

Adult Education Classes
Winter Quarter
2021



Mission Peak
Unitarian Universalist
Congregation

From the Adult Education Committee:

The committee offers these programs for the Winter Quarter, with many thanks to each presenter.

The committee includes Eric Dittmar, Len Tiemann and Linda Messia.

You may register for classes by emailing Linda at lmessia@yahoo.com.

UUA 2020/2021 Common Read
Book Discussion

Jen King

Maximum number of participants: 12

4 Sundays 1:00-3:00 pm via Zoom
Jan 17 & 31,
Feb 14 & 21

Each year the UUA chooses a Common Read – a book that all UU members are encouraged to read and come together to discuss. This year’s Common Read selection is *Breathe* by Imani Perry.

We at Mission Peak UU will be pairing this with *Between The World and Me* by Ta-Nehisi Coates.

Jen will be leading the discussion of both books. We have scheduled four 2 hour discussion sessions (although there is a good chance the classes won’t run the entire 2 hours). Both books are less than 200 pages and are available in physical book, Kindle, and audio book form from Amazon; *Breathe* is available in physical book form from the UUA Book and Gift Shop; and both books are available in audiobook format from bookshop.org. Both books are also available in all formats from the Alameda County Library. Please let Jen King know if you need help acquiring the books



Meditation & Dharma

Eric Dittmar

Max number of participants: Open

7-9 PM via Zoom

2nd & 4th Thursdays of each month:

Jan 14, 28;

Feb 11, 25;

Mar 11, 25

“Meditation invites a direct and immediate experience of reality and provides a balance to purely intellectual inquiry.”



--UU Buddhist Fellowship webpage welcome

This is a continuously open peer-led meditation and discussion group. If you've been thinking of taking up meditation, or if you have a practice and are looking for a support group, please join us. This year, by popular demand of the group, we will be returning to the beginning of the discussion book used last year. We will start the quarter with an introductory session if we have new people. Mindfulness can be a spiritual path without “becoming Buddhist,” so come join the discussion and learn how dharma is *not* dogma!

Poems

POEMS

John & Jackie Porter

Max number of participants: 6

7-9 PM via Zoom

Mondays:

January 11 & 25,

February 8 & 22,

March 8 & 22

Poetry is simply the most beautiful, impressive, and widely effective mode of saying things, and hence its importance.

Basho

Twice a month we gather, via Zoom, to read, listen to, and discuss poems. Bring what you would like to read and discuss. Light up your life by sharing poems with friends.

Zoom Classes

Because of the Coronavirus pandemic, we have transitioned to virtual classes for the safety of both presenters and students. This will continue until further notice. Presenters will provide Zoom information to each student before the start of classes.