

Unitarian Universalist Church of Palo Alto

Fall

Adult and Family Activities Fall 2017



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Fall 2017

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.

Included in this brochure you will find:

- Ongoing Events and Resources
- Music @ UUCPA
- Adult Classes

We look forward to seeing you there!

UUCPA Adult RE Committee

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ONGOING EVENTS & RESOURCES

BROWN BAG BOOKS

Date: 1st Tuesday every month, Sep-Jun

Time: Noon

Location: Fireside Room

Facilitator: Various participants

Contact: Hannah Slocum (hannah_s@uucpa.org)

Registration: Not required

The Brown Bag Books group meets monthly, except in July and August. Many attendees bring their lunches, and sessions are always lively. Books chosen by the group for discussion (fiction and nonfiction alternate) are usually listed in the Order of Service and the Bulletin, as well as on bookmarks.

CHALICE CIRCLES

Date: Varies, usually two hours twice a month

Location: Varies

Facilitator: One or more trained facilitator(s)

Contact: SusanPlass (susan_p@uucpa.org)

Registration: Required

A Chalice Circle is a group of six to ten people who meet regularly to deepen their relationships with one another and to grow spiritually. Chalice Circles provide an open and supportive environment in which the inherent worth and dignity of each community member are respected, that specifically promote making connections and developing friendships within our congregation, and support spiritual growth and the search for truth and meaning.

“There’s a depth of connection you don’t get to in the social interaction after services. You get to know someone better.”
– Chalice Circle participant

Members of a Chalice Circle commit to making participation in their Circle a priority. Each group is led by at least one trained facilitator whose work the parish minister oversees. At each gathering, members share what is going on in their lives, and discuss a topic of spiritual or personal importance the group has chosen for that gathering based on the members’ interests.

New Chalice Circles form each October. Two sample Chalice Circles will be held in the early fall. These are open for anyone to try without committing.

Circles meet through the church year (Fall, Winter and Spring) or continue through the Summer, as the members choose. All Circles close before the next year's Circles form. If you are interested, please fill out a registration form, available in the office, on the Information Table on Sundays, or on the UUCPA website at

http://www.uucpa.org/chalice_circles/Registration_Form.pdf

CHILDREN AND YOUTH RE PROGRAM

Date: Sunday, 9:30-10:30 am, mid-Aug to early Jun (groups for Pre-K to 8th Grade); Sunday, 6:30 pm, mid-Aug through May (high school youth group)

Time: Varies

Location: Rooms throughout the campus

Facilitator: Volunteer teachers and youth leaders

Contact: Associate Minister Dan Harper (danharper@uucpa.org) or RE Assistant Hong Bui (reassistant@uucpa.org)

Registration: Required

More Info: <http://uucpa-cyre.org/>

Sunday morning religious education builds community, helps young people develop religious literacy and religious skills, and nurtures Unitarian Universalist values and identity.

Teen classes and groups meet at various times (see below):

- Coming of Age (grades 8-9) meets Sundays at 11:00 am, Jan through May, see <http://uucpa-cyre.org/parent-resources/coming-of-age/>
- Our Whole Lives (OWL) class for grades 7-9 meets Sunday evenings, see <http://uucpa-cyre.org/owl-program/#owl79>
- The Senior High Youth Group (SHYG) meets regularly on Sundays at 6:30 pm in Room A, and at other times. Please subscribe to the CYRE email newsletter for latest information.

To learn more about our ministry with young people and to register your children, please contact Dan Harper, Hong Bui, or visit the CYRE Web site (above). We look forward to exploring our faith with you and your family.

ELDER JOURNEY

Date: 2nd and 4th Tuesday every month

Time: 1:30-3 pm

Location: Room 6

Facilitator: Armand Schwartz

Contact: Armand Schwartz (armand_s@uucpa.org)

Registration: Not required

All elder members and friends of the UU community are welcome to attend – and you can define elder.

One of our ministers leads one meeting each month, generally the 4th Tuesday, and a member of our group leads the other meeting. After a brief “check-in,” we discuss the topic of the day. If there is a theme, we focus on personal experiences. Or we may read favorite poems, or discuss a recently-read book. Our organization is informal.

