



Unitarian Universalist Fellowship Of Harford County



Faith Development Adult Enrichment



Movement and Meditation Group

Location: UUFHC

Facilitator: Beth Wood-Roig

Fall dates: Saturdays, 9/23, 10/21, 12/16, 1/20

Time: 9:30am – 11am

Exchange: \$5/session for UUFHC members,
\$10/session for non- members

This group will focus on tuning into our innate body wisdom through movement and meditation. Activities will include sitting and walking meditations, learning and practicing meditative movement techniques from various traditions, and new body prayers to practice each month. No previous experience is needed.

For more information, contact Beth Wood-Roig,
bwoodro1@gmail.com

TO REGISTER:

<https://www.surveymonkey.com/r/RWMR5HF>



**Resetting our Rhythm:
Finding Balance Within**

Date: Saturday, September 30, 2023, 10am – 3pm

Location: “Nature Manor” (Allison and Steve Ehrman’s home, Churchville, MD)

Exchange: \$15 for UUFHC members, \$20 for non-members (Payment will be collected on the day of the retreat)

Please bring your own lunch. Light snacks and coffee/tea/water will be provided.

In response to the shifting rhythm of Autumn, we invite you to gather for some retreat time together to reset our own internal rhythms. We will share a day apart from daily responsibilities and distractions so that we might once again focus our energies and refresh our spirits.

Much of our time together will be in silence, which may seem a bit scary or uncomfortable for some folk.

However, trusting in the experience and cultivating the practice of being silent for a while, especially in community, can uncover a deeper sense of Self and a stronger awareness of our connection to each other. It also tends to bring the rest of the world into sharper focus.

Silence gives time to listen to what whispers to us, time to let the body regain some balance, and time to pause, if only for a little while, before hurtling into the next moment in our usual busy lives. This is largely a self-guided retreat. During the silence, feel free to just sit and be, wander the grounds and enjoy the early fall day.

For more information, contact Allison Ehrman,
ehrmana@gmail.com or Beth Wood-Roig,
bwoodro1@gmail.com

TO REGISTER: <https://www.surveymonkey.com/r/S2DT2HQ>





Rediscover Your Reasons for the Season *(Put the “ho-ho-ho” back in the holidays)*

Date: Saturday, November 18, 2023, 10am – 3pm

Location: UUFHC, 2515 Churchville Road, Churchville, MD

Exchange: \$20 for UUFHC members, \$25 for non-members
(Payment will be collected on the day of the retreat)

Please bring your own lunch. Light snacks and coffee/tea/water will be provided.

Whether you look forward to or dread it, the month of December comes around every year, with all the “Whoville” fuss and busyness enough to make anyone a bit nuts. Why is it like this every year? What can we do differently this year?

You are invited to join us for a day apart to ponder these questions and perhaps some others as we explore our individual stories and history about this holiday time of December. Clarify what your priorities are for the special time of year we call “the holiday season” and set some intentions for how you will spend your time and energy

without overwhelming yourself. Our day together will have ample opportunity for both individual reflection and group discussion.

For more information, contact Cindy Curry, cindy.aka.mo@gmail.com or Beth Wood-Roig, bwoodro1@gmail.com

TO REGISTER:

<https://www.surveymonkey.com/r/SJZY8X>



Like a favorite reading from our hymnal says, “alone our vision is too narrow to see all that must be seen, and our strength too limited to do all that must be done. Together, our vision widens and our strength is renewed.”

– From the [Soul Matters Sharing Circle website](#)

Facilitator: Laura Paligo 443-307-1368 or lauramypal@yahoo.com

Dates: First and Third Tuesdays of the month

Time: 6:30 – 8pm in the Board Room and on UUFHC ZOOM

Exchange: none

This is a wonderful time to share connection with each other and go deeper with our monthly worship themes. Consider joining us. It is a wonderful time to slow down, catch our breath and simply BE with one another.

New Members are always welcome!

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, you are welcome to join in the music-making fun! We are always looking for new musicians and singers who can take part in services (solo or group), perform in concerts, and share music during social events. And all of these can be done either in-person or online, live or recorded!

Please contact Brenna brenna.kupferman@gmail.com





UUFHC House Band

Open to all ages and abilities!

Current practices are at 6pm on Thursdays

In the UUFHC Sanctuary.

Our House Band plays at some services and special events.

UU Christian Fellowship (UUCF)

The UUCF group will resume its studies.

