

# MPC Family Life

## SMALL GROUPS FALL 2017 CATALOG

*Great ways to connect with your church family!*

### 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 for an annual Thanksgiving homeless giveaway, and generally have a great time with the Knitting Group.

Meet: 10:00-noon, Thursdays starting September 14

Location: Minda's home in Alameda

Participants: 6-10

Convener: Minda Lucero

### FRIDAY EVENING BOARD GAMES

*Want to get together to play some family friendly board games? Join us for Friday evenings of fun and crazy good competition. Sign up for the evenings that catch your fancy. And remember, bring snacks to share!*

Oct 27 – Sequence (Ages 7+)

Nov 17 - Apples to Apples (Ages 9+)

Dec 8 – Balderdash (ages 12+)

Meet: Fridays, 7 to 9pm, Thornhill Room

Hosted by Debbie Fallehy



### 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, October 21, 1 – 3pm near Roberts Park (specifics available close to the work date)

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



### **SERVE AND PLAY**

*Check out these fun opportunities for our community to serve and play together! Each event is a service activity available to individuals 5 years and up where we can stay and play together afterwards. Come for the whole event or whatever time you have available, & sign-up for as many or as few as you like. Great projects for all ages, family and friends are invited. Info on location/carpooling will be available before each event.*

Convener/Organizer: Kristin Dwelley

Questions? Call 510 414-8111

9/16 (Sat) Coastal Clean Up 8:30-noon ages 5 and up

[Point Isabella Regional Shoreline](#) , Richmond Rydin Road Staging Area

Join us for the 33rd Annual Coastal Cleanup. Park District staff and volunteers will pick up litter and recyclables from shoreline parks. In our efforts to "Go Green" and reduce the amount of waste, please bring a refillable water bottle, a bucket for trash, hat and gloves. All volunteers should wear closed toed shoes, appropriate layered clothing and bring sunscreen. The District will provide snacks, water, & trash bags.

10/28 (Sat) [Wildlife Volunteers](#) 9:30-noon ages 5 and up Crown Beach, Alameda

Help create habitat for the federally and state endangered bird, the Ridgway's Rail. We will remove non-native plants, pick-up trash, and plant wildlife friendly vegetation.

11/18 (Sat) [Creek clean-up at the Oakland Zoo](#) 9-noon ages 5 and up

Come volunteer at Oakland Zoo's Arroyo Viejo Creek! Volunteers 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. The projects are 100% outdoors!

## **YOGA OF WISDOM with Ziv Porat**

*This class will introduce us to Vedanta, the Yoga of Wisdom, which is a path leading to the heights of spiritual realization. Vedanta invites us to remove the clouds of conditioned thinking and the veil of spiritual ignorance through inquiry into the nature of reality and of our own existence. 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. Handouts will be available. All are welcome to attend.*

Dates: From 7:00 – 8:30,

Tuesdays November 14, 21, 28, December 12

Location: The Thornhill Room

Participants: 6-12

Cost: Suggested donation, \$12-15 per session

Convener: Marilee Bailey



Mandala - by Augusta Lucas Andrea



## **Svaroopaa® Style Yoga**

*Melinda Maxwell-Smith begins a new 11-session yoga class starting September 28. The class will meet on Thursdays at her home in Oakland and will be on-going through the end of 2017 (exceptions: November 23, December 21 and 28). Come learn four reliable 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. Helpful breathing techniques will also be included. You can take this lying down! All levels welcome.*

Meet: Thursdays from 2 to 3:30 starting September 28 at Melinda's home near the Oakland Zoo.

