

Unitarian Universalist Church of Palo Alto



Lifespan Religious Education
Adult and Family Activities • Fall 2010



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Dear UUCPA Friends – we hope this brochure offers many events that will be of interest to you. Friend, visitor, or member, you are welcome to attend any activity at UUCPA. If you need the email or phone number for an activity contact person, look in the UUCPA directory, or ask the office (uucpa@uucpa.org or 650-494-0541).

Included in this brochure you will find:

- ONGOING EVENTS
- SERIES CLASSES
- ONE-TIME EVENTS

See you there!
UUCPA Adult RE Committee

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ON-GOING EVENTS

BROWN BAG BOOKS

Time: 1st Tuesdays of the Month at Noon
Location: Fireside Room
Contact: Hannah Slocum

The Brown Bag Book Group will continue to meet as usual, except for July and August when we do not meet. Many attendees bring their lunch. Books chosen by the Group for discussion are usually listed in the Order of Service or the Bulletin.

CHOIR

Time: Rehearsals - Thurs, 7:30–9pm, Sundays 10:30am
Performances – Sun, 11am September through June
Location: Main Hall
Contact: Henry Mollicone, Music Director, music-director@uucpa.org

Hey Singers! Yes you! Come and sing with the UUCPA choir. We sing all kinds of choral music – classical, world, spirituals, contemporary, and sometimes even “church” music – and have a good time doing it. We have a talented music director and accompanist who are both great people and lots of fun to sing with. Contact Henry, our director, if you have questions, or just come check us out at a rehearsal.

We're also now working on Henry Mollicone's "Misa de los Imigrantes" -- a Palo Alto premiere for our annual concert in January.

We especially need sopranos, but we welcome enthusiastic singers of all voice parts.

CHILDREN AND YOUTH RE PROGRAM

Time: Sundays 9:30am (Five groups, Pre-K to 8th Grade)
Sundays 11:00am (Mixed-Age and Sr High Groups)

Location: Rooms throughout the campus

Contact: Rev. Dan Harper or RE Assistant Hong Bui

For More Information: http://uucpa.org/main/landing_re.html

Sunday morning religious education builds community, helps religious literacy, develops religious skills, and nurtures Unitarian Universalist values and identity. From September to June, children's religious education meets at 9:30am and 11:00am in rooms throughout our campus. The Senior High Youth Group meets at 11:00am.

To learn more about our ministry with young people and to register your children, please come by the Religious Education Table on the Patio any Sunday morning, visit our web pages at http://uucpa.org/main/landing_re.html, or contact the office.

Rev. Dan Harper, RE Assistant Hong Bui and the Children and Youth Religious Education Committee look forward to exploring our faith with you and your family.

CIRCLE DINERS

Time: First Sunday of the month, October – June, 6:30pm

Location: Rotating homes

Contact: Edith Jacobi - circledinersinfo@uucpa.org

The Circle Diners are a welcoming group of adult UUCPA attendants who contribute to our community with monthly potlucks at each others' houses or in the main hall. Our congenial gatherings also give rise to many interesting discussions. Would you like to join us? Get further information and register at the information table on Sundays, in the church office, on the church website, or by contacting Edith.

ELDER JOURNEY

Time: 2nd and 4th Tuesdays of each month, 1:30–3pm

Location: Fireside Room

Contact: elderjourney-info@uucpa.org

For More Information: http://www.uucpa.org/elder_journey/schedule

All meetings begin at 1:30 PM and run for an hour and a half. Meetings are held in the Fireside Room unless otherwise specified. All “elder” members and friends of the UU community are welcome to attend – and you can make your own definition of “elder”. We meet twice a month. One of our ministers usually leads us for one of the sessions and various members of our group take over for the other. We balance our program between informational and “getting to know you” sessions and we welcome ideas for both types. Our organization is loose and informal. For more information send an email to elderjourney-info@uucpa.org

Our Fall Schedule will be announced on our web page, http://www.uucpa.org/elder_journey/schedule.html, and in the Bulletin.

Chair and Court Jester: Philip Hodge

Committee: Sylvia Witcher (“Getting to Know You”), Misao Sakamoto (Info)

GREEN SANCTUARY COMMITTEE

Time: 2nd Thursday of each month, 2-4pm

Location: Room A

Contact: greencom@uucpa.org

For More Information: http://www.uucpa.org/green-sanctuary/about_green_sanctuary.html

UUCPA is an accredited Green Sanctuary, recognized by the Unitarian Universalist Association as a Congregation that nurtures a sustainable life style for its members as individuals and as a faith community.

