

**Unitarian Universalist Church of Palo Alto**

# *Spring*

**Adult and Family Activities Spring 2017**



Unitarian Universalist Church of Palo Alto  
Adult and Family Activities  
Spring 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)

The Brown Bag Books group meets year-round, except in July and August. Many attendees bring their lunches, and everyone brings a sense of humor. Monthly sessions are always lively and enjoyable.

Books chosen by the group for discussion are usually listed in the Order of Service and the Bulletin.

## **CHILDREN AND YOUTH RE PROGRAM**

**Date:** Sunday, 9:30-10:30 am, mid-Aug to early Jun (Seven groups, Pre-K to 8th Grade); Sunday, 6:30 pm, mid-Aug through May (Two teen groups)

**Time:** Varies

**Location:** Rooms throughout the campus

**Facilitator:** Lay teachers and youth leaders

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

**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)

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)

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)

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:** 1-3 pm

**Location:** Room 9

**Facilitator:** Elisabeth Holm

**Contact:** Elisabeth Holm (elisabeth\_h@uucpa.org)

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)

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/humanists-at-uucpa-future-meet>.

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)

An ongoing meditation group that welcomes new members. We have a period of sitting meditation followed by readings and group discussion.

## **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

**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 (If interested, please email [john\\_ph@uucpa.org](mailto: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 (If interested, please email [john\\_ph@uucpa.org](mailto: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](mailto: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!

## **PARENT JOURNEY**

**Date:** 2nd Sunday every month

**Time:** 11 am-Noon

**Location:** Room 10

**Contact:** Church Office: 650-494-0541

This is an informal time once a month for parents of RE children and youth to come together with mugs in hand. No need to prepare – join us for an hour set aside as a safe place to ponder, discuss, share, reflect, and laugh about the parental life from a UU perspective.

Apr 23 – Megan Watson will lead a discussion on summer plans and memories. What was it like for us? How is it for our kids? And what will I do with my kids in June?

May 21 – A discussion on self-care in parenting. Come and be nurtured – and learn to nurture yourself.

## **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)

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)

### **More Info:**

[http://www.uucpa.org/thespians/about\\_thespians.html](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](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)

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 CO<sub>2</sub> 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)

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.

A new evening group has two openings. The group meets on the second and fourth Wednesdays of the month from 7:00-8:30 in Room A. For more information, please contact Audrey Erbes (audrey\_e@uucpa.org).

## **WORK DAYS**

**Date:** 1st Saturday every month

**Time:** 9 am-Noon

**Location:** UUCPA Campus

**Contact:** Michael Plass ([workday@uucpa.org](mailto: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](mailto:workday@uucpa.org) email list to get the latest information about upcoming workdays.

## **YOUNG ADULT GROUP**

**Date:** Every Thursday

**Time:** 7:30-9 pm

**Location:** Room A

**Facilitator:** The group manages itself

**Contact:** Clark Zhang (clark\_z@uucpa.org)

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 often meet Sunday after the 11 am service and get lunch. We also organize activities such as hikes.

In addition, we meet on Thursday evenings. 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.

Recent topics have included:

- Discovering your gifts and passions
- Ancestry
- Asking for help
- Hope
- Meeting significant others

# MUSIC @ UUCPA

## **CHOIR**

**Date:** Rehearsals – Thursday, 7:30-9 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. Bruce makes pronunciation recordings to help us learn the text in languages other than English.

## **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)

By Your Side Singers is UUCPA's pastoral care choir, begun in the autumn of 2016. Our singers, in small groups, visit and provide a graceful musical presence for any church member or friend who seeks comfort and strength during times of illness or transition. We also serve the Stevenson House senior community. 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)

Come sing with us! We'll sing favorite songs from the book, "Rise Up Singing." Anyone who likes to sing is welcome – 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.

