

[Anti-Racism Study](#)



Mondays, 7:00-8:00pm, sessions via Zoom, Feb 23 thru March 23

[Antiracism Discipleship](#) - led by Rev. Myrna Bernadel-Huey, [rsvp at emyrna.bernadelhuey@cnumc.org](mailto:emyrna.bernadelhuey@cnumc.org)

You're invited to participate in a 5-part booklet study published by our United Methodist Discipleship Ministries agency, focusing on the issue of systemic racism and how to recognize, address, and take healing steps to repair the hurt that it has caused. Each brief chapter includes "next steps" that congregations can take.

The study offers a helpful first step to those who want to do the important work of dismantling racism from a faith perspective. We will explore the following topics, based on the booklet's chapters: (Week 1.) Confronting and Dismantling Racism, (2.) Pursuing Antiracism Discipleship, (3.) A Church for All, (4.) Sustaining the Work, and (5.) A Call to Action.

Please Note: The group will be open to new participants until its third session (March 9) only. To get a copy of the booklet, participants may call or email the church office at (510)465-4793 or office@lakemerrittumc.org

Zoom Meeting Info: <https://us02web.zoom.us/j/82433376391>

Meeting ID: 824 3337 6391 Passcode: 149053

[Lenten Centering Prayer Circle](#)



Wednesdays, 7:00 to ~8:00pm, sessions via Zoom, Feb 25 thru March 25

Lead by Rev. Sunae Cho

You are invited to join our Centering Prayer Practice - a quiet, Christ-centered prayer of silence rooted in the Christian contemplative tradition. This practice was renewed for today through the teaching of Fr. Thomas Keating, who described Centering Prayer as a simple way of consenting to God's presence and action within us.

Each week will include video teachings by Thomas Keating, brief guidance for beginners, and a 20-minute Centering Prayer practice together. All are welcome. No prior experience needed.

Zoom Meeting Info: <https://us02web.zoom.us/j/85672781204>

Meeting ID: 856 7278 1204 Passcode: 203496

[Body, Mind, & Stroll](#)



Thursdays at dusk, 5:15 to ~6:15pm, dropins welcome, Feb 26th - April 2nd

Lead by Juliet Hannafin, [rsvp at juliethannafin@gmail.com](mailto:juliethannafin@gmail.com), or text 510-919-4979

Meet in front of church (lakeside); kids, friends, wheelchairs, pets welcome

Join other folks to stroll along the shores of Lake Merritt together at dusk. Enjoy nature and the beautiful reflections on the Lake with company. We will pause at a spot with benches, and feel free to share how things are going with your body, mind, and/or soul, before heading back to the front of the church. Join us for one, all, or any number of strolls!

***** Have another Small Group idea (beyond Lent)? If so, let us know by sending an email to office@lakemerrittumc.org with the words "Small Group" anywhere in the Subject line. *****