FAITH IN ACTION AT UUCPA

Date: TBA, as needed

Location: Various locations

Facilitator: Edie Keating

Contact: Edie Keating (edie_k@uucpa.org)

Registration: Not required

Being part of Faith in Action (formerly PIA) at UUCPA offers us a way to connect with other faith communities working on shared issues. Affordable housing and support for renters continue to be key issues for our region. Contact Edie to learn more about how to get involved with Faith in Action at UUCPA.

FILM DISCUSSION GROUP

Date: 2nd Tuesday every month

Time: 7:15-9 pm

Location: Members' homes

Facilitator: Edith Eddy or Linda Hummel

Contact: Edith Eddy (edith_e@uucpa.org) or Linda Hummel (linda_h@uucpa.org)

Registration: Not required

If you enjoy watching good films and would like the opportunity to discuss them with other people, we hope you will consider joining the UUCPA Film Group. We nominate and select films on a quarterly basis, watch them on our own time, and then meet monthly in each others' homes to discuss them.

Everyone watches the film during the month prior to the meeting. At the meeting, one of the members leads a discussion about the film. The meetings are rotated among the homes of some of the members. We have light refreshments after the discussion.

FRIENDS OF POETRY

Date: 3rd Sunday every month

Time: 12:30-2 pm

Location: Room 9

Facilitator: Elisabeth Holm

Contact: Elisabeth Holm (elisabeth_h@uucpa.org)

Registration: Not required

You might come just to listen and see what we're about; or you might come with a poem you have long enjoyed or one which you feel seems to defy understanding. No expertise of any kind is needed, just your interest and your feelings. Sometimes – if you like – we might try writing our own poems.

HAMAKER LIBRARY: RELIGIOUS EDUCATION ON DEMAND

Date: Monday-Friday, 9 am-2:30 pm; Sunday, 11 am-1 pm

Location: The room is reached by walking through the office

Contact: Church Office: 650-494-0541

The Hamaker Library is open when the church office is open, and accessible through the office rooms. The library is a memorial to the late Gail and Frank Hamaker, longtime members of UUCPA.

Our library has more than 2,250 books, audiocassettes, videotapes (VHS), and DVDs available to borrow. The collection has subject groupings around religions, spiritual activities, and UU leaders, as well as notebooks from adults' and children's classes.

You can search the library's catalog of materials by computer from your home or elsewhere:

<http://library.uucpa.org>. Instructions are in the library to check out and return materials. The usual length of a loan is one month.

HUMANISTS AT UUCPA

Date: 1st Saturday every month

Time: 6-8:30 pm

Location: Fireside Room

Facilitator: Emma Pan

Contact: Emma Pan (emma_p@uucpa.org)

Registration: Not required

This meeting features social time, a potluck, 20-minute presentation and all-peer discussion. We usually have more than 15 attendees.

Topics are selected by the group at the January, May, and September meetings. For future meeting topics, details, dates, and location (which might change occasionally), please check the web page:

<http://tinyurl.com/HumanistFutureMeetings>

Social 6 pm, potluck 6:30 pm, and presentation 7:10 pm.

MEDITATION GROUP

Date: Every Saturday

Time: 9-10:30 am

Location: Room 6

Facilitator: Leadership is shared and rotates weekly

Contact: Marilyn Stoddard (marilyn_s@uucpa.org)

Registration: Not required

Come Meditate with Us!

The Saturday morning meditation group welcomes all to join us for meditation, tea, and conversation. Meditation time begins promptly at 9:10 and lasts for 40 minutes, including several short readings. Next we share tea and conversation, talking about what is important to us in the moment – perhaps our response to the readings or something that is going on in our lives.

MEN'S GROUPS

Date: Please see below for information about each group.

Location: Room A

Facilitator: Leader(s) listed below

Contact: Leader(s) listed below

Registration: Please register with the leader, as some groups are at capacity.

More Info:

<http://www.uucpa.org/mensGroups/mensGroups.html>

Several men's groups meet at UUCPA. Men facing similar challenges share personal experiences and develop trusted friendships. After a brief check-in, members discuss topics ranging from profound to humorous.

We promise confidentiality, openness, and non-judgmental listening. Active participation is encouraged, and we are excused when family or business matters prevent our attending.

