

UNITARIAN UNIVERSALIST

FELLOWSHIP

OF HARFORD COUNTY

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www.UUFHC.net

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List of Instructors and/or Contacts

UUFHC Office – Admin. Asst. Karen Kurrle	410-734-7122
Age on Film Series – Rev. Carol Cissel	410-734-7122
Artisan Circle – Darlene Rothwell	910-279-6844
Childcare Coordinator – Stephanie Kalka	410-734-7122
Conversational Spanish - MJ Price	716-969-3874
Financial Asst. – Rev. Carol Thomas Cissel	410-734-7122
Gentle Yoga – Becca Motil	410-939-9522
Journaling – Dana Knighton	410-452-5701
Kadampa Buddhism – Kelsang Chondzin	410-243-3837
Knitting Circle – Pamela Lottero-Perdue	410-914-5582
Lunch Bunch – Rhoda Huston	410-776-3838
Music Activities - Brenna Kupferman	443-739-5530
O.W.L.S. Circle – J. Sue Henry	908-283-1030
Parent Support Group – Stephanie Kalka	410-734-7122
Qigong/Tai Chi – James Martin	443-299-2434
Sitting Meditation – Gerre Wolff	443-617-2451
UU Christian Fellowship (UUCF) – Steve Thompson	410-658-3341

ADULT EDUCATION

BROCHURE

SPRING 2017

Sitting Meditation

The Unitarian Universalist Fellowship of Harford County Adult Enrichment Brochure

Hello! Thank you for taking the time to look at this brochure, and for considering our Adult Education programs.

These classes and programs are designed to create opportunities to enhance our understanding of ourselves, our faith community and the world in which we live. We do this by exploring ideas, mind/body connections and spiritual inquiry. Here at UUFHC we promote a safe environment that is respectful of each other, open to differing beliefs and mindful of the individual choices we each make on our personal faith journeys.

Most of these offerings include a suggested donation, but please don't let financial hardship deter you. Members and contributing friends are welcome to contact Reverend Cissel for financial assistance when needed.

Childcare is available for most events upon request (5 days). Our DRE, Stephanie Kalka, coordinates childcare. Her contact is dre@uufhc.net

I hope you choose to "Lean Into" spiritual enrichment within one of these programs. As we deepen in our own understandings, we further enrich the world. Wherever you are on your journey, this community is ready to welcome you with open hearts, minds and arms.

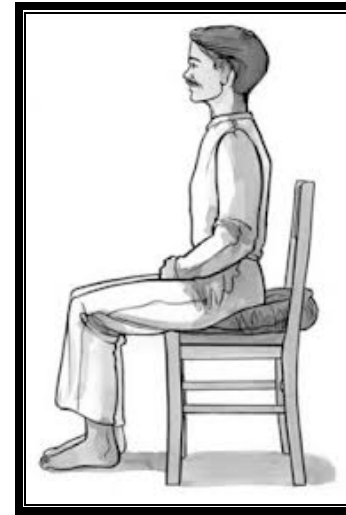
Blessings on your journey,

Rev. Carol Thomas Cissel
ctcministeruufhc@gmail.com

Contact: Gerre Wolff 410-569-3343

Date: every Sunday 9:30am – 10:15am – no fee.

The first ten minutes are devoted to Mindfulness techniques offered by a practitioner, then shared silence. When the weather is good and the spirit moves, meditation can be done outside.



UU Christian Fellowship (UUCF) of UUFHC

Facilitator: Steve Thompson stevnrthompson2@yahoo.com

Course starts: Wednesday, March 1st and continues March 15th, 29th and April 5th, 19th

Time: 7:15 – 8:30 pm in Room 2

Exchange: \$10 for the spring series

Course title: *Two Missions: Peter vs Paul*

Journaling

Facilitator: Dana Knighten / InWord Journeys

Meetings: Thursdays, 7:00 - 8:30pm in Room #3

Dates: January 5th – May 25th

NOTE: Preregistration is required--call Dana at 410-451-5701 or email at blueheron@zoominternet.net

Do you feel called to explore your spiritual journey through journaling? If so, UUFHC's journaling group may be for you. This small group, going into its 11th year at UUFHC, explores spirituality through a variety of media such as journal writing, visual media (including SoulCollage), and reading/discussing/writing from selected books. Dana is a certified facilitator trained through the Center for Journal Therapy in Denver, Colorado. (NOTE: Because this group is one that shares a cohesive bond built on a foundation of trust, we ask that you commit to regular attendance if you're considering joining.) Membership caps at 9 because of format and time constraints. Exchange: \$40 for 4-week months; \$30 for 3-week months (holiday months); covers monthly space rental, all materials (except any books the group reads together), and a small instructor fee.