Topics to be discussed in October.

Facilitator: Steve Thompson at 410-920-3763 or
stevenrthompson2@yahoo.com

When: 1st and 3rd Wednesdays of the month starting in
October

Time: 7:15pm via Glenn Brown's ZOOM



Journaling for Spiritual Growth

Co-Facilitators: Cindy Curry (cindy.aka.mo@gmail.com)
443-243-3336 OR Beth Wood-Roig (bwoodro1@gmail.com)
410-459-8339

Dates: Meets **TWO** times a month this year: 1st and 3rd Mondays
October 2023 – April 2024

Time: 7 – 8:30pm

On Zoom (special link provided to registered participants)

Exchange: \$5/session, or \$60 if paid in full by start of program
(\$10 discount)

(Payment through Venmo or by check – Cindy Curry)

This Fall, the Journaling for Spiritual Growth will focus on taming our “gremlins.” Gremlins are the niggling, negative voices in our heads that tell us what we’re doing wrong, that we are not quite good enough, and any number of other disparaging messages to keep us from fulfilling our potential and having confidence in ourselves. Our journaling work will focus on identifying and naming our gremlins and some clever techniques to “tame” them. We’ll use Rick Carson’s classic workbook, [Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way](#), as a primary resource. **Participants will need to purchase the book before the first meeting, October 2, 2023. (A link to the book on Amazon is provided below.)**



An excerpt from Taming Your Gremlin:

“Gremlin-Taming is practical, and it is powerful. It is a method for meeting the inner challenge that is inherent in every activity from climbing Mount Everest to getting a good night’s sleep. Gremlin-Taming, in a phrase or three, is a graceful process for choosing light over darkness, good over evil (and boy, those terms are loaded for people), or better yet, the true love that sustains you over the fear that can destroy you. It’s a meaty subject, to say the least, but one that is germane to having a fulfilling inner life and a peaceful interdependence with others. We are, after all, in this thing together.”



We hope you will join us to practice some Gremlin-Taming through journaling this year!

To purchase the book on Amazon:

https://www.amazon.com/s?k=taming+your+gremlin&crid=3HIRUXGBXWMB7&srefix=taming+your+gr%2Caps%2C520&ref=nb_sb_noss_2

Contacts are: contact Cindy Curry, cindy.aka.mo@gmail.com OR Beth Wood-Roig, bwoodrol@gmail.com.

TO REGISTER: <https://www.surveymonkey.com/r/RS3BQ58>



Instructor: James (Marty) Martin at 443-617-0499

When: Wednesdays: 9:00am

Saturdays: 9:00am

Location: UUFHC sanctuary

Exchange: \$10.00 per month

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 30 years. 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's Tai Chi emphasizes physical development, self-defense, aspects of meditation and breathing exercises. He will take you slowly through each movement which can be adjusted for each individual's ability. He'll draw on 60 years' experience in the martial arts.





O.W.L.S.

Older, Wiser, Livelier, Souls

The topics focus on unique issues of those over the age of 55 years and their spiritual journey as an elder. This includes:

- 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.

This group has been divided to better meet the needs of the members. The group is open to members and friends of UUFHC as well as the community. An individual may join at any time. Both groups will follow the same process and usually the same topic.

Dates: Both groups on 2nd and 4th Tuesday of each month.

Times:

UUFHC sanctuary - 10 to 11am

On ZOOM – 1:30 to 3:00 pm on UUFHC ZOOM

Exchange: 15.00 for the fall semester.

Contact: J. Sue Henry CSL at 908-283-1030 or

jsuehenry2@gmail.com

Women's 55+ Group



Leader: Barbara Bowman

Dates: First and third Tuesdays of the month

Time: 2pm on UUFHC Zoom

This is a group for older women (55+). We hope to share the joys and challenges of this lifestyle and serve as a source of support for our members.

We will also provide resources and information of interest.

We gladly welcome new members!

Please email Barbara barbarab970@gmail.com if you are interested.

Welcome!

Thank you for taking the time to look at this brochure and for considering our **Adult Faith Development and Enrichment programs** here at UUFHC.

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.

Several of these offerings include a suggested exchange, but please don't let financial hardship deter you. Members and contributing friends are welcome to contact our minister, Rev. Jaye Brooks, at revjaye@uufhc.net, for financial assistance when needed. We regret that childcare is NOT available.

I hope you choose to "Lean Into" spiritual enrichment within one of these programs. As we deepen 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.

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