"Reduce, reuse, and recycle" activities continue with monthly Simplicity Circle gatherings, new composting containers located on campus, and a collection box for used printer cartridges.

An affordable solar installation is under review. Future plans include a community garden project and various presentations on environmental issues.

"Carbon dioxide reduction *pledge leaves* are on bulletin board display and now total 95,385 lbs on the improved *green thermometer*. New climate change books, available for circulation, have arrived in the Hamaker Library."

This is a small committee and visitors are always welcome to come and share ideas.

HUMANIST ROOTS GROUP

Time: 1st Saturday of every month at 6pm
Location: Fireside Room
Contact: Richard Duda

The group continues its monthly series of potluck dinner/discussion meetings in the fall. Everyone is welcome. If you would like to be on the email list, enter <http://uucpa.org/mailman/listinfo/humanistroots> into your favorite browser and subscribe.

Our standard format is to enjoy informal conversation and dinner from 6 PM to about 7:15 PM. After dinner, the person leading the discussion gives a brief presentation (15 to 20 minutes), and then the floor is open to discussion. However, three times a year (in Jan., May, and Sept.) we use the first part of the discussion time to select topics for the following three months, and then open the floor to a free discussion.

MEDITATION GROUP

Time: Every Saturday at 9-10:30am
Location: Room 6
Contact: Marilyn Stoddard

An ongoing meditation group which welcomes new members, this group features a period of sitting meditation followed by readings and group discussion. Leadership is shared and rotates weekly

MEN'S GROUPS

Times: 1st and 3rd Wednesdays, 7:30 – 9pm
2nd and 4th Fridays, 10:00-11:30 am
Location: Room A (both groups)
Contact: Bryce Perry, John Phelps

Two groups are available for men to share personal experiences while developing rapport with and trust in each other. Discussion topics range from profound to humorous as members take turns leading the meetings.

PARENT JOURNEY GROUP

Time: Once a month, specific dates TBA
Location: Room 6
Contact: Janet Negley

Meeting once a month, this is an informal time for parents of RE children and youth to come together, with mugs in hand. This informal group will address common parenting issues and concerns, topics ranging from “mindful parenting” to “moving away from commercialized holidays”. No need to prepare, come join us for an hour set aside for just us, a safe place to ponder, discuss, share, reflect and laugh about the vagaries of parental life from a UU perspective. Specific dates will be announced at the end of August.

PENINSULA INTERFAITH ACTION AT UUCPA

Time: 2nd Tuesday of each month at 7pm
Location: Room 10
Contact: Edie Keating

Being part of Peninsula Interfaith Action at UUCPA offers a way to connect with other faith communities in working on shared issues. PIA at UUCPA continues to support Stevenson House, and is interested in local environmental issues. Please join us at one of our regular monthly meetings.

PENINSULA INTERWEAVE

Time: Times Vary
Location: Locations vary
Contact: See below

Interweave is a membership organization affiliated with the Unitarian Universalist Association. It is dedicated to the spiritual, political, and social well-being of those who are confronting oppression as lesbians, gay men, bisexuals, transgender persons, and their heterosexual allies; and it facilitates the celebration of the culture and lives of its members.

Peninsula Interweave meets on a rotating basis among several UU congregations on the San Francisco Peninsula and South Bay. Meetings occur about once per quarter.

To join our e-mail list or find out more, send email to Peninsula_Interweave-subscribe@yahoogroups.com.

THESPIANS

Time: 2nd Monday and 4th Tuesday of every month at 7–10 pm; 3rd Friday 1:30-4:30 pm

Location: Mondays and Tuesdays in Room 9
(Except September - See website or bulletin for September location)
Fridays in Room A

Contact: Philip Hodge - thespians-info@uucpa.org

More Info: http://www.uucpa.org/thespians/about_thespians.html

1. Play Reading

We sight-read a different play thrice every month. Scripts are provided and parts are assigned randomly. Selections are chosen by the members and range from classic Greek to current hits.

Our Fall Schedule and descriptions of the plays will be announced on our web page, <http://www.uucpa.org/thespians> and in the Bulletin. UU visitors and non-UU guests are welcome and will be offered a part to read. Call, email, or snail-mail in advance to reserve a role for Monday or Friday matinee or Tuesday (or just show up and take your chances).