Modern Men

Date: 2nd and 4th Tuesday

Time: 7:30-9 pm

Facilitator: Walt O'Maley and John Phelps (Space is limited. If interested, please email john_ph@uucpa.org)

In today's fast paced Silicon Valley world, it is very hard for men to reach out and connect with each other on important life issues.

Work is getting more challenging, with more demands and expectations. We try our best to have a life outside work, but that is becoming harder to do. Electronic connections and hyper-schedules impede human connections and genuine spontaneity. Often relationship issues arise. Children and family are often significant challenges, too. There are many challenges besides those.

Modern Men is a group that can offer you a tight group of men to share and help with these challenges. In this group we have check-ins, as well as deeper topics, that ask each man to explore what it means for him. It is a supportive and kind atmosphere, but for men who are comfortable being stretched. From time to time we get together and have fun too!!

If you are seeking a tight connection to a men's group and like to share, Modern Men is worth looking into.

Working Stiffs: men 30-60 balancing work and family

Date: 1st and 3rd Tuesday

Time: 7:30-9 pm

Facilitator: Walt O'Maley and John Phelps (This group is at or near capacity. If interested, please email john_ph@uucpa.org)

Semi-Retired, Retired, Thinking About It: men 60+ purifying wisdom

Date: 1st and 3rd Monday

Time: 10-11:30 am

Facilitator: Bryce Perry (bryce_p@uucpa.org)

MONTHLY WRITING GROUP

Date: 1st Sunday every month

Time: 1-3 pm

Location: Room 9

Facilitator: Rotating facilitators

Contact: Susan Plass (susan_p@uucpa.org)

Interested in writing? UUCPA's Writing Group invites you to join us. We begin by sharing a page or two of something we've written, sometimes on the last month's topic idea, occasionally something entirely different. Then we take turns providing a sample piece that serves as a prompt for the next month's writing.

There's time to sit and write for those who choose to stay, or you can write on your own during the month. Regular participants are working on memoir, spiritual autobiography, spiritual writing, and more.

We'd love to have you join us!

SECOND-FRIDAY BRIDGE CLUB

Date: 2nd Friday every month

Time: 6:30-10 pm

Location: Fireside Room

Facilitator: Group is self-facilitated

Contact: Sally Ahnger (sally_a@uucpa.org)

Registration: Let Sally know if you will attend.

If you know how to play bridge, please join us at the Second Friday Bridge Club. We have a very friendly, casual game. You don't need a partner, as we switch partners every 4 hands. You are welcome even if you are a little out of practice and need a little help.

SECOND-SUNDAY LUNCH

Date: 2nd Sunday every month

Time: 12:15 PM

Location: Fireside Room, Main Hall, and Patio

Facilitator: Susan Plass and Edie Keating

Contact: Susan Plass (susan_p@uucpa.org) and Edie Keating (edie_k@uucpa.org)

Join us for home-cooked, nutritious, delicious food for a very reasonable donation. We go through the buffet line in the Fireside Room and eat in the Main Hall or outdoors, weather permitting. If you're new or visiting, be our guest. We want you to stay for lunch, and we welcome new volunteers! Help is needed for Sunday food preparation 10:45-noon, and for cleanup after lunch. Some volunteers help most second Sundays; others help occasionally. Contact Edie if you would like to join us in the kitchen.

THESPIANS

Date: 2nd Monday and 4th Tuesday every month, 7-10 pm;
3rd Friday, 1:30-4:30 pm

Location: Room 9 on Monday and Tuesday; Room A on Friday

Facilitator: Tom Morgan

Contact: Tom Morgan, interim chair (tom_m@uucpa.org)

Registration: Not required

More Info:

http://www.uucpa.org/thespians/about_thespians.html or contact Tom Morgan (tom_m@uucpa.org)

Play Reading

We sight-read a different play three times every month. The host provides scripts and we assign parts at the meetings. The group chooses plays, which range from classic Greek to current hits.

Our schedule and descriptions of the plays are announced on our web page, http://www.uucpa.org/thespians/about_thespians.html, and in the Bulletin. UU members and friends 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 Tuesday evening or Friday matinee, or just come and take your chances.

