p.m.

Location: Bortin Hall

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

Soma Spiritus: Embodied Spiritual Practice

Soma Spiritus defined means body and breath. The modern use of the word “soma” appears in the word “somatics,” which in general refers to body awareness practices. The modern evolution of the word “spiritus” includes the divine mover which gives us breath – the Spirit of Life.

The Soma Spiritus workshop experience will include an exploration of embodied awareness practices as a foundation for all of life. The foundational practice of Soma Spiritus is Authentic Movement, a movement form that encourages bearing witness to the truth of the body in each moment. We will consider the body as our primary connection to spirit and the root of all experience, and we will bear witness to ourselves and one another with an attuned, loving presence. Attention will be given to ways of listening, trauma in the body, power dynamics, group consciousness, and embodied spirituality. Participants will leave with a deeper sense of awareness that will inform their connection to self, community, and spirit.

Soma Spiritus is open to all ages, identities, abilities, and movement backgrounds. Every effort will be made to make this workshop accessible and useful to all bodies. The fundamentals of Soma Spiritus are about body listening and require no particular strength, flexibility, or aerobic stamina. Soma Spiritus strives to teach embodied awareness and appreciation for movement, which is available to all.

Facilitator: Lauren Levwood

Date: Monday, Jan. 20

Time: 2:15 p.m. – 4:45 p.m.

Location: Bortin Hall

Suggested donation: \$15

Meditation and Haiku

Meditation and Haiku offers some quiet reflective time learning about Haiku as a way of quieting your restless mind. This group meets on the 2nd Tuesdays of the month and warmly welcomes newcomers and drop-ins. Each month will offer new ideas with January focusing on new beginnings. From Kerry Lincoln we will learn about the poet Issa and his Haikus. Join us for fun and good conversation!

Please enroll online.

Facilitator: Suzanne Lofquist

Dates: Tuesdays, Jan. 14, Feb. 11, Mar. 10

Time: 10:00 a.m. – 12:00

Location: Owl Room

Suggested Donation: \$5

SPIRITUAL PRACTICE

Vespers

Need A Midweek Moment of Quiet? Vespers brings us a time to connect with our hearts and spirits through music, meditation and the sharing of our meaning together. Join us on 1st & 3rd Wednesdays evenings at our NEW TIME!

Dates: 1st, 3rd & 5th Wednesdays, beginning Jan. 15

NEW Time: 6:30 p.m. – 7:30 p.m.

Location: Sanctuary



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, Jan. 6—Mar. 30
(No Class Feb. 17 for Presidents Day)

Time: 7:15 p.m. — 9:00 p.m.

Location: Bortin Hall



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

Donations to the childcare fund are always appreciated.

Please contact Marena McGregor with childcare needs or questions.

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

marena@mduuc.org

SPIRITUAL PRACTICE

Religions of the East

What do countries in the East have to teach us about religion? How do the religions of the East differ from those of the West? Karen Armstrong talks about the Eastern religious focus on “quieting the ego.” Is there anything comparable in the West? Max Mueller, 19th century philologist and student of the religions of India, said “He who know one religion knows none.” Join me for a look at Eastern religion. The initial focus will be on Hinduism and Buddhism.

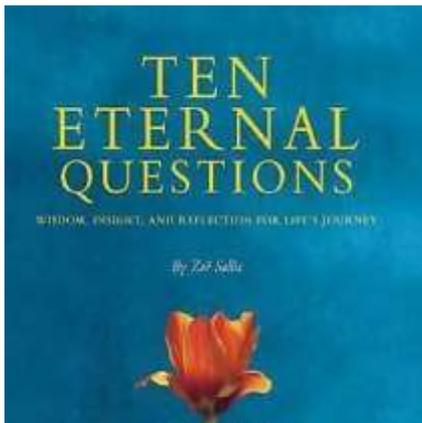
Facilitator: Jim Hughell

Dates: Tuesdays, Mar. 17, 24, 31 and Apr. 7, 14, 21

Time: 1:00 p.m. – 2:30 p.m.

Location: Children’s Chapel

Suggested Donation: \$10



Ten Eternal Questions: Wisdom, Insight, and Reflection for Life’s Journey

In the book *Ten Eternal Questions* author Zoë Sallis asked world leaders, artists, and scientists ten timeless spiritual questions. Each month Inge and Bill Yarborough will facilitate a discussion sharing some responses she received, then invite you to share your thoughts in a group discussion. Spiritual Practices are practices that restore our spirits.

Facilitator: Inge & Bill Yarborough

Dates: Last Mondays of the Month, Jan. 27, Feb. 24 & Mar. 30

Time: 7:00 p.m. – 8:00 p.m.