2. Stevenson House

We have a close relationship with our neighbor, Stevenson House. A few of their residents come to our play readings. We also lead a regular reading there, meeting twice a month and reading half a play. Play selections are chosen from the list of our past readings.

3. Skits and announcements

We present short skits at various church functions; we also, upon request, present "announcements" at some services. Nothing is currently scheduled for this quarter, but we are open to suggestion.

Anyone interested in performing with us should get in touch with Philip Hodge.

RIPPLES

Time: Mondays & Tuesdays at 2:45–3:45pm
Wednesdays at 1:45–2:45pm
Location: Besse Bolton Kids Club
Contact: Rae Bell

One-on-One help with homework enables many students to move ahead with confidence. The Besse Bolton Kids Club, a member of the Palo Alto Community Child Care, is located at the rear of Fair Meadow School. On the afternoon of their choice, volunteers assist students (Grades 1 - 5) who request help with their assigned homework. Tutors follow the PAUSD school district calendar, observing the scheduled holidays and vacation breaks.

WORK DAYS

Time: 1st Saturday of each month, 9am to noon
Location: UUCPA Campus
Contact: Michael Plass - workday@uucpa.org

Consider making things even better by joining others at the monthly work day, right here at UUCPA. There will be snacks and fine company. Come for any or all of the time. Proposed projects might include painting some trim and kitchen cabinets, pruning shrubs, organizing closets, plus some jobs you may have in mind. Join the workday@uucpa.org list to get the latest information about upcoming work days.

The UUCPA Hamaker Library: Religious Education "On Demand"

Time: Monday-Friday, 9am-2:30pm; Sunday, 9am-1pm;
Closed Saturdays

Location: UUCPA Campus

Contact: Church Office, 650-494-0541

Open when the Church office is open, and accessible by walking through the Office. Hours are like the Office: Monday - Friday 9:00 - 2:30; Closed Saturday; Open Sunday 9:00 - 1:00.

Our library has over 2,000 books, audio cassettes, video tapes (VHS) and DVDs available for borrowing. The collection has subject area groupings around particular religions, spiritual activities, UU leaders, and notebooks from adult and children's classes.

Our library has a catalog of materials that can be searched from your home, at <http://library.uucpa.org>. In the Library are instructions for do-it-yourself checking out and returning of materials. The usual length of borrowing is one month.

YOUNG ADULT GROUP

Time: Thursdays, 7-9pm

Location: Room A

Contact: Kathleen Bardin, youngadults@uucpa.org

This is a group for Adults between the ages of 18 and 35. Enjoy a "Fun Night" (Games, Movies, etc.) or have a discussion (on Spirituality, Growth, etc.) with other young adults.

SERIES CLASSES

DANCING HANDS

Time: Every other Wednesday, starting September 8, 7:30-9:30 pm

Location: Rooms 4-5

Facilitator: Kathy Parmentier

This will be an opportunity to try drumming as a spiritual practice. It will be more structured than a Drum Circle, but less structured than a class. We will learn patterns and build patterns into ensembles, with lots of opportunity for improvisation. Drummers of all levels are welcome. You don't need to bring a drum to participate.

Registration: eventsignup@uucpa.org or 650-494-0541

Childcare usually available with two week notice; email childcare@uucpa.org

DISCOVERING UUCPA

Time: Monthly. Dates TBA

Location: Room C (Dan's Office)

Facilitators: Rev. Dan Harper, Edie Keating, Kathy Parmentier

Welcome to this church of the open minds, the helping hands, and the loving hearts! "Discovering UUCPA" is an intro for newcomers to Unitarian Universalism held half an hour after each Sunday service, once a month. Come get acquainted with the church and other seekers through a brief history of UUCPA, a brief history of Unitarian Universalism, an introduction to our Principles and Sources, and personal sharing about the spiritual path that has brought us each here. Dates will be announced via the website calendar and "What's Happening" sections, the order of service and/or a pulpit announcement and via a flyer available at the Information Table each week. Child care is available at each 11 am session, and at other sessions by request (two weeks in advance).