THORIUM ENERGY ALLIANCE OF SILICON VALLEY (TESV)

Date: 1st and 3rd Wednesday every month

Time: 3 pm

Location: Room 9

Contact: Bob Greene (bob_g@uucpa.org)

Registration: Not required

A group of people meets regularly to plan and implement ways to educate people on the advantages of traditional nuclear reactors, Molten Salt Reactors (MSRs), and Liquid Fluoride Thorium Reactors as the vehicle to most quickly, cheaply and safely address CO₂ induced climate change and ocean acidification, and to devise action plans to make this vision a reality.

UUCPA BOOKSTORE AND USED BOOK ROOM

Date: One-half hour before and after most Sunday 11 am services (excluding second Sundays when we have Second-Sunday Lunch) in Fall, Winter, and Spring; and after most Sunday 10:30 am services in Summer

Location: Main Hall Lobby

Contact: Marilyn Stoddard (marilyn_s@uucpa.org)

Registration: Not required

Since 1955, the Book Store has opened on Sunday mornings in the Main Hall lobby. The store features books on spirituality, personal growth, religious education, and social action – many offered by the UUA publishers, Beacon Press and Skinner House.

We also carry a selection of current literature and children's books – often titles recommended by members and friends.

Our Used Book Room is a convenient facility for balancing the inevitable accumulation of books we've finished reading with our insatiable yen for new literary adventure: just leave your outgrown volumes in the little closet off the Main Hall and replace them from a tantalizing fresh supply donated by other thrifty UUs and resold at very reasonable prices.

WOMEN'S GROUPS

Date: Usually two hours every two weeks, agreed upon by group members

Location: Room A or private homes

Facilitator: Varies – most groups opt for a rotating leadership

Contact: Audrey Erbes (audrey_e@uucpa.org)

Women's groups provide confidential, deep connection. We begin new groups when enough women have availability for the same meeting time, and a group remains open to new members as long as there are fewer than ten in the group.

WORK DAYS

Date: 1st Saturday every month

Time: 9 am-Noon

Location: UUCPA Campus

Contact: Michael Plass (workday@uucpa.org)

Consider making things even better by joining others at the monthly workday right here at UUCPA. There will be snacks and fine company. Come for some or all of the time. 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 email list to get the latest information about upcoming workdays.

YOUNG ADULT GROUP

Date: Alternating Monday and Thursday evenings

Time: 7:30-9 pm

Location: Room A

Facilitator: The group manages itself

Contact: youngadults-info@uucpa.org

Registration: Not required

The Young Adult Group organizes activities to meet the interests of everyone at UUCPA who identifies with the young adult life stage, typically but not always ages 21-35. We meet Sunday after the 11 am service (10:30 am service during the summer) and get lunch. We also organize activities such as hikes. In addition, we meet on alternating Monday and Thursday evenings at 7:30 pm in Room A. (A calendar of our meetings is at sites.google.com/site/uucpayacalendar.) During these meetings, attendees are invited to share recent life events and topics on their minds (2-5 minutes/person). We then discuss a topic or play a game or do an activity. Recent discussion topics have included: discovering your gifts and passions, dealing with parents, and asking for help. Recent activities have included origami, meditation, and Dungeons and Dragons. Please email youngadults-info@uucpa.org if you have any additional questions.

MUSIC @ UUCPA

CHOIR

Date: Rehearsals – Thursday, 7:15-9:15 pm, and Sunday, 10:30 am; Performances – Sunday, 11 am, mid-Aug to mid-Jun

Location: Main Hall

Facilitator: Bruce Olstad, Music Director (music-director@uucpa.org)

Contact: Pat Thomas (pat_t@uucpa.org)

Singers wanted! We can use singers on all parts. Don't be shy – give us a try!

The UUCPA choir welcomes singers of all vocal backgrounds. We are looking for people:

- Who love to sing with others and be inspired by the act of making live music
- Who want to learn and perform a variety of musical styles, in many different languages
- Who can join us in weekly rehearsals and Sunday morning worship

You don't have to sight-read, but you should be able to understand a music score and to learn a part quickly after hearing it. And if you're not ready to perform with us right away, Bruce is happy to let you sing only at rehearsals for as long as you need.