Location: Children’s Chapel

Suggested Donation: \$10

SPIRITUAL PRACTICE

Creative Journal Writing



Discover your fresh, adventurous, reflective, playful, healing expressiveness through journal writing in a group. I'll suggest some “prompts” to jump start your

writer's imagination, and we will be guided by 3 books on journaling:

- *When Your Heart Speaks, Take Good Notes*, by Susan Borkin
- *Life's Companion*, by Christina Baldwin
- *Writing Down the Bones*, by Natalie Goldberg

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: Wednesdays once a month; Jan. 22, Mar. 18, Apr. 15 (no class in Feb.)

Time: 7:30 p.m. – 9:00 p.m.

Location: Owl Room

Suggested Donation: \$10

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 and Inge Yarborough

Dates: Thursday, Mar. 19

Time: 10:30 a.m. – 12:00 p.m.

Location: Children's Chapel

Suggested Donation: \$10

Visioning Board

A vision board is a collage that provides an image of what you would like to see in your life in 2020; be that love, success, a better world, a better body, travel, bucket list items – whatever would make this a rich and rewarding year for you. Inge Yarborough will facilitate the visioning board session providing poster boards, colored pens, scissors and glue as well as plenty of magazines – though you may bring your own also. Take your creation home and place it somewhere where you can regularly draw hope and comfort from it. Spiritual Practices offerings are designed to restore our spirits.

Facilitator:

Inge Yarborough

Date: Monday,
Jan. 28

Time: 7:00 p.m. –
8:30 p.m.

Location:

Owl Room

Suggested Donation: \$5



Emotional Freedom Technique

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

Facilitator: Bill and Inge Yarborough

Dates: Thursday, Feb. 20

Time: 10:30 a.m. – 12:00 p.m.

Location: Children's Chapel

Suggested Donation: \$10

COMMUNITY NIGHT RETURNS TO WEDNESDAY

Join us for your midweek reset!

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

Beginning on Wednesday, January 8, please join us for:

5:30 p.m. **Community Dinner** , every 1st Wednesday beginning Feb. 5

6:30 p.m. **Vespers**, every 1st, 3rd, and 5th Wednesday

6:30 p.m. **Mindfulness and Meditation**, every 2nd Wednesday

7:30 p.m.

•**Ministers' Class: Beliefs that Builds Hope**, 1st Wednesdays, Feb-May

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

•**Women Talk**, 2nd Wednesdays

•**Claiming Our Stories:** A People of Color Gathering Space, 4th
Wednesday in Jan. Contact Rev. Leslie Takahashi for Feb. & Mar. dates

•**Journeying Together:** Engaging Whiteness , 4th Wednesdays

Community Dinner

1st Wednesdays —5:30 p.m.

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



COMMUNITY

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, Jan. 25 at 9:30 a.m.—1:00 p.m.

Sunday, Apr. 26 at 1:30 p.m.—3:00 p.m.

Saturday, June 6 at 9:30 a.m. – 1:00 p.m.

each class is a single session

Location: Bortin Hall or Children's Chapel



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 January, to begin in February. Watch for sign-ups in Bortin Hall, and check the online sign-ups after the New Year.

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

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.

Who am I? Finding and Appreciating My Story.

Are you seeking a more wholistic grasp of your self-sense? Are you struggling with a challenging life situation such as job choice or a relationship loss?

Dr. Howard Weisman offers us a set of 25 questions aimed at facilitating our exploration and integration of our life experience. We will meet as a group over 4 weeks and support each other in approaching 5 chosen questions for each week. This is not a lecture. There may be some fun homework. Journaling will likely be useful as well. Partnering with another group member you don't know well is encouraged. We will need 8 people to start the group. The group will choose a week time to meet at Howard's home.

Facilitators: Dr. Howard Weisman

Dates:

Location:

Suggested Donation: \$10



MDUUC Bicycle Club

Do you miss those carefree days riding your bike anywhere you felt like going? Feel guilty about that trusty old steed with the flat tires in the garage? Dream of tooling up Mt Diablo?

Well, the brand new MDUUC bicycle club (UNIcyclists?) is here for you. Intrepid cyclists David Stanley, Bill Clark and Jim Hughell will lead a ride monthly. Details to be determined but the basic idea is a short destination ride suitable for anyone who cares to join us. Everyone welcome!

We will compile a mailing list, so if you are interested, please email wxclark@gmail.com or jhughell@hotmail.com. If you are interested but don't have a bike, we may be able to furnish one. We will notify you of the proposed ride in advance. Feel like a kid again! Ride a bike!

Facilitators: David Stanley, Bill Clark, Jim Hughell

Dates: Second Saturday of each month— Jan. 11, Feb. 8, Mar. 14

Time: 11:30 a.m.

Location: Begin ride from MDUUC, 55 Eckley Lane, Walnut Creek

COMMUNITY

Young Adult Gatherings

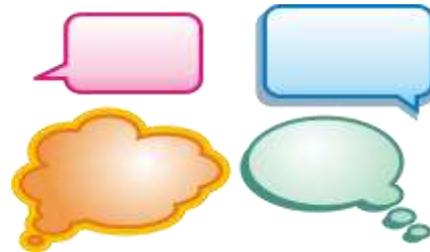
Adults between the ages of 18 - 35 gather bi-weekly on Sundays at 1:00 p.m. in the Owl Room for food, conversation, community, and other activities! Contact the Intern Minister for more information at intern@mduuc.org. and check on the MDUUC calendar at MDUUC.org

Facilitators: Intern Minister Miranda Lennox

Dates: Bi-monthly on Sundays

Time: 1:00 p.m.— 3:00 p.m.

