

RETREATS

"Making Every Moment Count - a Death Awareness Retreat"
Led by Chondzin Kelsang from the Kadampa Meditation Center

Date: October 7th
Time: 10:00-3:00 pm at UUFHC
Exchange: \$30 (includes lunch)
Register: before September 28th
Checks to: UUFHC 2515 Churchville Rd. Churchville 21028

We can learn how coming to terms with our mortality enriches our life and enables us to meet our passing with dignity, confidence and even joy. We can be inspired to live a pure, liberating lifestyle in which every moment is meaningful. This retreat will include very helpful information on exactly what happens in the process of death and rebirth, and how to help ourselves and others die peacefully. Invaluable information.

Quiet Days at UUFHC

Dates: January 6th and March 3rd, 2018
Time: 10am-1pm
Contact: Jacqueline Cunningham at jcunni13@gmail.com or
Laura Paligo at lauramypal@yahoo.com
Exchange: none

Join us for a Quiet Day at UUFHC. There will be no special agenda - just time to be together, relax and practice "simply being" for a while. We will have soothing music to listen to, and tables and chairs set up in the sanctuary. You can bring a book, a craft project or pick your quiet subject. We'll also have some coloring books available. Bring your own snacks and beverage - this is a self-care practice retreat! Make time for you. Enjoy.

Journey Within (Overnight Retreat) – Virden Retreat Center
Lewes, DE Registration forms will be out in early March.

Dates: May 4th and 5th **Contact:** Cindy vcurry@ccps.org

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, programs and retreats 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 our Reverend for financial assistance when needed.

Childcare is available for most events upon request. Our Director of Religious Education, Stephanie Kalka dre@uufhc.net, schedules childcare providers. Please place your request **AT LEAST 5 DAYS BEFORE** the event so she can schedule staff.

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,
Church Staff



Artisan Circle

Facilitator: Darlene Rothwell at 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.

Gentle Yoga

Teacher: Becca Motil at rmotil@aol.com
Dates: usually the first and third Saturdays of the month (no classes in October)
Time: 10:00am -11:15am in the sanctuary
Exchange: \$8 per class/\$5 for students & retirees.
Please make checks payable to Rebecca Motil.

Our next yoga session starts on Saturday, September 2, and continues on first and third Saturdays through June 16. This is a gentle, meditative class open to any level of fitness or yoga practitioner. Please wear comfortable clothes, bare feet and a smile. Bring your own yoga mat and a throw or beach towel to roll up as a bolster or use as a blanket. Becca Motil has been teaching yoga for more than fifteen years and is certified in the YogaFit style.

Note: September schedule will be 9/2, 9/16 & 9/30. There will be no classes in October, and then classes will resume on November 4th

Questions? Want to be added to Becca's Gentle Yoga email list? Contact her at rmotil@aol.com

Sitting Meditation

Contact: Gerre Wolff at 410-569-3343
Date: every Sunday 9:30am – 10:15am, fall – spring
Place: library
Exchange: none

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



UU Christian Fellowship (UUCF)

Facilitators: Steve Thompson at 410-658-3341
Dates: First and third Wednesdays from Sept. 6th – Nov. 15th, 2017
Time: 7:15pm in Room #2
Exchange: \$15 for the semester

The group, led by Steve Thompson, will continue the series we started in the spring on "Paul versus Peter". This series explores the long standing feud between Paul, author of seven NT books, and the disciples of Jesus. The book "A Tale of Two Missions" by Michael Goulder is the basis of this course.



Qigong, Tai Chi & Meditation

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

Wednesdays: 9 am -12:00pm

Thursdays: 5 – 6:30pm

Saturdays: 9 – 11:00am

Place: rooms #3 and #4

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 23 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.

Journaling

Contact: Dana Knighten at blueheron@zoominternet.net or 410-452-5701

Meets: Thursdays, 7:00 - 8:30pm September-May (call Dana for exact start date) in room #3

Exchange: \$12.50 per session; includes all materials (except any books we might read)



Do you feel called to explore your spiritual journey through journaling? If so, UUFHC's journaling group might be for you. This small group, which is 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.