BY YOUR SIDE SINGERS

Date: 1st and 3rd Wednesday every month

Time: 7:30–9 pm

Location: Room 9

Contact: Melissa Thomson & Matthew Rosin
(singtocare@uucpa.org)

Registration: Not required

By Your Side Singers is UUCPA's pastoral care choir. We visit and sing for any church member or friend, of any age, who seeks comfort, strength, or connection with UUCPA during times of illness, major life transition, or inability to get to church. Our repertoire includes beloved songs from our hymnals and other sources. At our practice sessions, we explore the power of singing to witness and comfort, and we support each other in our own joys and sorrows.

FIRST-SUNDAY COMMUNITY SINGING

Date: 1st Sunday every month

Time: 10:30-11 am

Location: Various, usually on the patio, Fireside Room in case of rain

Facilitator: Beth Nord and friends

Contact: Beth Nord (beth_n@uucpa.org)

Registration: Not required

Come sing with us! We'll sing favorite songs from the book, "Rise Up Singing." Anyone who likes to sing is welcome – especially children. And if you play guitar, banjo, ukulele, autoharp, etc., you are also welcome to bring your instrument and join in. Please note that the time will change in June and July when the church goes to one service.

HARMONIC CIRCLE

Date: 1st and 3rd Sunday every month

Time: 2-4 pm

Location: Room 1

Facilitator: Steve Ludington, Barry Nayler, and Dan Harper

Contact: Steve Ludington (slud@earthlink.net)

Registration: Not required

In response to divisive U.S. politics, we want more harmony and community in our lives. Music-making leads to harmony, and builds community!

We have copies of Rise Up Singing as well as our own song book, and you are also welcome to bring songs to share. We do everything from simple unison singing, to four-part harmony. We sing old songs and new songs, and occasionally a song one of us wrote. We go around the circle, and each person gets to choose a song. We'll try to sing anything you choose, but it will go better if you can sing and/or play the song for us. We love it if you teach us harmony parts for your song.

We're a supportive singing community, and we do our best to make everyone sound great. We welcome instruments, too. Bring your guitar, ukulele, autoharp, mandolin, fiddle, or any other instrument that goes well with singing.

SACRED HARP SINGING

Date: 2nd and 4th Sunday every month

Time: 2-4 pm

Location: Room 1

Facilitator: Palo Alto Sacred Harp singers

Contact: Lorraine Kostka (lorrainekostka@earthlink.net)

Registration: Not required

Join the democratic and inclusive American song tradition of Sacred Harp music, one of the oldest ongoing music traditions in the United States. Rolling Stone magazine talks about “the soaring magnificence of Sacred Harp.” National Public Radio calls it “full-body singing,” and radio station KALW says it’s a “communal experience.” Come find out for yourself. Beginners are always welcome, and loaner books are available.

ADULT CLASSES

ALL-DAY SACRED HARP SINGING

Date: Saturday, Aug 26

Time: 9:30-3:30 pm

Location: Fireside Room

Presenter: Palo Alto Sacred Harp singers

Contact: Dan Harper (danharper@uucpa.org)

Registration: Not required

Join us for a full day of singing in one of the oldest forms of American choral music. Radio station KALW says it's a communal experience, adding "the experience of singing in four-part harmony with a bunch of people is hard to resist." Melissa Block of NPR calls it "full-body, shout it out singing." Rolling Stone magazine rhapsodizes about the "the soaring magnificence of Sacred Harp, a robust, harmonically intricate blend of country joy and unearthly drone." Come join Sacred Harp singers from all over northern California to sing this powerful music.

We welcome singers of all levels – our regular Palo Alto Sacred Harp singers range from people who don't read music and have never sung before, all the way up to professional musicians. If you don't know much about singing, we'll help you learn, or you can just come and listen. We'll loan you the song book. Come for an hour, or stay for the whole day.

In the middle of the day, we'll break for "dinner on the grounds," one of the most beloved traditions of Sacred Harp singing – a fabulous potluck lunch shared by our singers.