Location: Owl Room and other locations



Winter Hike

Join us for a hike on Kehoe Beach at Pt. Reyes National Seashore. This is a dog friendly hike along a sandy beach bounded by grass covered dunes.

Trailhead is about 1.5 hours (70 miles) from church. We'll likely hike about 4-5 miles total.

For more information please contact Peter Morse:
petermorse@gmail.com

Facilitator: Peter Morse

Dates: Saturday, Feb. 29

Time: 9:00a.m. at MDUUC, carpool from there

Location: Contact Peter Morse at petermorse@mduuc.org



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:

Dates: 1st, 3rd & 5th Tuesdays

Time: 5:30 p.m. – 6:30 p.m.

Location: Sequoia Room

Suggested Donation: \$10

LIFE SKILLS

Books and 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)

Winter Titles:

Jan. 6– *Where the Crawdads Sing*, by Delia Owens

Feb. 3– *The Modoc War: A Story of Genocide at the Dawn of America's Gilded Age*, by Robert Aquinas McNally

Mar. 2– *The Overstory*, by Richard Power

Facilitator: Helen Reznick

Date: First Monday of each month

Time: 7:00 p.m. – 8:30 p.m.

Location: Fireside room

Suggested Donation: none

Book Discussion

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

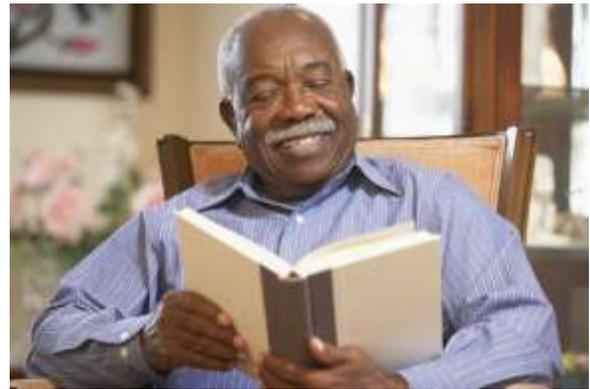
Facilitators: Bill and Joy Hicks 925.939.3316, wjhicks@att.net

Dates: Fourth Saturday of each month

Time: 10:30 a.m.—12:00 p.m.

Location: various member homes in Rossmoor

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 improv...).

Facilitators: Bill Younger and Ben Yates

Date: Tuesdays, Jan. 14, Feb. 4 & 18, and Mar. 3 & 17

Time: 7:30 p.m. – 9:00 p.m.

Location: Mirror Room (White Building)

Suggested Donation: \$10



FAMILY EVENTS

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 seven essentials of happy, healthy tweens/teens. (Secure attachment, self control, academic success, social thriving, emotional flourishing, strong character, physical health)

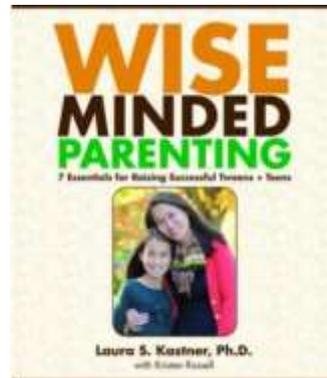
Join Indigo Lewis in this "Wise Minded Parenting" class where you'll learn how to tap your "wise mind" to calmly navigate even the stormiest of parenting moments.

Facilitator: Indigo Lewis

Dates: 1st and 3rd Wednesdays, Feb. 5 & 19, Mar. 4 & 18

Time: 6:00 p.m. – 7:30 p.m.

Location: Owl Room



Parenting Toddlers Support Group

Parenting a toddler? Join our Toddler Parent Group, which meets two Sundays in February and two Sundays in March after the worship. We will focus on the joys, challenges and concerns of parenting this age group; from veggies to potty training, sleeping to siblings. This will be a space to help form and strengthen family friendships at MDUUC. While we are meeting, childcare will be available in the nursery and playground.

Facilitator: Indigo Lewis

Date: Sundays, Feb. 2 and Mar. 1 & 22

Time: 1:00 p.m.–1:30 p.m.

Location: Fireside Room

Suggested Donation: none

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

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 Monday of each month at 7:30 p.m. (2) First Tuesday of each month at 7:30 p.m. See page 17 for more details.

Caregiver's Circle: Support for those who are caregivers to a loved one. Meets the first 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 Saturday 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. Meets the second Friday at 12:00 p.m. in the Redwood 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 1st, 3rd & 5th Wednesday, at 6:30 p.m. in the Sanctuary for quiet gathering, music and reflection. Topic varies each week.

