

## Summer Small Groups

During June, July, and August, First Church Berkeley provides opportunities for our community members to deepen connections with each other and God through our Small Group program. The offerings vary from year to year, typically covering a wide range of interests, with some groups meeting four or more times during the summer. Hosted by church members onsite or off, these gatherings provide a nurturing backdrop to learn, explore, and play together.

Here's a sampling of previous offerings:

**Journey Into Music** - Explore your inner world of creativeness and wisdom through music and the imagery it evokes. Each hour session begins with a focus (created from an overall theme), and follows with music listening time and drawing a mandala. There will be opportunities to share your interpretation and insights from your experience, as you wish. The group meets four Thursday evenings in August.

**Park Picnic Fellowship** -Join us for intergenerational fellowship and fun at a local park in Berkeley. Participants are invited to bring food to share potluck-style as well park toys and games (bubbles, sidewalk chalk, balls, Frisbees, etc.). We'll eat, talk, play, and get to know each other as we play together on four Saturdays evenings this summer.

**Socially Conscious Cinema and Conversation** - So many issues to think about in today's world, and what better way to explore them than in the company of your thinking friends! Share the questions, ideas, discomfort, and inspiration of socially conscious documentaries with a group of people who also want to better understand current affairs.

**Bread Baking** - Baking bread can be a wonderful, meditative process, and it's a great reminder of the power of patience and practice. Plus, kneading is a great way to work out your aggression (and biceps)! This small group will offer hands-on instructions and guidance for making bread, both the easy and quick kind (for sandwiches) and the more challenging kinds (like my communion bread!) – we'll bake a new kind each week.

**Exploring Compassionate Communication** - Join us as we explore the nonviolent communication teachings of Marshall Rosenberg and others. This group will begin to practice these skills with the intention of creating more connection - to ourselves, to others, and to the world. We'll explore some key assumptions of nonviolent communication: "all actions are attempts to meet needs" and "everyone's needs matter."

For questions or if you'd like to host a group, contact Congregational Care Program Manager Louise Halsey at [lhalsey@fccb.org](mailto:lhalsey@fccb.org)