



HIGHLIGHTS

Unitarian Universalist Church of Annapolis

Volume 60, Issue 5

May 2017

Big T vs. Little T

—originally posted in the Minister's Blog,
Sunday, April 9, by Rev. John Crestwell

Our theme (for April) is transformation and when I think about what that means, it feels BIG—life-changing big; and ...with Easter Sunday it feels even bigger. Transformation and Easter make me think of words like resurrection, rebirth, renewal and release. Each word deserves its own story but ...I want to share with you two ways to look at transformation—...with a big “T” and...with a little “t”. Both are required in life to get to our happy spaces, but when and how you choose to live out each is entirely up to you.

The big “T” ...is when we suddenly change or alter our current path. Moving on from a stuck relationship after years of trying; giving up an addiction; changing a diet; losing 50 pounds; switching careers—these things require large shifts in our way of being and can take months or years to fully adapt. We often slip, fall-off, give up, or go back to past habits when these kinds of changes become difficult. Then there's the little “t”, which is about shifting or reframing the way we see ourselves every day; shifting our point of reference; or changing what we tell ourselves about who we are. The little “t” transformations are about mindfulness and our daily awareness of the little things. These kind of alterations can happen instantly, frequently and moment to moment like when we see beauty in simplicity, the dignity in hard labor, or the raw innocence in nature that gives and takes away. These things are happening constantly when we are present to them. Both T's move us toward wholeness and show us how to “live boldly and compassionately.” Each kind of transformation requires work, patience, and dedication but most importantly—awareness—a shift in consciousness.

Author Patricia Ryan Madson was quoted in our *Soul Matters* materials this month and her way of reframing life to experience smaller transformations daily is simple: *This is going to sound crazy. Say yes to everything. Accept all offers. Go along with the plan. Support someone else's dream. Say: “yes”; “right”; “sure”; “I will”; “okay”; “of course”; “YES!” Cultivate all the ways you can imagine to express affirmation. When the answer to all questions is yes, you enter a new world, a world of action, possibility, and adventure... It is undoubtedly an exaggeration to suggest that we can say yes to everything that comes up, but we can all say yes to more than we normally do. Once you become aware that you can, you will see how often we use the technique of blocking in personal relationships simply out of habit. Turning this around can bring positive and unexpected results... Try substituting “yes and” for “yes but” — this will get the ball rolling.*

In This Issue:

UUCA: A Sanctuary Church	p. 2
From the Board...	p. 3
May Middle Hour	p. 4
Summer RE	p. 4
Upcoming Services	p. 6
May Events	p. 7
May Calendar	p. 8
Staff Contacts	p. 10

Next Highlights Deadline:

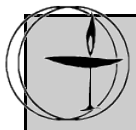
May 15

highlights@uuannapolis.org

In her book, *Year of Yes*, acclaimed writer and producer Shonda Rhimes says that to get to your happy, authentic, BIG T place, you must absolutely be honest about what you are willing to change—large or small. She believes that when the real you is sincere about what you want each day, year, and for a lifetime, you move in harmony with the best version of yourself:

Happiness comes from living as you need to, as you want to. As your inner voice tells you to. Happiness comes from being who you actually are instead of who you think you are supposed to be. Being traditional is not traditional anymore. It's funny that we still think of it that way. Normalize your lives, people. You don't want a baby? Don't have one. I don't want

(con't on p. 3)



WHO WE ARE AND WHAT WE BELIEVE

At the Unitarian Universalist Church of Annapolis, we are seekers of the truth.

We invite all persons of every faith, creed, culture and background to engage in a search for truth with us. We believe in the dignity and worth of every human being and in freedom of expression. We welcome and celebrate all people, be they straight, gay, lesbian, bisexual or transgender.

We are committed to this church as an institution, to social justice, to liberal religious exploration and education for all ages, to mutual caring and support, and to the value of diversity.

We strive to care about each other and the health of our community and the world. We are an environmentally sensitive, "green" community.

This church is a place of safety for each person's mind, body and spirit. Toward that end, we covenant to affirm and promote: Honesty and authenticity in our relationships; words that are supportive and caring, not belittling or demeaning; a welcoming and non-judgmental attitude; respect for each person's boundaries of mind, body and spirit; and listening to one another.

In order to serve the congregation and the greater community, we also strive to create an environment that challenges, inspires, encourages and supports the quest for religious fulfillment.

Please join us!