The facilitated 90-minute meeting format includes time for check-in, a warm-up write, written or visual journaling exploration, discussion, and sharing of writing for those who wish to share in circle (always optional). This isn't a class in writing skills, a literary analysis group, or a writing critique group! We're a diverse group of fellow seekers on the spiritual path who happen to find that journal writing enriches our journeys in countless ways. No special writing or artistic skills are needed (and spelling and punctuation don't count--in fact, there are no "mistakes" in journal writing!).

PLEASE NOTE

- Because this group shares a great depth of connection, we ask that you commit to regular attendance if you're considering joining.
- Membership caps at 8 because of format and time constraints. Currently, there are 2 openings for new members.
- Preregistration is required. Call Dana at 410-452-5701.

Kadampa Buddhism Meditation Classes

Contact: 410-243-3837 or www.meditationmd.org
Dates: Tuesdays, 7:00pm – 8:15pm in Room #4
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.

Parent Support Group



Contact Person: Director of Religious Education - Stephanie Kalka at dre@uufhc.net

Dates: Second Fridays of the month in the sanctuary

Time: 5:45pm – 8:30pm in the sanctuary

Exchange: The cost is \$5 per family for pizza, unless you'd like to bring a salad or dessert, and then there will be no charge.

Please RSVP as we will be ordering food!

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.





Musical Activities for All Ages

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 at brenna.kupferman@gmail.com or 443-739-5530

Choir Practice: 9:30am – 10:15am on Sunday's (fall-spring)

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 morning's 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.



Facilitator: Terry Kalka at kalka2@gmail.com or Brenna Kupferman at brenna.kupferman@gmail.com

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 at brenna.kupferman@gmail.com or 443-739-5530

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, and the annual RE service, social activities (chili cook-off, auction, picnic, and annual MUUmusic 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.

Older Wiser Loving Souls Circle (OWLS)

Facilitator: J. Sue Henry at jsuehenry2@gmail.com or 908-283-1030

Dates: Second and Fourth Tuesdays of the month This group meets throughout the year. You may join at any time!

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:

- ☐ The further identification of the joys, challenges and coping strategies for each of the stages of ageing.
- ☐ Completion of the Five Wishes Workbook
- ☐ Exploring the beliefs of different faiths regarding the After Life.
- ☐ Additional topics and activities will be determined by the group.

There are future topics and activities, aside from the ongoing group, planned for the older, wiser loving souls.



Knitting and Crochet Circle

Leaders: Pam Lottero-Perdue and April Fritts

Save the date: We will meet on **Sunday, Oct 1st** from 9:15 to 10:15 in the middle school room. We'll help new or long-ago knitters and crochet-ers get started on charity projects during this meeting. We will not be meeting each month, however, you can usually find Pam or April before or after church for some quick assistance. What should you bring to the Oct 1st meeting and what might you make?

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>. Last year, we sent 50 squares to South Africa for orphans left behind by AIDS. How many can we make this year? Bring size 7 or 8 straight bamboo needles, or a crochet hook (size 7 - in between a G and an H). We have much yarn to share, so you do not have to bring any. If you want to purchase your own, bring a worsted weight (size 3 or 4 on the yarn council's scale) yarn that is not black, does not have feathers or other wild bits, and that you like. Acrylic, wool, or wool-acrylic blends are fine. One skein is all you need to start.

Advanced Knitters and Hookers: We may be stocking up our stash of prayer shawls for the minister to give to members of our UUFHC community. More on that on Oct 1st. In the meantime, check out the patterns for hats, hand warmers and cuddly toys on the Knit-a-Square project website <http://www.knit-a-square.com>. Up for more of a challenge? Make knitted (or crocheted) "knockers" for those who have had mastectomies: <http://www.knittedknockers.org>. Bring needles, hooks and yarns for your project to our first meeting.

Other meetings: After seeing who is interested in being involved in our circle, we'll schedule a winter and a spring knitting/crocheting get-together. Dates TBD by the group!

Facilitator: Pamela Lottero-Perdue at 410-914-5582