

# SMALL GROUPS

## Fall 2019 Catalog

GREAT ways to be with your church family!



### CONNECT WITH NATURE

*Let's spend some time together taking walks in our beautiful East Bay! Using simple techniques such as breath work, mindful walking, and sensory awareness we will deepen our connection to nature, ourselves, and Spirit. Each session will explore a different local environment, such as the redwood forest, wooded canyon, and bay shore / wetlands. Information on location and carpooling will be sent after registration is complete.*

Meet: Three Saturday mornings, 9:30 to 11:30,  
September 28, October 5 and 12

Participants: 4-8

Convener: Bet Muth. new participant in the life of MPC

### ANCIENT WISDOM FOR MODERN TIMES - FALL SESSION

*In this session we will continue our exploration of the yoga of wisdom (Vedanta). It is the path leading to freedom and happiness by means of meditation and inquiry into the nature of reality and our selves. The sessions will include talks, discussions, meditations and a bit of humor. Newcomers are welcome as we will review our previous sessions. For more information, contact Ziv Porat at [omzv18@gmail.com](mailto:omzv18@gmail.com)*

*"The one God is hidden in all beings. — Sri Swami Sivananda*



Meet: Tuesdays 7:00 pm – 8:30 pm, October 8, 15, 22, and 29

Cost: \$50 - \$60 for 4 sessions, sliding scale

Participants: 6-12

Location: The Thornhill Room

Convener: Gretchen Garlinghouse

*"In taking these classes with Ziv, I have found a much deeper understanding of my self and how I move through life. When I encounter troubling behavior, I'm more likely now to access my calm, patient self." - Marilee Bailey*  
*"Ziv is a great teacher and leader. In each session we have had rich discussions of spiritual truth, awareness of self, and understanding the external world. Please join us." - Gretchen Garlinghouse*



### **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 gift to the homeless, and generally have a great time with the Knitting Group.*

Meet: 10:00-noon, Thursdays starting September 19

Location: Minda's home in Alameda

Participants: 6-10

Convener: Minda Lucero

### **MPC GSA**

*Please join us in our intergenerational Gender Sexuality Alliance group, where people talk about exploring their sexuality or learn about gender or sexuality related topics, in a safe and supportive environment. Whether you identify as LGBTQ+ or not, everyone has something to share and something to learn. We'll share a potluck dinner and either have a conversation topic or a video to watch each time.*

Meet: 5 to 7pm, fourth Sundays of the month starting September 22

Location: Thornhill Room      Participants: 6 to 16

Convener: Rev. Talitha Aho



### **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, instruction is available on basic embroidery stitches as well as how to choose an image and transfer the image to fabric so you can begin right away. Location & carpooling information will be sent after registration.*

Meet: 10am-noon, Tuesdays, starting Sept.19

Location: 1<sup>st</sup> meeting will be at Shelley Stafford's home in Oakland.

Participants: 4 - 8

Conveners: Karen Ray Gibson & Shelley Stafford



### **DRINKS AND DOUBT**

*Back by popular demand is a discussion group about belief and disbelief. Each week Talitha will develop a theological question for us to ponder. There are no wrong answers and, in Drinks & Doubts tradition, all beliefs & non-beliefs are welcome. Bring a beverage or food to share. First session will be at Sloan White's house (see below) and future sessions will be hosted by participants.*

Meet: 6-7:30 pm, Thursdays, September 19, October 3, 17, 31, November 7, 21

Location: First meeting at 5757 Grisborne Avenue, Oakland, the following meetings are to be hosted by participants.

Cost: bring beverages or snacks to share

Participants: 8-18      Convener: Sloan White

### **FAMILY HISTORY – LOCAL RESOURCE FIELD TRIPS**

*Until recently, family history research was done on site - at libraries, archives, courthouses, cemeteries, & historical societies. Although much is now done online, local repositories still hold the records we can use, and many others we don't know are available. The Bay Area is home to many of these so let's go on field trips to learn about how to use (access) these resources. As the arrangements for visiting each of these will be different, please sign up for the ones that are convenient to your calendar. We will carpool from the MPC parking lot.*

*Possible locations: National Archives, San Bruno - Bancroft Library at UCB - Oakland Library/Alameda County Courthouse/Mountain View Cemetery*

