

Small Group Activities Spring 2024



We are a *multigenerational, social justice oriented* community of joyful, imperfect people who *welcome absolutely everybody* with hospitality, openness and acceptance.

Montclair Presbyterian Church
5701 Thornhill Drive, Oakland, CA 94611
510-339-1131
mpc-family@mpcfamily.org

Registration closes April 30, 2024

A walk in the UC Botanical Garden! with Karen Ray Gibson



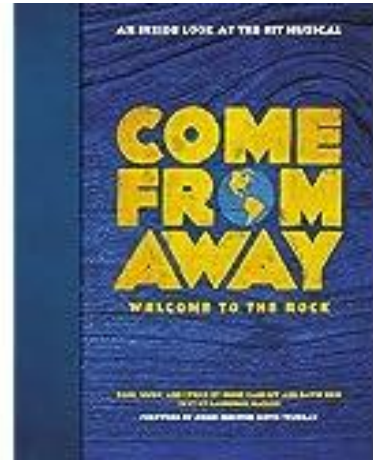
Enjoy a morning at the Glorious UC Botanical Garden in Berkeley with one who knows it well! Get in free (a \$12 - \$18 value!) during Members-only hours as guests of member Karen Ray Gibson.

Meets: 1 session	Wednesday April 24, 9:00am
Convened by	Karen Ray Gibson
Group size	2 - 6
Age or other restriction, if any	Must be able to walk on uneven terrain
Fee	Free!
Location	UC Botanical Garden, Berkeley

Registration is closed, email betmuth@gmail.com to join the Wait List

Movie Night: *Come From Away* with Debbie Fallehy

Filmed live on Broadway, this Tony Award-winning musical tells the remarkable true story of 38 flights grounded in a small Canadian town on September 11, 2001. As the locals host these “come from aways,” they come together and find hope. Share potluck snacks. Enjoy a discussion and time for reflection after the film.



Meets	Saturday April 27, 6:30 to 9pm
Convened by	Deborah Fallehy
Group size	5 to 20
Age group	Film is rated for ages 10 and above
Fee	Free
Location	Thornhill Room, MPC
Notes	Run time is 1hr 46 minutes. Bring a snack to share if you like. There will be time to reflect with the group after the film.

*****To register, send an email to betmuth@gmail.com*****

Connect with Nature!

with Gail Onion and Bet Muth



Let's spend some time together in the redwoods of Joaquin Miller Park in Oakland! Using simple techniques such as breath work, mindful walking, and sensory awareness we will deepen our connection to nature, ourselves, and Spirit. Sessions include guided exercises, readings, inspirational poetry, time for reflection, and sharing.

Meets	3 - 4 times per year
Next meeting	Sunday April 28, 1:00 to 3:00pm
Convener by	Gail Onion and Bet Muth
Group size	Up to 12 participants
Age group	Middle school and above. Children and youth must be accompanied by an adult.
Fee	Free
Location	Information on location and carpooling will be provided to those who register

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Make Your Own Greeting Cards!

with Jane Vanderveer



Join Jane Vanderveer for a make-your-own greeting card workshop! We will use markers, paints, collage, personal photographs, and glitter. We finish with a teatime to enjoy one another's creations.

Meets	Session 1: Tuesday April 30, 1 – 4pm Session 2: Sunday May 26, 1 – 4pm ***You may attend either session***
Convened by	Jane Vanderveer
Group size	2 - 6
Age group	10 years and older; children must be accompanied by an adult
Fee	Free
Location	Jane's garage; address provided on registration

*****To register, send an email to betmuth@gmail.com, specify date*****

Bringing Back the Natives Garden Tour with Bet Muth

Would you like to learn how to be an even better steward of creation right in your own backyard? Join like-minded MPC folks to tour 3 or 4 of the gardens featured in the Bringing Back the Natives Bayside garden tour on Saturday May 4. We'll have time to eat lunch together and discuss our findings, experience and next steps.



Meets	Saturday May 4, 9:30am to 2:30pm
Convened by	Bet Muth
Group size	6 - 12
Age group	Children welcome if accompanied by an adult.
Fee	None; \$15 donation requested for the day to support Bringing Back the Natives organization
Location	Meet for carpooling at MPC parking lot

*****To register, send an email to betmuth@gmail.com*****

Let's help clean up Lake Merritt!

with **Bet Muth**



What a beautiful jewel Lake Merritt is, right in the heart of Oakland! Let's help clean up this important element of our watershed and improve the lives of all the creatures who use it. Under the supervision of Lake Merritt Institute we will remove trash from the water, not the land, using nets to scoop it out and toss it into trash bags. About 1,000 to 5,000 pounds are removed every month!

Meets: 1 session	Tuesday 5/21, 10am to 1pm OR Saturday 5/25, 10am to 1pm One date will be selected based on signups
Convened by	Bet Muth
Group size	4 - 10
Age restriction, if any	10 years and older. Children must be accompanied by an adult.
Fee	Free
Location	568 Bellevue Ave. Carpool from MPC parking lot

*****To register, send an email to betmuth@gmail.com; specify date(s)*****

Make your own coiled basket!

with Karen Ray Gibson



Did you ever want to create your own coiled basket? If so, we have the class for you! Coiled Basketry will be offered for two hours on June 8th and June 22nd. You will learn how to start your coiled basket, how to shape it, how to wrap and change colors. Each person will leave the class with a small coiled basket.

Meets: 2 sessions	10am to noon, Saturday June 8 AND 10am to noon, Saturday June 22
Convened by	Karen Ray Gibson
Group size	4 - 8
Age restriction, if any	Ages 11 and up are welcome.
Fee	Free
Location	Family Room at MPC

***Registration is closed, email betmuth@gmail.com to join the Wait List**