EMERSON, THOREAU AND THE TRANSCENDENTALIST MOVEMENT

Time: Mondays, Oct. 4,11,18 and Nov. 1,8,15; 7-9pm

Location: Fireside Room

Facilitator: Elaine Dodd

Introduction to Emerson and Thoreau and a diverse group of intellectual activists, considered radical in the decades before and after the Civil War, who would remake American society. They provided intellectual and moral leadership for many social transformations: the abolition of slavery, equal rights for women, freedom of religious thought and practice, educational reform, and more. Their influence continues today from efforts to preserve large tracts of wild nature to civil disobedience around the world. The Teaching Company DVD, Part 1, Lessons 1-12: <http://www.teach12.com/ttcx/CourseDescLong2.aspx?cid=2598>

Registration: eventsignup@uucpa.org or 650-494-0541

Childcare usually available with two week notice; email childcare@uucpa.org

SING-ALONG

Time: 4th Tuesdays, Sept. 28, Oct. 26, Nov. 23, 7:00-9:00 pm

Location: Fireside Room

Facilitator: Kay Brown, Robert Neff

Sing-Along program based on hymn books and “Rise Up Singing.” Join us on the 4th Tuesday of each month this fall (starting September 28th) and have fun singing. We plan on singing songs from the old and new hymnals, rounds (some from the UU Hymnal), and other folk and popular music, from sources like “Rise Up Singing.” We will spend time learning each song, and sing, sometimes in unison, and sometimes learning parts, a capella, or with a simple accompaniment. Talk to the Facilitators if you’d like to influence the singing direction we take.

Registration: eventsignup@uucpa.org or 650-494-0541

Childcare usually available with two week notice; email childcare@uucpa.org

UNITARIAN UNIVERSALIST HUMANISM

Time: Wednesdays, Oct. 27 and Nov. 3, 17, 24; 7:30-9:00
pm

Location: Library

Facilitator: Rev. Dan Harper

Unitarian Universalism (UUism) has been home to a number of interesting humanist thinkers and theologians. Topics in this four-week survey course will include: Bill Murry on daily living for humanists; William R. Jones on whether God is a white racist; Sharon Welch on ethics without virtue; Jerome Stone on religion without supernatural belief. There will be 15-20 pages of required reading each week; register in advance to get the reading list before the course.

Registration: Email: eventsignup@uucpa.org Phone: 650-494-0541

Childcare usually available with two week notice; email childcare@uucpa.org

PRACTICES AND PURPOSES OF UNITARIAN UNIVERSALIST LIVING (UU Foundations part 1)

Time: Tuesdays 7-9 p.m., October 12, October 26,
November 2, November 9 (note no class October 19)

Location: Fireside Room, except Oct 26, which will be in Room
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Facilitator: Amy Zucker Morgenstern, Parish Minister

With this class, we launch a multipart UU Foundations course created by Dan and Amy to meet three goals:

- give participants a strong grounding in the wisdom of our religious heritage
- inspire dialogue among participants -- first-time explorers, longtime members, cradle UUs and all about the purposes that bring us here
- deepen our sense of what it means to be an active part of this living tradition.

Later offerings in the series, which can all be taken separately and in any order, will include UU theologies, history, and other topics. We'll recognize those who complete each course and the whole series.

"Practices and Purposes" will focus on identifying and enriching the ways we each strive to put our principles into action in our daily lives. These may or may not resemble classical spiritual practices (such as meditation, silence, writing, prayer, and communal gathering), but what makes them spiritual practices is that they help us to strengthen the connection between our aspirations and actions. Our guides in developing further ways to do this will be Unitarian Universalists and other wise ones past and present, including our peers in the room.

Registration: eventsignup@uucpa.org or 650-494-0541

Childcare usually available with two week notice; email childcare@uucpa.org

SIMPLICITY CIRCLE

Time: 3rd Mondays, Sept. 20, Oct. 18, [etc.], 7:30-9:00 pm
Location: Room 9 or 10
Facilitator: David Harris

Cecile Andrews, author of */Less Is More/*, */Slow Is Beautiful/* and */Circle of Simplicity/*, had been leading weekly discussions at UUCPA, but she is now back in the Seattle area. You can read her message at <http://www.cecileandrews.com>

The group helps people live more simply by discussing ways to reduce our consumerism, cut back on our work hours, build community, find our passion, take back our time, and slow down so we have time to savor and enjoy life. Ultimately we're trying to create a culture that is dedicated to the wellbeing of people and the planet, a culture in which people discover that money cannot be our primary goal. It's not being rich that makes us happy — it's our social ties.