## **SACRED HARP SINGING**

**Date:** 2nd and 4th Sunday every month

**Time:** 2-4 pm

**Location:** Room 1

**Facilitator:** Dan Harper

**Contact:** Dan Harper (danharper@uucpa.org)

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

### **EXPLORING MIND, HANDS, SPIRIT AND HEART THROUGH ART**

**Date:** First Sundays monthly: Feb 5, Mar 5, Apr 2, May 7, Jun 4

**Time:** 1-3 pm

**Location:** Room 4/5

**Presenter:** Amy Zucker Morgenstern

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

With Amy, who is just back from a sabbatical spent making art and developing this program, devote two hours on a Sunday to 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 they also build on each other, so you're strongly encouraged to come to all five. Bringing a small sketchbook is a good idea; all materials are provided. For youth and adults; if you have a child you think would be interested, talk with Amy.

## **SAN JOSE SIKH TEMPLE VISIT**

**Date:** Saturday, Apr 8

**Time:** 10 am

**Contact:** Kay Brown (kay\_b@uucpa.org)

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, April 8th. 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.

## **DISCOVERING UUCPA**

**Date:** Sunday, Apr 9

**Time:** 1-2 pm

**Location:** Amy's office

**Facilitators:** Rev. Amy Morgenstern and Jack Owicki

**Contact:** Rev. Amy Morgenstern (parishmin@uucpa)

Are you a new Unitarian Universalist? Considering UUism? Or well-acquainted with UUism, but new to UUCPA? This one-session class is offered every other month after the second service to answer your questions and help you find your place in the life of the congregation.

Each session is on a second Sunday to enable you to begin with Second-Sunday lunch, maybe try out some of your questions there, and then join us for the class at 1:00.

We will:

- Share the spiritual explorations that have brought us to this point
- Get to know other newcomers and a member and lay leader of the congregation
- Help each other articulate what we're looking for in a congregation, and discover what UUCPA has to offer to match it
- Ask questions and get answers

## **DOING DEMOCRACY**

**Date:** Sunday, Apr 9

**Time:** 12:30-1:30 pm

**Location:** Room 9

**Facilitator:** Dan Harper

**Contact:** Dan Harper ([danharper@uucpa.org](mailto:danharper@uucpa.org))

You'll be able to walk out of this one-hour workshop with a realistic action plan on ways that you can actually do democracy. Even if you have 15 minutes a week, you can make a difference.

We'll also connect people in the workshop who have similar interests, so you can have a "democracy buddy" to help you stay motivated and stay on task. If possible, please bring a device that you can use to connect to the Web to research your own specific interests.

## **A CONVERSATION ON THE CIVIC MISSION OF SCHOOLS**

**Date:** Sunday, Apr 30

**Time:** 12:30-2 pm

**Location:** Fireside Room

**Presenter:** Diane Hart

**Contact:** Marilyn Austin (marilyn\_a@uucpa.org)

The 2016 election has raised questions about the level of civic knowledge of, and commitment to, our democratic system of government among the American electorate. The signs are everywhere. A recent poll tells us that only a third of Americans are able to name just one of the three branches of the federal government. More worrying, a quarter of US millennials dismiss the importance of free elections in a democracy. And a near majority of voters long for a leader who "is willing to break some rules" if that's what it takes to set things right. We will explore what has happened to civic education in our schools, and why, in a conversation with social studies writer Diane Hart.

*Diane Hart is a nationally recognized author, curriculum developer, and assessment consultant. She has authored or coauthored 15 textbooks on U.S. history, world history, geography, American government, and economics, which are in widespread use in elementary, middle, and high schools across the country. She also authored the first civics and government text for Palau, a newly emerging nation in the South Pacific. She has worked closely with the National Council for the Social Studies and other civic education organizations to reinvigorate and renew our country's commitment to the civic mission of schools.*

## **COPING WITH STRESS IN UNCERTAIN TIMES**

**Date:** Sunday, May 21

**Time:** 12:30-2 pm

**Location:** Fireside Room

**Facilitator:** Susan Owicki

**Contact:** Judy Lookabill (judy\_l@uucpa.org)

Our political, social, and cultural institutions are changing. It's impossible to know how the changes will play out, and it's easy to fear the worst. In many ways, this kind of uncertainty is harder to deal with than a known bad outcome. In this workshop, we will share our experiences, both positive and negative, in dealing with the stress of our current situation. Susan Owicki will explore strategies to help us maintain our balance when the world around us feels unstable.

*Susan Owicki is a Marriage and Family Therapist and a member of the UUCPA Conflict Resolution Team.*

