



### **Baking Bread for Breaking Bread**

Baking bread can be a spiritual and calming experience. Let's get together and bake bread on Saturday, so we

can break bread on Sunday. We will use a loaf of the bread for communion in Sunday Celebration. Try different recipes including gluten-free. Children are welcome with parents. Room for about 6 people. \$5 each to cover the costs of bread ingredients and a light lunch.

Oct 4, Nov 1, Dec 6th, meet at noon.  
Debbie Fallehy, convener

### **KNITTING GROUP** led by Minda Lucero and Anne Daniel.

6 classes starting Oct 16th, each Thursday morning 10:30AM-12 at Minda's house—coffee provided. Class size 3-6 people.

For beginners, or anyone who wants knitting help/inspiration, or who just wants to join in. Beginners can learn to knit a cap or scarf. We will provide yarn for these projects. Minda is willing to lend needles for a scarf; cap-knitters should purchase no.9 circular needles 16" long and no.9 double-pointed needles. We hope to produce some chemo caps, some wool caps for sailors (who often work on ships coming from warmer climates) and scarves or other projects for Fruitvale Food Pantry which also gives out clothes in cold weather.



**Beer & Theology:** Are you 21+? Do you have questions or opinions about God, the universe, and everything? Join an ongoing conversation with Talitha, at Cato's Alehouse on Piedmont Ave (Fridays, 5:30-7 PM). Talitha will email out thought-provoking questions a few days in advance. Or bring your own questions. A bigger group with room for 10-15 participants. Dates are Fri Sept 26<sup>th</sup>, Fri Oct 10<sup>th</sup>, THURSDAY Oct 30<sup>th</sup> (to avoid Halloween!) Fri Nov 7<sup>th</sup> and Fri Nov 14<sup>th</sup>.



### **Hands on!**

Let's roll up our sleeves and go out into the world to make a difference. We will be doing 3 days of work helping with the parks of Oakland, restoring creek and wild land areas, and working in a local nursery to prepare native plants for an annual fundraiser. We will work from 10 AM to 1 PM on Saturday mornings, Oct 11th, Oct 18th, and Nov 1st.



Gretchen Garlinghouse, convener. Open to adults and older kids (ask Gretchen for details).

**Kids Service** – for kids K-12th grade only! (younger kids can bring parents too). Meet after Celebration on Sundays, to do service projects led by Hannah McKiernan. We will be writing letters, making care packages and doing other useful tasks together. We will start with on-site tasks that we can do at a special table in the Family Room, but if parents are willing to drive we might have some short trips as well.

Dates are Sept 28, Oct 19, Nov 9, Dec 7th & Dec 21st.

### **MPC Family Thanksgiving** –

now an annual event! Is your family too small, too large, too far away, or too



dysfunctional? Join your MPC family instead on Thanksgiving afternoon for an amazing array of delicious dishes. Turkey and dessert by Debbie, you bring a side dish. Thursday, 11/27 at 3 PM.

**Grandfriends** – a brainstorm/trial group looking to find ways that elders can support young families. Young parents and experienced seniors, let's get together to brainstorm ways for our elder members to connect with and support our young families in these increasingly busy times.

Saturday kid outings while parents catch up on life, story-telling/reading events, babysitter list, child/elder friendships, intergenerational activities like gardening? - the sky is the limit. Bring your thinking cap and list of dreams.

Two 1 1/2 hour sessions to be determined by the group. Led by Tom Debley