

**Unitarian Universalist Church
of Palo Alto**

Spring

Adult and Family Activities Spring 2018



Unitarian Universalist Church of Palo Alto

Adult and Family Activities

Spring 2018

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

Table of Contents

ONGOING EVENTS & RESOURCES	1
BBQS (SPRING/SUMMER)	1
BROWN BAG BOOKS	2
CHILDREN AND YOUTH RE PROGRAM	3
DISCOVERING UUCPA.....	4
ELDER JOURNEY	5
FAITH IN ACTION AT UUCPA.....	6
FILM DISCUSSION GROUP.....	7
FRIENDS OF POETRY	8
HAMAKER LIBRARY: RELIGIOUS EDUCATION ON DEMAND.....	9
HUMANISTS AT UUCPA	10
MEDITATION GROUP	11
MEN’S GROUPS.....	12
MONTHLY WRITING GROUP	15
SECOND-FRIDAY BRIDGE CLUB	16
SECOND-SUNDAY LUNCH.....	17
SUNDAY FORUM	18
THESPIANS	19
UUCPA BOOKSTORE AND USED BOOK ROOM.....	20
WOMEN’S GROUPS.....	21
WORK DAYS.....	22
YOUNG ADULT GROUP	23
XERO CARBON	24
MUSIC @ UUCPA	25
CHOIR.....	25
BY YOUR SIDE SINGERS.....	26
FIRST-SUNDAY COMMUNITY SINGING.....	27
SACRED HARP SINGING	28
HARMONIC CIRCLE.....	29
ADULT CLASSES	30
EXPLORING MIND, HANDS, SPIRIT AND HEART THROUGH ART	30
BODHI TREE CONCERTS NORTH.....	31
COPING WITH LOSS.....	32
ROOM TO BREATHE	33
THE CALIFORNIA END OF LIFE OPTION ACT.....	34
MIGRATING FAMILIES.....	35
GREEN ENERGY STORAGE	36

ONGOING EVENTS & RESOURCES

BBQS (SPRING/SUMMER)

Date: Fridays from Memorial Day to Labor Day

Time: 6 pm

Location: UUCPA rear patio

Facilitator: Bob Greene or Larry Seiders

Contact: Bob Greene (bob_g@uucpa.org)
or Larry Seiders (larry_s@uucpa.org)

Registration: Not required

This is a purely social event. The grill starts at 6 pm, eating begins at 6:15. The only agenda is to have a good time and mingle/converse with others.

You are asked to bring your own entrée to throw on the grill and a potluck side dish (6-8 servings). Suggested donation is \$3 per adult or \$6 per family to cover the cost of expenses (charcoal, soft beverages, ice, etc.). Never let the potluck dish or donation get in the way of your coming. Your attendance is more important.

Many folks bring their own picnic-ware/place settings.

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 available on the patio information table on Sundays.

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 (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 or visit the CYRE Web site (above). We look forward to exploring our faith with you and your family.

DISCOVERING UUCPA

Date: 2nd Sunday every other month: Mar 11, May 13

Time: 1-2 pm

Location: Room D (Amy's office)

Facilitator: Rev. Amy Morgenstern

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

Registration: Not required

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

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: 1:00 - 3 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, and presentation 7:10.

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 (THERE ARE CURRENTLY OPENINGS HERE. 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 & 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 10:30-12:15, 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.

SUNDAY FORUM

Date: Every Sunday

Time: 9-10:15 am

Location: Fireside Room

Facilitator: Bob Greene or Susan Owicki

Contact: Bob Greene (Bob_g@uucpa.org) or Susan Owicki (susan_o@uucpa.org)

The Forum is a public discussion group in the round. All are welcome.

The topics are chosen about a month in advance by the attendees. See <http://www.uucpa.org/connection/affinity-groups/forum/> for future topics.

A moderator will first provide background information. Group members provide additional perspectives, opinions, extensions, tangents, counter positions, and related experiences in turn. Audio enhancement provided.

This Forum has been running for over a half century.

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.

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.