Parent Support Group

Contact Person: DRE Stephanie Kalka dre@uufhc.net

Dates: Second Fridays of the month in the sanctuary

Time: 5:45pm – 8:00pm in the sanctuary

In Parent Support Group, we explore how to raise children with UU values. Spending time with like-minded parents helps us build community and energize. Together, we find strength to meet the challenges of life. Bring the whole family on the second Friday of the month. We meet from 5:45pm to 8:00pm. We share a light dinner of pizza, salad, and dessert. After dinner, the kids go with the sitters to the RE Wing and the parents talk. The cost is \$5 per family, unless you'd like to bring a salad or dessert. Then there will be no charge. Please RSVP dre@uufhc.net

Qigong, Tai Chi & Meditation

Instructor: James (Marty) Martin 443-299-2434

Mondays: 7 – 9:00pm Wednesdays: 9 am -12:00pm

Thursdays: 5 – 6:30pm

Saturdays: (1st & 2nd) 8 - 10am (3rd, 4th, 5th) 9 - 11am

Exchange: \$10.00 per month or \$5.00 per session

Qigong is an ancient form of self-healing through gentle movement. It is a movement practice focused on health, longevity, stress management and mental clarity. Marty will be teaching the Hauxia Zhineng Qigong (Chi LeI) system which was the world's largest medicine-less Qigong. The Chi LeI Qigong center in China had 180 different diseases and had a 95% success rate. James Martin (Marty) has been practicing Qigong for 22 years, he'll draw on 50+ years experience in the martial arts. He has taught Qigong in many different locales and will be teaching this beneficial healing practice at UUFHC.

Tai Chi is another ancient form of self-healing. Marty will teach the Yang style 24 movement Tai Chi short form. He will take you step by step through the most widely practiced Tai Chi form on the planet.

Race on Film Series

Facilitator: Rev. Carol Thomas Cissel
ctcministeruufhc@gmail.com

Dates: Thursday evenings, Jan. 19th, Feb. 23rd, March 16th
and April 13th

Time: 6:00pm – 9:00pm in the sanctuary

In January, February, March and April we will watch a film and then stay for a facilitated, compassionate conversation. Rev. Carol will lead these discussions. You may attend one, two, or all four, but you must sign up in advance. The group size will be limited to ensure we have time for individuals to share their thoughts. Conversations will last approximately 40-60 min. after the conclusion of the film. A simple dinner will be served. If there is enough demand, a second showing of each film will be scheduled.

To Kill A Mockingbird (1962) – January 19th

Do The Right Thing (1989) – February 23rd

Crash (2004) – March 16th

Boiling Pot (2015) – April 13th

Please call the office or email Rev. Carol (rev@uufhc.net) to sign up or if you have any questions.



Artisan Circle

Facilitator: Darlene Rothwell drothwell0303@yahoo.com

Meetings: TBA

The members of the artisan circle meet to combine their skills on periodic projects for the church. This year we will continue to create artwork for the sanctuary walls. If you are interested in being a part of the Artisan Circle please contact Darlene.

Conversational Spanish

Teacher: MJ Price baltmom50@gmail.com

Meeting: 1st and 3rd Tuesday evenings 7:00pm in Room

#3 **Exchange:** \$30 for the spring semester

"Se habla espanol aqui!" Come and practice speaking Spanish here with friends in a relaxed setting. New to the language or with some background ... all welcome (12 and over). Starting January 16th – come join us!

Gentle Yoga

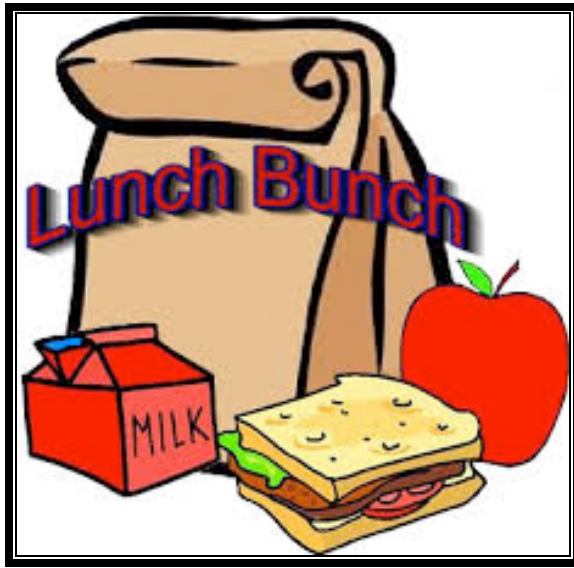
Teacher: Becca Motil rmotil@aol.com

Dates: First and Third Saturdays of the month

Time: 10:00am -11:15am in the sanctuary

Exchange: \$10 per class/\$5 for students & retirees. 10-class passes available for \$75 (a \$25 savings) and \$50 (students & retirees) Please make checks payable to Becca Motil.