NOTE: DATES WILL BE POSTED AT SMALL GROUP REGISTRATION, Sept. 1, 8, & 15

Participants: 2-5

Convener: Kim Everingham

### **BUEN PROVECHO! LET'S MAKE TAMALES!**

*Join May Tong in making Oaxacan tamales. These are lighter and tasty, using a light masa, chicken, and mole negro, all wrapped in banana leaves. We can try our hand at homemade salsa, too. Recipes are from Reyna Mendoza of El Sabor Zapoteca Cooking School.*

Meet: Saturday, November 16, 9am - noon

Place: MPC Kitchen

Maximum participants: 8

Conveners: May and David Tong      Cost: \$6.00 per person



## ADDITIONAL HOT ITEMS. . .

There are several on-going MPC groups that more or less loosely fall under the big umbrella of The Family Life Committee. They need no seasonal sign-ups – you just get in touch with the contact person to find out more information or watch for info in *Contact*.

Please get in touch with Gretchen Garlinghouse, at [ggarlinghouse@aol.com](mailto:ggarlinghouse@aol.com) if you would like your group to be listed in the next catalog. **Here are FOUR important listings for this Fall:**

### **MPC FOOD AND SHELTER ACTION GROUP** (formerly known as HAWG)

*Please join us in helping out with our various local food and shelter action projects this Fall. Among them will be. . .*

- Helping with the twice monthly Alameda County Food Bank Saturday morning food distribution at the Fruitvale Food Pantry
- Assisting the MPC Youth Group with serving food at the College Avenue Presbyterian Church meals for the homeless
- Making and serving dinners at the St. Mary's Winter Shelter
- Preparing & serving vegetarian meal for homeless in downtown Oakland public park through F.O.G. (Food of God) Program

Stay in touch and get the specifics by watching for our announcements in *Contact*.

Questions? – contact committee chair Deborah Brooks at [debbrooks61@gmail.com](mailto:debbrooks61@gmail.com)

### **SEEING ART & NATURE TOGETHER**

*Pat Schwinn loves sharing art and nature related outings with others. Recent ART outings have included Kimono Refashioned at The Asian Museum, Paul Gauguin and Bouquets to Art at the De Young, Recent NATURE outings have included Ruth Bancroft Garden in Walnut Creek and Filoli Gardens in Woodside.*

Interested or want to hear about future events? Drop Pat a note at [pschwinn@earthlink.net](mailto:pschwinn@earthlink.net) or call her at 510-339-2669.

### **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: Info will be posted in *Contact*.

Meet: Sundays, 6 to 8:30 pm

6:00 potluck dinner in the Family Room, 7:00 discussion in the Thornhill Room

For the discussion, just show up. Updated info will also be posted in *Contact*.

The Fall season play discussions will include "The Great Wave" by Francis Turnley, "Culture Class (Still) in America", and "School Girls or The African Mean Girls Play" by Jocelyn Bioh

Questions or to RSVP for dinner contact Sari Kulberg, [sarakulberg@gmail.com](mailto:sarakulberg@gmail.com)

**MAKE A LASTING DIFFERENCE BY HELPING CHILDREN LEARN TO READ**

Faith Network offers volunteer opportunities in a well organized, easy to implement program during the school year. You will work with two children, one at a time, for an hour each once a week. You choose your day and time, morning or afternoon. Math tutoring is also available. For info contact Jean Gregory at [jeancgreg@gmail.com](mailto:jeancgreg@gmail.com)

## **BUT WAIT, THERE'S MORE.**

Please read the following

### **IMPORTANT INFORMATION 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.** This is also a courtesy to the teacher, the others in the class, or those who may want to attend if the class is full. **If necessary to miss a session, please contact the Convener.**
- We thank you for participating in the Small Groups classes.

Registration will take place during Family Hour on Sundays,  
September 1, 8 and 15

OR you may contact Gretchen at [ggarlinghouse@aol.com](mailto:ggarlinghouse@aol.com)  
or 510 482-1157.

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 Dr., Oakland, CA.

(510) 339-1131

[www.mpcfamilly.org](http://www.mpcfamilly.org)