EXPLORING MIND, HANDS, SPIRIT AND HEART THROUGH ART

Date: First Sundays: Sep 3, Oct 1, Nov 5, Dec 3, Jan 7

Time: 1-3 pm

Location: Fireside Room (Oct 1 only – Room 4-5)

Presenter: Amy Zucker Morgenstern

Contact: Amy Zucker Morgenstern (parishmin@uucpa.org)

Registration: Not required

Give your hands and heart a gift by enjoying two hours on a Sunday doing simple and profound art exercises. If you think you have no artistic talent, you will be amazed by what you can do. Each session stands alone, but the exercises and community also build on each other. All materials are provided. For people of any age who can sustain an interest for two hours.

UUCPA AT THE AMERICAN MUSLIM VOICE PICNIC

Date: Sunday, Sep 10

Time: TBA

Location: Mitchell Park

Contact: Kristi Iverson (kristi_i@uucpa.org)

Registration: Not required

Join people from UUCPA as we walk to the annual American Muslim Voice community picnic in Mitchell Park. This annual picnic draws the wider community together near the anniversary of September 11, 2001, in support of world peace, and peace in our local community.

Details of the picnic, including starting time, will be publicized in the UUCPA newsletter, The Bulletin. We will meet in the UUCPA parking lot and walk together to the picnic.

SAN JOSE SIKH TEMPLE VISIT

Date: Saturday, Sep 16

Time: 10 am

Contact: Kay Brown (kay_b@uucpa.org)

Registration: Registration required at eventsignup@uucpa.org or call 650-494-0541. Cancels without a minimum of 10 registered participants

To enrich our faith awareness, we are planning a trip to the Sikh temple. The temple called "Gurdwara" is located on 3636 Murillo Ave, San Jose, CA 95148.

We will get together in the UUCPA parking lot, carpool and leave at 10 am, Sept 16th. It will take about 30 minutes to get there. We will spend about 1 hour touring the building, reviewing the tenets of the religion, and how it originated. After that we will receive "Prasad" (a blessed halva) from the main hall of worship and an Indian meal called "langar" which is available 24 hours of the day and to everyone.

We will have to remove our shoes to enter the temple, so you might want to bring some thick socks to use.

A DISCUSSION ON CIVIC ENGAGEMENT WITH THE LEAGUE OF WOMEN VOTERS

Date: Sunday, Sep 17

Time: 12:30-2 pm

Location: Room 6

Presenter: Jean Lythcott

Contact: Marilyn Austin (marilyn_a@uucpa.org)

Registration: Not required

Do you feel the need in this current climate to “do something”? Are you wondering how to contribute more fully and meaningfully in local government? If we believe that “all politics are local,” and are seeking ways to make a difference in our community, region, and state, how better to start than by hearing from our local League of Women Voters. In this session we will learn how the League’s structure offers multiple paths to participation in government and community affairs. Of particular interest are the League’s efforts to spread democracy through outreach to voters and potential voters. The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government at all levels and influences public policy through education and advocacy. League issues are grounded in our respected history of making democracy work for all citizens.

Presenter: Jean Lythcott, Director of Voter Services, Palo Alto Chapter

UNITARIANS IN PALO ALTO, 1890-1930

Date: Sunday, Sep 24

Time: 12:30-2 pm

Location: Fireside Room

Presenter: Dan Harper

Registration: Not required

Dan will share some of his ongoing research into the history of Unitarianism in Palo Alto. He will talk about some of the interesting Palo Alto Unitarians from this period, including a Mexican-American who was not an immigrant, the first woman to receive a post-doctoral fellowship in the sciences in the U.S., and many other fascinating people.

VOTER REGISTRATION

Date: Sunday, Sep 24

Time: Immediately following both services

Location: Church Courtyard

Facilitator: Jean Lythcott

Registration: Not required

The League of Women Voters will be available for voter registration after services on Sunday to assist anyone who needs to register to vote in the coming elections. She can also answer any questions you may have about the process.

BY YOUR SIDE SINGERS

Date: Sunday, Oct 1

Time: 12:30-2 pm

Location: Fireside Room

Presenter: Matthew Rosin

Registration: Not required

By Your Side Singers is UUCPA's pastoral care choir. We visit and sing for any church member or friend, of any age, who seeks comfort, strength, or connection with UUCPA during times of illness, major life transition, or not being able to get to church. Our repertoire includes beloved songs from our hymnals and other sources. At our practice sessions, we explore the power of singing to witness and comfort, and we support each other in our own joys and sorrows.