XERO CARBON

Formerly “Thorium Energy Alliance of Silicon Valley”

Date: 1st and 3rd Wednesday every month

Time: 3 pm

Location: Room 9

Contact: Bob Greene (bobgreenephd@gmail.com) or Fred Zeise (FredZeise@gomilpitas.com)

Registration: Not required

Recognizing that greenhouse gas emissions, especially carbon dioxide and methane (natural gas), are the primary causes of climate change issues, particularly ocean acidification, global warming, melting polar ice caps, sea level rise, and increased weather instability, this group promotes practical carbon-free industrial-scale energy solutions.

These traits narrow the field of possible energy sources considerably. Solar and wind require continuous backup from gas-fired plants. Add the lax regulation of natural gas, and leaks negate most of the potential benefits of solar and wind. Hydroelectricity is a good source but with very limited options for expansion. Geothermal is carbon-free but limited geographically. Like solar and wind, wave and tidal power are even less abundant and suffer from low energy generation per unit area.

That pretty much leaves nuclear, both today’s light water reactors and rapidly developing cheaper, efficient, and safe Molten Salt Reactors to quickly address the challenge of replacing fossil fuel combustion. In the unlikely case that optimistic claims of fusion reactors prove true, they will arrive too late, i.e., after ocean acidification has poisoned our oceans.

The group meets regularly to plan and implement ways to educate people on the real climate threats and the technology that can be quickly used to stem the problem. We also develop action plans to make these visions reality.

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: Tamara Harr (tamara_h@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: 2nd and 4th 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, founded in 2016. In small groups, 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. When invited, we sing in homes, in hospital rooms, or wherever we may accompany someone in need. 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.

A visit may be arranged through the Caring Committee, the ministers of the congregation, or by contacting the BYSS co-chairs or singers directly at singtocare@uucpa.org.

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: Eric Bier

Contact: eric.bier@gmail.com

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.

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 (lorraine_k@uucpa.org)

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.

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 (steve_l@uucpa.org)

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.

ADULT CLASSES

EXPLORING MIND, HANDS, SPIRIT AND HEART THROUGH ART

Date: First Sundays, Apr 1, May 6, June 3

Time: 1-3 pm

Location: Fireside Room

Facilitator: 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.

BODHI TREE CONCERTS NORTH

Guitarist Lynn McGrath in Concert

Date: Saturday, Apr 7

Time: 7:30 pm

Location: Main Hall

Presenter: Bruce Olstad, UUCPA Music Director
(musicdirector@uucpa.org)

Contact: Beth Sherman (beth_s@uucpa.org)

Registration: Not required

More Info: www.btcnorth.org

Classical guitar master Lynn McGrath presents a fascinating program, including Mario Castelnuovo-Tedesco's "Platero y yo," for narrator and guitar. Based on a book written in 1914 by Nobel Prize winning poet Juan Ramon Jiménez, and originally conceived for famed guitarist Andres Segovia, "Platero y yo" tells the story of a poet and his silver-gray donkey, who was both traveling companion and confidant.

Tickets on sale now at www.btcnorth.org (and also at the door).

COPING WITH LOSS

Through art, writing and community

Date: Tuesdays: Apr 17, Apr 24, May 1

Time: 4:30-6:30 pm

Location: Fireside Room

Presenter: Rev. Amy Zucker Morgenstern

Contact: Wynne Furth (wynne_f@uucpa.org) or Marilyn Austin (marilyn_a@uucpa.org)

Registration: Not required

We all have losses, some old, some new, some chronic... We have to cope with the loss of a friend or a family member, of status or certainty, of youth or faith, our health, a beloved place, a dream... Moving through grief in non-verbal ways can help us to heal. Amy will lead us in projects that take us each at our own pace, with the loving support of the group, into the broken places, so that we may re-emerge with something new: more hope, wholeness, insight, freedom. No artistic experience needed – just come as you are.

