

IMPORTANT

**All registration and fees
must be sent to
Karen Kurrle
2515 Churchville Road
Churchville, MD 21028
410-734-7122
office@uufhc.com**

UUFHC

Retreat Schedule

2016-2017



**Finding Clarity and Peace
through Contemplative Walking
October 8, 2016**

On October 8, we will spend a mindful day apart from the world at Bon Secours Retreat Center in Marriottsville, MD. Together we will learn meditative and contemplative walking practices and try them out on the Labyrinth and Peace garden on the grounds of the retreat center. The Labyrinth offers the power of the sacred geometry to sooth and calm a busy mind. The clockwise and counter clock wise turnings help to map out a balance between the left and right hemispheres of the brain, allowing for quiet clarity to emerge. While walking in the Peace Garden, we can consider our own newly planted Peace Pole and ways to bring more Peace into our troubled world.

We talk about slowing down and paying attention to the moment in front of us; but we often lose track of our intentions in the hustle and bustle of our days. This retreat is designed to offer some simple tools to bring a more mindful contemplative sensibility to our everyday lives. Your presence is welcome and needed on this special day apart Join us.

Location: Bon Secours Retreat Center Marriottsville MD

Time: 10am - 3:30 pm (lunch included)

Exchange: \$49.00

Facilitators: Laura Paligo and Beth Wood-Roig

Car-pooling available (leaving UUFHC by 8:30)



UNITARIAN UNIVERSALIST
FELLOWSHIP
OF HARFORD COUNTY

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**Annual Overnight Retreat
Viriden Retreat Center
Lewes, Delaware
May 5-6, 2017**

While being present to each moment in life is essential, it is also important to examine the transitions we have experienced; who we were, who we are, who we are becoming? Come join us for a weekend away from day to day distractions as kindred souls seeking wisdom from our life experiences through movement, meditation, discussion, and creative mediums.

We will have registration forms out beginning in early March. You must register and pay by April 19th. Forms and money will be turned into the office. ATTN: Karen Kurrle.

Location: Viriden Retreat Center

Dates: May 5th and 6th (Checking in on the 5th, checking out on the 6th)

Contact person: ONLY for questions please email Cindy Curry at: vcurry@ccps.org

Exchange: \$125.00 (double occupancy) \$170.00 (single room)

Extra night: \$45.00 (double occupancy) \$90.00 (single room)



**Zendalas: A Zentangle® Mandala-Making Retreat
November 12, 2016**

Date: November 12, 2016 at UUFHC

Time: Gathering, 9:45am | Retreat, 10:00am – 2:00pm

Exchange: \$30.00(light fare included)

Facilitator: Patty Meijer, Certified Zentangle® Facilitator (CZT), Balto,MD

If you enjoy mandalas, then you'll want to sign up for our November retreat! Certified Zentangle® Facilitator Patty Meijer will show us how to make our own mandalas using meditative drawing techniques from the Zentangle® method—hence the name “Zendala”! All materials are provided, including a basic kit for making a Zendala.



Not familiar with Zentangle®? It's a simple meditative drawing method that's accessible to everyone—even if you think of yourself as "artistically challenged." The Zentangle website describes it as “an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images. It increases focus and creativity [and] provides artistic satisfaction along with an increased sense of personal well being.”

(www.zentangle.com)

**Developing a Balanced Mind
Annual Buddhist Retreat
February 25, 2017**

This retreat will practice several meditations to bring the mind and emotions to a balanced peaceful state. Ideas will be presented to support this. Balance is possible; happiness is possible; peace is possible. We only need the tools.

Location: UUFHC 9:30am – 3:00pm

Time: Gathering at 9:30 Retreat begins at 10am

Exchange: \$30.00 (lunch included)

Facilitator: Kelsang Chondzin from the Kadampa Buddhist Center



**Let's Paint: No Experience Required
March 11, 2017**

You will be given a canvas to use with a table top frame to hold it. Brushes and acrylic paints will be available. Acrylics are mixed with water so its user friendly. You will be given a painting of a butterfly to paint in your own way. FUN, put your own twist on your creation.

Location: UUFHC

Time: 10am - 12 noon

Exchange: \$35.00

Facilitator: Brenda Marsden- Eden Mill Nature Center

**Annual Silent Retreat
April 28, 2017**

Our Silent Retreat has changed seasons and locations this year. Join us at the Thompson Retreat Center, otherwise known as the home of Steve and Christy Thompson. They have generously offered to share their beautiful property with rambling trails and quiet garden," for our retreat this year."

Bring a bag lunch and a snack to share.

Location: Thompson's Retreat Center

Time: Gathering 9:30 am, Silence 10am -2 pm

Contact: Only for questions Beth Wood-Roig

bwoodro1@gmail.com

Exchange: No fee

