

# MPC Family Life Small Groups

## Spring 2018 Catalog

### Great ways to connect with your church family!

#### **SERVE AND PLAY WITH THE FAITH TRIO**

*We will be joining individuals and families from Kahilla Synagogue and the Islamic Cultural Center. Each event is a service activity available to individuals five years and up where we can stay and play together afterwards. Come for the whole event or just for whatever time you have available. More information on location and possible carpooling will be available after Small Groups registration is complete. These events are open to ALL – young, old, and everything in-between, with or without kids. Join us in working and having fun with our Faith Trio friends.*

Convener/Organizer: Kristin Dwelley Please feel free to call if you need information or have questions, 510 414-8111.

3/4/2018 (Sunday) **Garden Work & Harvest with Phat Beets**, 10-1pm at the Dover St. Edible Park, 57th & Dover Street, north Oakland  
Enjoy a potluck brunch as we work in the Healthy Hearts Garden which produces more than 3000 lbs of free, fresh food for the community. On site, there is a playground and field where we can relax and play together after working.

5/19/2018 (Saturday) **Arroyo Viejo Creek Clean-up at the Oakland Zoo**, 9-noon. Volunteers will meet just inside the Zoo's lower entrance (at 9777 Golf Links Rd), right next to the Arroyo Viejo Creek Habitat Restoration sign.  
We will work on a variety of tasks that may include: picking up garbage, pulling invasive species, spreading mulch, moving materials, cleaning signage, or planting native plants. Volunteers earn free admission to the zoo for the rest of the afternoon.



**Love. Grow. Serve.**

## DRINKS AND DOUBT

More or less spanning the season of Lent, we'll have a five session series of *Drinks & Doubts*, at which we will answer 5 key questions about what we believe and don't believe. You can do some writing ahead of time so you will end up with a written "statement of faith" by the end of the series. . .or just come, grab a beer, and see what you have to say. In *Drinks & Doubts* tradition, all beliefs & non-beliefs are welcome. Bring a beverage or food to share. First session hosted at the Aho family home, and future sessions to be hosted by YOU.

Meet: Thursday evenings, 6-7:30pm, February 8, 15, 22, and March 8, 22

Location: First meeting at the middle manse(5676 Thornhill Drive) - additional meetings to be hosted by participants

Cost: bring beverages or snacks to share

Convener: Rev. Talitha Aho                      Participants: 8-18



## KNITTING GROUP



Learn to knit or get help on the projects you have in progress, brainstorm with others about ways to save the world through knitting, participate in creating scarves and hats for an annual Thanksgiving homeless giveaway, and generally have a great time with the Knitting Group.

Meet: 10:00-noon, Thursdays starting February 1

Location: Minda's home in Alameda

Participants: 6-10                      Convener: Minda Lucero

## SHORT STORIES

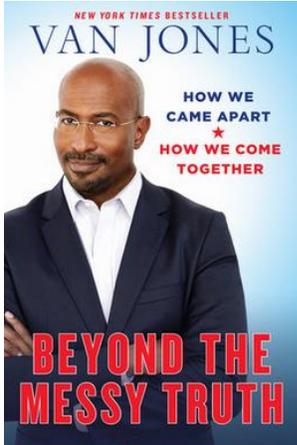
Join us in a discussion of short stories selected from *The Best American Short Stories of 2017* by Meg Wolitzer. We will discuss several stories at each meeting, nosh on some goodies, and rediscover how short stories fit into our modern, busy lives! This book offers a variety of stories by authors discovered by such publications as *The New Yorker*, *Nimrod*, *Yale Review*, *Harpers* and *Zoetrope*. Journey back to a WW II submarine, into the future where genetic modification is in full swing, and everything in-between!

Meet: 7:15-9:00pm, Wednesdays March 7, April 4, and May 2

Location: Thornhill Room                      Participants: 4-12

Conveners: Debbie Dille and Cynthia Blumgart





**BOOK DISCUSSION OF BEYOND THE MESSY TRUTH: HOW WE CAME APART, HOW WE COME TOGETHER, BY VAN JONES**

*Feeling depressed and powerless in our broken world? Today's unprecedented social and environmental problems, along with a profoundly dysfunctional political climate, are enough to make anyone feel downright hopeless. But don't despair! Van Jones, social & environmental activist, former Obama advisor, and CNN commentator, has written a compelling new book just for you. Beyond the Messy Truth implores us to heal our divisiveness with social and political action based on respect. He challenges us to examine our own assumptions about "the other side", and explains how those assumptions contributed to the 2016 election results. Then he offers a roadmap to finding common ground between "red" and "blue" where possible, and tackling our crises in a way that honors all people (sound familiar?). Let's explore how we got into this mess and what we can do to fix it.*

Meet: Thursdays, February 1 & 15 & March 1 from 6:00 – 7:30pm (before choir practice). Dinner will be provided!