ENGAGING BEYOND OUR WALLS

Date: Sunday, Oct 8

Time: 12:30-2 pm

Location: Room 4-5

Presenter: Evan Junker

Contact: Wynne Furth (wynne_f@uucpa.org)

Registration: Not required

More Info: <http://uujmca.org>

How do we engage with other faith communities in justice work? What work do we need to do so we can be effective allies in change? Join Evan Junker, Executive Director of the UU Justice Ministry of California as we tackle effective, faith-rooted justice making for today's political climate and learn about opportunities to get involved!

DIFFICULT CONVERSATIONS

Date: Sunday, Oct 15

Time: 12:30-2 pm

Location: Fireside Room

Presenter: Susan Owicki

Contact: Kay Brown (kay_b@uucpa.org)

Registration: Not required

Difficult conversations usually involve high stakes and strong emotions. All parties are likely to feel vulnerable, and that can trigger a “fight or flight” reaction. The “fight” mode can lead to angry escalation, and the “flight” mode can lead to withdrawal. Feelings are likely to be hurt. Sometimes it seems that having the conversation and keeping silent are equally impossible.

This class will introduce an approach developed by the Harvard Negotiation Project. It involves shifting our goal from getting our own way to inviting the other person to join us in figuring things out. When we do this, we may find our own opinions changing at the same time the other person becomes more open to our viewpoint. We may be able to discover a resolution that neither of us could have created alone.

ENDING MODERN SLAVERY

Date: Saturday, Oct 21 and Sunday, Oct 22

Time: Saturday: TBD; Sunday: Services 9:30 & 11; Program 12:30-3 pm

Location: Saturday: Fireside Room, Rooms 4-5 & 6;
Sunday: Services - Main Hall; Program - Fireside Room, Rooms 9 & 10

Presenter: Rev. Amy Zucker-Morgenstern, Deborah Pembroke, others

Contact: Amy Zucker-Morgenstern (parishmin@uucpa.org)

Registration: Not required

Human trafficking is modern slavery: people being compelled, by force or threat of force, to work without pay. An estimated 30 million people are enslaved around the world, with thousands of known cases right here in the Bay Area and California. UUCPA is hosting this two-day program by Unitarian Universalists Ending Modern Slavery to help Unitarian Universalists and co-travelers to learn more about human trafficking and acquire some skills for taking action. The program includes a keynote, worship service, introductory workshop for those just beginning to learn about this problem, and next-stage workshop for those who know the basics and want to act. More program details will be available in September.

ADVANCED CARE PLANNING

What Matters Most

Date: Sunday, Oct 29

Time: 12:30-2 pm

Location: Fireside Room

Presenter: Rev. Jen Dillinger

Contact: Marilyn Austin (marilyn_a@uucpa.org)

Registration: Not required

When it comes to advance care planning, what matters most to you? If you were facing the end of life, what would you want your loved ones to know about your wishes for medical, social, and spiritual support? In the workshop, we will address the process of advanced care planning from the foundation of our personal values and life priorities. Rev. Jen will highlight the "Stanford Letter Project" as one of several helpful resources for framing our reflection and discussion.

Rev. Jen Dillinger is an affiliate Community Minister at UUCPA and an interfaith chaplain at Stanford Hospital, specializing in pastoral education and palliative care. As a chaplain, she provides spiritual support to patients and their families at all phases of illness, including at the end of life.

BUILDING YOUR OWN THEOLOGY

Date: Sunday, Nov 19 and Sunday, Dec 17

Time: 1-3 pm

Location: Room 4-5

Presenter: Amy Zucker Morgenstern

Contact: Amy Zucker Morgenstern (parishmin@uucpa.org)

Registration: Not required

All of us of any religion, or none, build our own set of beliefs out of the resources for meaning that lie all around us. Together we'll explore some of the key questions that are called theological: about what it means to be a good person, what is holy, what gives us purpose, and what actions our beliefs compel us to take. The content and community of session 2 build on those of session 1, so please begin in November. Visit belief.net and take the Belief-O-Matic quiz before the first session and we'll discuss our answers.