ROOM TO BREATHE

Open Spaces on the San Francisco Peninsula

Date: Sunday, Apr 22

Time: 12:30-2 pm

Location: Fireside Room

Presenter: Renée Fitzsimons and Jack Owicki

Contact: Susan Owicki (susan_o@uucpa.org)

Registration: Not required

Because of far-sighted conservationists acting in the 1960s and 1970s, the San Francisco Peninsula has not become completely urbanized. On the contrary, we who live here can enjoy tens of thousands of acres of open space with hundreds of miles of trails for hikers, bikers, and equestrians.

Renée and Jack will talk about how this land preservation and public access came about and introduce you to some of the wide varieties of local open spaces – beautiful natural areas – that you can visit to recreate, rejuvenate, volunteer, learn, and support. They'll do that primarily through the lenses of one public agency, the Midpeninsula Regional Open Space District (MROSD), and one private nonprofit organization, the Peninsula Open Space Trust (POST).

Renée is Program Manager for Docents, Interpretation, and Environmental Education at MROSD. Jack is a docent at MROSD and a UUCPA member. Both of them are nature photographers, and the presentation will include some of their photos.

THE CALIFORNIA END OF LIFE OPTION ACT

How and When the Provisions of this Law May Be Utilized

Date: Sunday, May 6

Time: 12:30-2 pm

Location: Fireside Room

Presenter: Susan Hughmanick, MD

Contact: Marilyn Austin (marilyn_a@uucpa.org)

Registration: Not required

The California End of Life Option Act, which authorizes the practice of medical aid in dying, went into effect on June 9, 2016. It specifies that mentally capable adults who have six months or less to live can request a doctor's prescription for medication that they could decide to take in their final days or weeks, in order to end unbearable suffering and to die peacefully.

Dr. Susan Hughmanick is an obstetrician-gynecologist who practices in Aptos. Because she values the availability of this choice for patients, Dr. Hughmanick volunteers her time explaining the provisions of the End of Life Option Act to community groups.

MIGRATING FAMILIES

Moving to be Near Those You Hold Dear

Date: Sunday, May 20

Time: 12:30-2 pm

Location: Fireside Room

Facilitator: Wynne Furth

Contact: Wynne Furth (wynne_f@uucpa.org)

Registration: Not required

Have you moved to be closer to your relatives? Have your parents, or siblings, or children moved to be closer to you? Are you thinking about making such a move, or encouraging your family to move closer? Some of us have made those moves, and many of us are thinking about making them. Even when no hostile borders are involved, these are complicated decisions. Come to hear what a panel has to say about what makes such moves go well and what they wish they had known. Then add your thoughts to the discussion as we think about how UUCPA can support these (e)migrants.

GREEN ENERGY STORAGE

Malta: Energy storage for 100% carbon-free electricity

Date: Sunday, Jun 10

Time: 12:30-2 pm

Location: Room 4/5

Presenter: Dr. Raj Apte

Contact: Kay Brown (kay_b@uucpa.org)

Registration: Not required

Malta is an answer to one of the planet's most existential questions: Can wind and solar energy replace coal? The advent of renewable-energy sources is encouraging, since three-quarters of global carbon emissions come from fossil fuels. But there is no clean, cost-effective, grid-scale technology for storing wind or solar energy for those times when the air is calm or the sky is dark. Malta has found a way to do it using molten salt. In Malta's system, power from wind or solar would be converted into extremely hot and extremely cold thermal energy. The warmth would be stored in molten salt, while the coolth would live in antifreeze. A heat engine would then recombine the warmth and coolth as needed, converting them into electric energy that would be sent back out to the grid whenever needed. X believes that salt-based thermal storage could be considerably cheaper than any other grid-scale storage technology in the world. [adapted from The Atlantic]

Dr. Raj B. Apte joined X as a Rapid Evaluator in 2015 to help look for new Moonshots. Prior to that, he managed a team at Xerox's Palo Alto Research Center (PARC). P&G, Samsung, Qualcomm, Sony, and Philips (among others) have licensed or acquired his inventions. Raj holds degrees from Stanford University and UC Berkeley. He has over 75 publications and 50 issued patents.