

MPC Family Life SMALL GROUPS SPRING 2016 CATALOG

Great ways to connect with
your church family!

OAKLAND A's DAYS

Let's attend an Oakland A's game every month from April through September. We'll enjoy good company, reasonable food, beautiful weather, and hopefully a victory or two. Prayers welcome, particularly when the team is down by a couple of runs late in the game. To include the most folks possible, we'll do mostly weekend afternoon games, and sit on the Plaza level.

Costs: \$30-\$40 per ticket. We'll be attending 6 games, hoping each person can make at least 4 and purchasing them in advance.

Participants: 4 to 20 people

Convener: Steve McKiernan

1. Saturday, April 16th, 1:05pm vs. the Royals
2. Saturday, May 21st, 1:05pm vs. the Yankees
3. **Wednesday**, June 29th, 7:05pm vs. the Giants
4. Saturday, July 16th, 1:05pm vs. the Blue Jays
5. Saturday, August 6th, 1:05pm vs. the Cubs
6. Saturday, September 24th, 1:05pm vs. the Rangers



AMBLING HIKES

Join us for some fun ambling hikes in the East Bay, easier & shorter than 'serious' hikes, but no less beautiful. Jean will choose the first hike and the rest of the journey ideas will come from the group.

Meet: 2- 4pm, for 6 Wednesdays, April 6, 13, 20, 27, May 4, 11.

We want to have the chance to get to know one another, but if you can't come all of these dates, just call the convener.

Participants: 2+ (the more the merrier)

Convener: Jean Gregory

DIGGING FOR ROOTS – No, not gardening. . . BEGINNING GENEALOGY!

These entry-level sessions will help you begin to find your family roots. Bring what you know of one or two family members (grandparents or older) and a laptop. We'll discuss online records and browse some sites to search for your mystery family member. And we'll discuss other resources available and what different DNA tests can offer.

Meet: 9:30-noon, April 16 and 23,
in the Thornhill Room

Participants: 2-5

Convener: Janet Mulshine



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. Great project for all ages, family and friends are invited.

Meet: Saturday, April 30 at 12:30 in the MPC parking lot.
We'll carpool to the site and work until 3:00.

Convener: Dolores Nice-Siegenthaler, who volunteers with
Friends of Sausal Creek

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, and generally have a great time with the Knitting Group.

Meet: 9:30-noon, for 10 Thursdays at Minda's Alameda home
Feb 11, 18, 25,
Mar 10, 17, 24,
Apr 7, 14, 21,
and May 5

Participants: 6-10

Convener: Minda Lucero



SVAROOPA ® STYLE YOGA

In this (chair) sitting yoga class we will learn poses for deep relaxation, breathing, and releasing the chronically held tensions at the core of the body. Learning to do life with a relaxed spine adds much enjoyment, and lets us negotiate the challenging bits with greater ease, poise, and humor. Please join us and learn this wonderful form of yoga.

Meet: 10:00 – 11:30, for 4 Saturdays
Feb 27 and March 5, 19, 26

Participants: 2-10

Convener: Melinda Maxwell-Smith, new to MPC & teacher of Svaroopa ® style yoga since 1995



DRINKS AND DOUBTS (formerly called Beer/Wine & Theology)

Have you hidden your true thoughts about God, the universe, and everything -- because you're sure you're a horrible heretic? Then bring those thoughts to air in this safe environment. OR, are you a lifelong "true believer" with an open mind? Join us and have your theology & thoughts tested with some good hard questions. Let's talk together about God, sin, salvation, evolution, the universe, and a host of other topics, over some drinks (alcoholic and non-alcoholic available).



Meet: 5:30-7pm, five Friday evenings April 15, 22 and May 6, 13, 20.

Participants: 4-20

Locations: Talitha will host the first session and the group will offer ideas for the later locations

Convener: Rev. Talitha Phillips

ARMENIAN COOKING

Learn how to cook authentic Armenian food – dishes commonly eaten at the time of Jesus and into the present. The menu includes hummus and yalanchi dolma, baked eggplant, chicken leek soup with yogurt and kofta (stuffed meat balls) & perhaps a surprise or two. Come join us for a full Armenian culinary experience!

Meet: 10 am - 1 pm, Saturdays
May 14 & 21 in the church kitchen.

Participants: 3-6

Cost: \$10 (to be paid to the hostesses at the class)

Hostesses: Stephanie Ouyoumjian &
Bonnie Hamlin.

Convener: Leslie Louie





CLAY PLAY FOR ADULTS

Want a wonderful opportunity for a fun end-of-spring project? Then come play with clay – create an animal, a spirit house, a bowl, or whatever your fancy desires. No experience needed, just bring your open heart and great enthusiasm, and wear clay play clothes and dress for working outdoors.

Meet: 10 – 12:30 Saturday, June 4. A second meeting to glaze will be arranged after the clay has been fired.

Participants: 4 - 10

Convener: Dot Cudaback, who has offered this delightful experience to MPC for over 25 years!

New to the Small Groups Catalog. . .

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.

Our first 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 a Berkeley Rep docent. Please come to one or all of our discussions.

Meet: 6:00pm – potluck dinner in the MPC Family Room

7:15pm – discussion in the Thornhill Room

Dates for this spring:

Feb. 14, 2016 – *Aubergine*

Feb. 28, 2016 – *Macbeth*

May 15, 2016 – *Treasure Island*

June 12, 2016 – *For Peter Pan on Her 70th Birthday*

To RSVP for dinner, contact Lee Aurich, lee@aurich.com.

Frequently asked questions about SMALL GROUPS:

Do I have to bring my own family? No, Family Life means your extended MPC family! Young, old, in-between, couples, singles, with kids or without...everyone is welcome.

Can I just show up for these groups? No, we are trying to build long-term friendships among our church family, so we request that you register and commit to joining the group each time they meet. Usually it's ok to miss a time or two – ask the convener.

Great, I'm ready! Can I sign up? Yes! Registration takes place Sunday January 10, 17, & 24 after Celebration in the Family Hour. Or contact Gretchen Garlinghouse to sign up.

I have an idea for another group. Great! Talk to one of the Family Life Committee members or join us on the committee!

-Gretchen Garlinghouse, *Small Groups Chair*

Montclair Presbyterian Church
5701 Thornhill Drive, Oakland, CA. (510) 339-1131 www.mpcfamilly.org