Participants: Minimum 4      Convener: Suzanne Jones

**COME WALK WITH ME . . .**

*Join me for two Saturday morning walks through our beautiful City by The Bay. With Walking San Francisco's 49 Mile Scenic Drive as the source, each route was chosen for its gentle hill rating and 4 to 5.5 mile distance. We will leave the East Bay at 9am and take public transportation, so please allow 6-7 hours for transportation and exploring the wonderful scenic & historic places on each route.*

February 24: Mission Bay, AT&T Park, The Embarcadero (ends at Ferry Building)

March 24: Golden Gate Park 2 - East End Museums and Carousel (continuation of our 3rd Fall walk)

Participants: 3-5

Convener: Debbie Fallehy

Questions? – please feel free to contact Debbie at [debfa1@sbcglobal.net](mailto:debfa1@sbcglobal.net) or Text to 510-671-3585



# ADDITIONAL HOT ITEMS...

There are several on-going MPC groups that more or less loosely fall under the umbrella of The Family Life Committee. They need no seasonal sign-ups – you just call the contact person to find out more information. Please get in touch with Gretchen Garlinghouse if you would like your group to be listed in the next catalog, [ggarlinghouse@aol.com](mailto:ggarlinghouse@aol.com)

Here are several important listings for this Spring:

**Small Groups, The More Light Committee, and Adult Ed** are collaborating on the presentation of a seminar on transgender issues led by Rev. Janie Spahr and Rev. Kathy Ray. This is an incredible opportunity to learn more about this important and complex topic. Please save these dates - May 6, 13, and 20 after church. More information will follow.

From the **MPC Food and Shelter Action Group** (formerly known as HAWG): There will be a vegetable bagging day at the Food Bank on Wednesday, April 4 from 12:30 - 3, sponsored by the Food and Shelter Action Group. Watch *Contact* for more info.

There will be another Habitat Playhouse Build for youth and adults in the summer. Stay in touch and look for announcements in *Contact*.

And here are this spring's activities from an on-going group:

## **Berkeley Rep Drama Discussions**

This group meets to discuss each of the Berkeley Rep main season plays. We usually are joined by one of the Berkeley Rep's docents. Come to one or all of our discussions. We generally see the plays individually, not as a group, before the discussion; but some of us attend the discussion first.

Details:

6 pm – potluck dinner in the MPC Family Room

7:15 pm – discussion in the Thornhill Room

The plays are:

*Angels in America Parts I & II* – **April 29, 2018 discussion**

*Pike St.* – **June 3, 2018 discussion**

To RSVP for dinner, contact Lee Aurich, [lee@aurich.com](mailto:lee@aurich.com)

# BUT WAIT, THERE'S MORE.



### **RESTORATION IN THE REDWOODS**

*Whether you have been with us previous times or are new to the project, join us in helping the earth in the company of a happy group of MPC folk! We will be removing spiderwort from the undergrowth of tall redwoods in Joaquin Miller Park off Skyline Blvd. Great project for all ages, family and friends are invited.*

Meet: Saturday, April 28, 1 – 3pm near Roberts Park (specifics available close to the work date)

Convener: Dolores Nice-Siegenthaler, long-time volunteer with Friends of Sausal Creek

### **MAKE AND TAKE A FOLDED BOOK**

*In the first session, you will learn how to create a unique folded book (see photo). Take it home with you and over a month adorn your book with memories, drawings, poetry and designs at home. During our second meeting, we will share our completed books.*

Meet: Session #1, 9- noon, April 14 in the Family Room and Session #2, 10-noon May 12 in the Thornhill Room