People are welcome to join any time. Join the Simplicity "Cupertino" group at Yahoo, <http://groups.yahoo.com/group/SimpleLiving-SFSouthBayPen/> for sending messages to the group. To join that Group, you have to sign up for a Yahoo account (free) and Yahoo's [SimpleLiving-SFSouthBayPen](http://groups.yahoo.com/group/SimpleLiving-SFSouthBayPen/) group (also free). We hope to establish a convenient meeting for people in the Palo Alto area.

Registration: eventsignup@uucpa.org or 650-494-0541
Childcare usually available with two week notice; email childcare@uucpa.org

ONE-TIME EVENTS

MOVEMENT AND MUSIC

Time: Saturday, Oct. 23, 4-7pm

Location: Main Hall

Facilitator: Marianne Neuwirth

Inherent in living is moving, and any movement can be a dance. Please join in for a day of exploring what kind of movement feels "true" for you. We will listen to various forms of music, and we will take time to see what emerges. No formal dance experience is necessary.

Registration: eventsignup@uucpa.org or 650-494-0541

Childcare usually available with two week notice; email childcare@uucpa.org

A MORNING OF MEDITATION

Time: Saturday October 30, 9:30 – 12:30

Location: Fireside Room

Facilitator: Jim Bronson*, Insight Meditation Center

Contact: Susan Owicki

Would you like to learn meditation or rekindle your practice? This workshop will describe the basics of meditation and then give you an opportunity to practice meditation and discuss the process with an experienced teacher. No equipment or experience required, and you don't have to assume any uncomfortable positions. The workshop is meant to be meaningful for beginning and experienced meditators.

We will also have a brief introduction to the Saturday meditation group. This group of UUs and friends has been meeting every Saturday morning at UUCPA for nearly 10 years. We share

inspirational readings, silent meditation and reflective conversation. We would like to share something of the experience with you and invite you to learn more about meditation

For those who would like further instruction in meditation, we will explore options for a follow-up [class](#).

*Jim Bronson began working with the inner life and spiritual traditions as a student of Krishnamurti in a meditation course in 1968. As Director of Community Outreach and Education for Kara, Jim focuses on expressing his meditation practice in the world by providing crisis support and training for people and groups dealing with tragedy and loss. He has worked with the San Francisco Zen Center as a facilitator of their coming of age program for teens and has provided organizational development support for the staff and executives at the San Francisco Zen Hospice Project. In addition to talks, officiating weddings, and giving meditation instruction at the Insight Meditation Center in Redwood City , Jim offers retreats in beautiful natural settings. Jim has developed and edits a publication called "Passing It On" which is a collection of writings and art from lay meditation practitioners about how meditation and its effects are woven into their lives.

Registration: eventsignup@uucpa.org or 650-494-0541

Childcare usually available with two week notice; email childcare@uucpa.org

IMPROV GAMES

Time: Saturday October 9, 1:30 to 3:30

Location: Fireside Room

Contact: Susan Owicki

When my kids were acting in the Children's Theatre, they would come home and tell me about the fun improv games they played. I felt sad that I was grown up and would never get to play like games like that. Well, it turns out that grown-ups can play improv games too. I'd love to give you a chance to find out how much fun they are.

Improv, which is short for improvisation, has players working together to create a scene spontaneously. Improv games are an easy way to get the feel of improv. There are many improv games, some very verbal, some mostly physical. This class will provide a gentle introduction and a safe place to play.

Besides being fun, improv teaches skills and an approach to life that can make for greater creativity, spontaneity, engagement, and joy.

Registration: eventsignup@uucpa.org or 650-494-0541

Childcare usually available with two week notice; email childcare@uucpa.org

AUCTION

Time: Saturday, November 13, from 5:30 to 9:00 PM

Location: Main Hall

Contact: auction@uucpa.org, or talk to Pat Thomas, Lisa Helmonds, Andrea Chambers, or Susan Plass

Every year we have an auction that's the biggest and best social event of the year! This year it's on Saturday, November 13, from 5:30 to 9:00 PM.

There will be delicious hors d'oeuvres and desserts, wine, live jazz, a professional auctioneer (Frank Sunseri) for the Live Auction, a balloon lady, a movie for kids, a special live Kids' Auction, raffle baskets, and over a hundred items to bid on!

It's fun for everyone -- plan to be there! (And, of course, we need your donations as well, so think about what you can offer: food? a party? a dinner? an outing? a service? a gift certificate?)