Participants: 4-8

Convener: Melinda Maxwell-Smith, teacher of Svroopa ® style yoga since 1995

## IMPROV – LIVING IN THE HERE AND NOW!

*Love a good laugh and like to think on your feet? Want to learn some new techniques to be able to come up with snappy comebacks or more bravely get your 'inner actor' out into the world? Each session will start with theater games to warm up to be followed by working in small groups to develop and act out our creative ideas. Join us for four weeks of Improv fun.*

Meet: 11:30 – 1:30, Sundays, November 19, 26 and  
December 3, 10

Participants: 6 to 12

Location: Room 1 upstairs in the classroom building

Convener and Leader: Tom Eelkema



## DRINKS AND DOUBT

*Let's talk about our belief and disbelief. Sometimes it's hard to say what you REALLY believe, which is where the drinks can be helpful. Talitha will email a theologically interesting article or question ahead of time, and we'll meet at someone's house or at a local pub to discuss the questions. Drinkers and non-drinkers welcome, and we usually share finger food snacks as well.*



Meet: 6-7:30pm, Tuesdays, September 19, 26, October 10, 31

Location: First meeting at the middle manse, additional meetings to be hosted by participants.

Cost: bring beverages or snacks to share

Convener: Rev. Talitha Aho

Participants: 8-18

## COME WALK WITH ME...

*Join me for three 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 total for transportation and exploring the wonderful scenic & historic places on each route.*

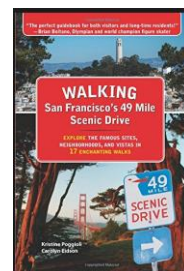
October 21: Ferry Building, Financial District & South of Market

November 4: Fisherman's Wharf, Marina & Palace of Fine Arts.

November 18: Golden Gate Park, Wild West Buffalo, and Boats

Participants: 3-5

Convener: Debbie Fallehy





## MEDITATION MADE EASY



*Learn three reliable techniques for dropping in to a deeply satisfying meditation. In each of these four sessions, you will learn to hone the art of sitting comfortably. Week 1: We'll work with Breath Awareness. Week 2: Body Softening. Week 3: Mantra. And Week 4: having chosen the approach that works best for you, you'll find support for your on-going commitment to getting in touch with your true nature: pure consciousness. An antidote to stressful times, meditation reduces nagging thoughts!*

Meet: 7 to 8:30, October 3, 10, 17 and 24 in the Thornhill Room

Participants: 4-12

Materials fee: \$9, pay to the teacher

Convener: Melinda Maxwell-Smith, meditation teacher since 2000

## HABITAT FOR HUMANITY

*Join us for an afternoon of working for Habitat for Humanity. Learn construction safety techniques, use power tools, prep a roof, and paint walls and doors at the Playhouse Workshop in Oakland. It's loads of fun and supports a great cause.*

Meet: 1-4pm, Tuesday, November 7, meet at 12:20 at the MPC parking lot to carpool

Participants: 6-12 (must be 16 or older)

Convener: Deborah Brooks



## YUM. . .POTSTICKERS!

*Join us in this Saturday morning cooking lesson. May Tong will show us how to make the skins and fillings - pork and cabbage, seafood and chives, vegetarian. Then we'll dive in and make them ourselves, with some to eat and some to take home. They freeze well: please bring containers. The recipes will be available so you can continue to make them in your own kitchen.*

Meet: Saturday, November 11 from 9:30 to noon in the MPC Kitchen

Participants: 5 to 8

Teacher: May Tong

Fee: \$10 for supplies payable to the instructor

Convener: Gretchen Garlinghouse

### **Good to know. . .**

There are several on-going MPC groups that 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). One such listing is –

### **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. Please join us for one or all of our discussions. Almost all people see the play (many in previews) before the discussion session.

Dates: to be determined after the season tickets are mailed. Info will be in *Contact*.

Meet: Sundays, 6 to 8:30pm

6pm – potluck dinner in the Family Room

7:15pm – discussion in the Thornhill Room

Questions or to RSVP for dinner, contact Lee Aurich at [lee@aurich.com](mailto:lee@aurich.com)

For the discussion, just show up.

#### **This season's plays are:**

*Imaginary Comforts* – October to November 2017

*Watch on the Rhine* – December 2017

*Angels in America, Parts I and II*, two plays performed on different nights, April to May 2018

*Pike Street* – May to June 2018

### **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 August 27 and September 3 and 10, 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.

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