Participants: 4 – 8

Location: MPC

Convener and Teacher: Karen Ray Gibson



### **STITCH 'N TIME**

*Join a community of stitchers who bring unfinished hand-sewing projects, mending, darning, embroidery - any kind of project - to finish with other stitchers. Or, if all of your projects are completed, learn to embroider and start a new project. For the beginner, I will show you how to choose an image and transfer the image to fabric, and teach basic embroidery stitches so you can begin right away. Location & carpooling information will be sent after registration.*

Meet: 10am-noon, Tuesdays, April 3, 10, 17, and 24

Location: Karen's home in the Oakland hills

Participants: 4 - 8

Convener and Teacher: Karen Ray Gibson

## YOGA OF WISDOM #2

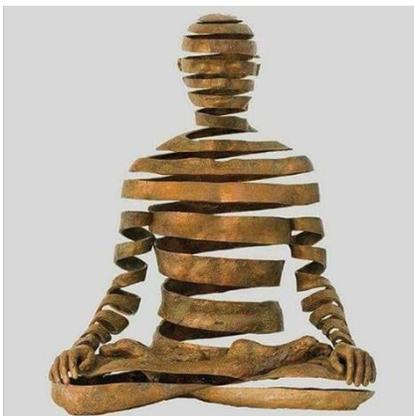
*In this class we will continue our exploration of the Yoga of Wisdom, or Vedanta, which is a path leading to the heights of spiritual realization. We shall dive deeper into the yogic teachings, discovering the practice and means to free ourselves from spiritual ignorance through inquiry into the nature of reality and of our own self. It is a very interesting study for all who seek freedom and truth. The sessions will include talks, reflections, discussions, meditations, and a bit of humor. Newcomers are welcome, as we will review the previous course and handouts will be available. For more information about the workshop contact Ziv Porat at [omzv18@gmail.com](mailto:omzv18@gmail.com)*



Dates: From 7:00 – 8:30, Jan. 30, February 13, 20, 27  
Location: The Thornhill Room      Participants: 6-12  
Cost: Suggested donation, \$12-15 per session  
Convener: Marilee Bailey

## SVROOPA® STYLE YOGA

*Melinda Maxwell-Smith begins a new 6 - session yoga class starting February 15. Come learn four reliable sitting poses for releasing chronically held tension from the root of your spine. Feel the changes carry all the way up through your neck and shoulders. Breathing techniques will be included. All levels welcome. The class will meet at her home in Oakland.*



Meet: Thursdays from 2 to 3:30, February 15, 22, March 1, 8, 15, and 22  
Location: Melinda's home near the Oakland Zoo.  
Participants: 4-8  
Convener: Melinda Maxwell-Smith, teacher of Svroopa® style yoga since 1995

## **VOTE!!!**

*Need to know more about the state and local issues on the ballot this June? Here's an extraordinary opportunity to invite family and friends over to hear about the issues on the ballot from our very own League of Women Voters representatives, Helen Hutchison and Bonnie Hamlin. We'll also show you where you can find additional reliable information about the election. Sign up soon, they will be able to offer this to only six groups.*

**Meeting time?** You will work with Bonnie & Helen to choose a date & time that will be suitable for you to invite your friends into your home for a 2-hour session of conversation and questions.

**Participants:** 6 minimum to the maximum that can comfortably fit in your living room.

**Cost:** none for the materials you will receive - however, since the LWV is a non-profit organization and our leaders are volunteers, donations would be appreciated and will be used to produce additional voter information materials.

**Conveners:** Bonnie Hamlin and Helen Hutchison, [bhamlin@igc.org](mailto:bhamlin@igc.org), and [helen@helenhutch.com](mailto:helen@helenhutch.com)



## **IMPORTANT TO KNOW about Family Life SMALL GROUPS:**

Family Life means your extended MPC family! Couples, singles, young, old, in-between, with kids or without - everyone is welcome.

We are trying to build long-term friendships among our church family, so **we request that you register for a group and commit to joining them each time they meet**. If necessary, usually it's ok to miss a time or two – talk to the convener.

Registration takes place during Family Hour on Sunday January 7, 14, and 21, or contact Gretchen Garlinghouse at 482-1157 or [ggarlinghouse@aol.com](mailto:ggarlinghouse@aol.com)

If you would like to join the SG committee or have an idea for a Small Group you would like to see happen, please speak with Gretchen.

Montclair Presbyterian Church  
5701 Thornhill Drive, Oakland, CA. (510) 339-1131 [www.mpcfamily.org](http://www.mpcfamily.org)

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