Our next yoga session starts on Saturday, January 7th and will run through next June. This is a gentle, meditative class open to any level of fitness or yoga practitioner. Please wear comfortable clothes and a smile. If possible, bring your own yoga mat and a throw or beach towel to roll up as a bolster or use as a blanket.



Two Steps Forward, One Step Back

Facilitators: Rev. Carol Thomas Cissell

Exchange: \$15 for spring

Dates: Wednesdays, Jan. 18th, Feb. 1st & 15th, March 1st & 15th

Time: 11:30am – 1:00pm in the library

The Lunch Bunch will come together to discuss: 1) Our Past, Life Transitions and their correlation to our character, 2) New ways to break free of emotional restraints, 3) Methods of deepening our connections to each other and 4) Awakening our spiritual awareness.

We'll be doing "inner" work using essays, poetry and short stories to engage our creativity. Participants will begin to identify and understand some of the things that may be holding them back from experiencing life with vitality, grace, and joy. All Are Welcome!



UUFHC presents many opportunities for people of all ages to make music together! If you sing or play an instrument at any level, this is for you! We make it fun, and there is no pressure, so please join us for any and all of these music-making opportunities:

Choir

Choir Director: Brenna Kupferman

Choir Practice: 9:30am – 10:15am on Sundays

Contacts: brenna.kupferman@gmail.com or 443-739-5530 or Rhoda Huston at hustonrho@comcast.net or 410-776- 3838

The choir is always looking for new singers, so if you enjoy singing, we would love to have you join us. We sing a wide variety of music and have a great time doing it! We sing at least one Sunday a month in service and occasionally at other church-related occasions. Rehearsals are Sunday mornings right before service – you do not need to be present every Sunday to be in the choir. Youth and adults are welcome. No previous experience is required.

House Band

Facilitator: Brenna Kupferman (see above for contact details)

Do you sing or play an instrument? Would you like to be part of a band that occasionally offers music for Sunday service and other church social events? We would love for you to join us! We play a wide variety of music, which is usually chosen by the band. The ensemble varies upon availability, but can include vocals, keyboard, guitar, bass, and light percussion. All musicians and singers of all ages are welcome. Rehearsals are scheduled as needed by the ensemble.



Other Music Activities

Facilitator: Brenna Kupferman (see above for contact details)

We occasionally have other opportunities for singers and musicians to participate in services and other church-related activities. These can include playing during summer services, children's worship, the annual RE service, social activities (chili cook-off, auction, picnic, annual MUUSIC festival), stewardship gatherings, special evening prayer services, memorial services, and other events. If you or your child is interested in being a part of these or any other music-related opportunities, please contact Brenna for more information.

O.W.L.S Circle (Older Wiser Loving Souls)

Facilitator: J. Sue Henry jsuehenry2@gmail.com

Dates: Second and Fourth Tuesday of the month
Starting January 10th

Time: 9:30am to 11:00am in Room #4

Exchange: \$15.00 for the year is requested

This group of individuals starting at age 59 years (exceptions can be made!) meet to discuss:

- the challenges and opportunities of aging
- experiencing practices and processes that enhance intention and passion for life
- sharing ways of serving the greater good in family, church and community.

The specific topics to be explored this year include:
What is my purpose in life after retirement? Defining my legacy; identifying the joys, challenges and coping strategies for ageing. Additional topics will be determined by the group. You may join at any time! There are future activities, aside from the ongoing group, being planned for older, wiser loving souls.

Kadampa Buddhism Meditation Classes

Contact: 410-243-3837 or www.meditationmd.org

Dates: Tuesdays, 7:00pm – 8:30pm in Room #4

Starting January 10th – July 11th

Exchange: \$12.00

(\$8 for students, seniors 60+, and unemployed)

The purpose of meditation is to make our mind calm and peaceful. If our mind is peaceful, we will be free from worries and mental discomfort, and so we will experience true happiness; but if our mind is not peaceful, we will find it very difficult to be happy, even if we are living in the very best conditions. Join us every Tuesday for classes lead by American Buddhist nun Kelsang Chondzin. Everyone is welcome, regardless of experience! Classes are drop-in, meaning you can come to any of them at anytime. For more classes and info www.MeditationMD.org

Knitting and Crochet Circle

Facilitator: Pamela Lottero-Perdue 410-914-5582

Save the date: We'll plan to collect our projects and celebrate our journeys on February 26th from 9:15 to 10:15am . Perhaps we can have a blessing of the donated items at our service that day!

We will not be meeting each month, however, you can usually find Pam or April before or after church for some quick assistance.

Beginners: You'll be making squares (technically, rectangles) for the Knit-a-Square project (there are crochet instructions, too!) - <http://www.knit-a-square.com>.

Advanced Knitters and Hookers: Check out the patterns for hats, hand warmers and cuddly toys on the Knit-a-Square project website <http://www.knit-a-square.com>.