UUCA: A Sanctuary Church

As noted in the Board article on page 3 of this publication, UUCA members voted (almost) unanimously to pass the following resolution, making UUCA a Sanctuary Church:

Whereas, in the face of looming threats to immigrants, Muslims, Jews, people of color, and the LGBTQ community and the rise of hate speech, harassment and hate crimes, and

Whereas, the principles of Unitarian Universalism call us to affirm the inherent worth and dignity of every person and to seek a world community with peace, liberty, and justice for all; and

Whereas, our Unitarian Universalist heritage reminds us of our moral responsibility to welcome and care for the immigrant, the stranger, and the most vulnerable among us; and

Whereas, UUCA approved By-law IV (April 1997) which affirms our support and celebration of those who are LGBTQ; and

Whereas, UUCA approved By-law V (April 2012) which commits us to creating and sustaining anti-racist, anti-oppressive and multicultural community; and

Whereas UUCA has a history of taking collective action to stand with marginalized communities in our city, region and nation;

Therefore, be it resolved that as people of conscience, the members of the Unitarian Universalist Church of Annapolis (UUCA) declare our commitment to translate our values into action and to stand on the side of love with the most vulnerable among us;

Furthermore, we declare that UUCA is a Sanctuary Church: we will provide support and refuge to immigrants regardless of their immigration status and to other marginalized people, as the ministry deems appropriate, with periodic reports by the Senior Minister (or designee) to the Board of Trustees regarding actions taken pursuant to this resolution.

Finally, we will work with partner organizations to create sacred space of sanctuary where it is needed. We dedicate ourselves to educate and activate our congregation, to amplify and respond to the voices of immigrant, refugee and leaders of marginalized communities, and to speak out against discrimination toward any and all marginalized people.

If you have any questions about the Sanctuary Church Resolution, you can contact [Rev. Fred Muir](#), or the [Board of Trustees](#).

[UUA.org](#) also offers information on the Sanctuary Movement as well as a Toolkit for Congregations which is a great resource.

FROM THE BOARD OF TRUSTEES...



Questions or comments for the Board?
Contact Heather Millar, Board Secretary
at board@uuannapolis.org.

The UUCA Congregational Meeting was held on Sunday, April 2, 2017. The two primary purposes of the meeting were to vote on a number of UUCA leadership positions and to consider the UUCA Sanctuary Church Resolution.

The congregation voted to fill the following positions:

Board of Trustees: Ken Apfel (President), Linda Rhoads (Vice President), Heather Millar (Secretary), Maury Marks (Finance Officer), and Dianne Moreau (Trustee-at-Large). LE Gomez and Gina Williams are continuing on the Board as Trustees, and Rev. Fred Muir remains ex-officio.

Moderator: Marsha Schachtel

Nominating Committee: Rob Malone (Chair, and therefore meets with the Board as well); Shauntee Daniels, Nancy Eaton, Nancy Somers, Kari Bichell, Jason Hitchcock, and Tracy Gill. Tony Hipszner and Carrie Baquie will continue on the Nominating Committee.

Endowment Board: Tony Hipszner. Jackie Heimbuch (Chair), Caroline Hadley, Phyllis Marsh, Jan Sprinkel, Staff Warren, Bob Ertman, Don Patterson and ex officio Board members Fred Muir, Ken Apfel and Maury Marks

Interim Minister Search Committee: Gretchen Sparkman, Wendi Winters and Bob Davis. Heather Millar (Chair) and LE Gomez are Board members already appointed to this committee.

In addition, the congregation voted nearly unanimously (!) to support a resolution declaring that UUCA is a Sanctuary Church. UUCA committed to providing support and refuge to immigrants regardless of their immigration status and to other marginalized people, as the ministry deems appropriate, with periodic reports by the Senior Minister (or designee) to the Board of Trustees. The full text of this important resolution is printed on page 2 of this newsletter.

We had a very large turnout for the Congregational Meeting, and I thank all who participated!

-Ken Apfel, President, UUCA Board of Trustees



Upcoming Board Meeting: Monday, May 8 at 7:00 PM

To Access Board Documents Online:

Visit www.uuannapolis.org/board-meeting-minutes, which is protected by a password. Contact the Church Office for the password; mreese@uuannapolis.org.

(con't from p. 1) to get married? I won't. You want to live alone? Enjoy it. You want to love someone? Love someone. Don't apologize. Don't explain. Don't ever feel less than. When you feel the need to apologize or explain who you are, it means the voice in your head is telling you the wrong story. Wipe the slate clean. And rewrite it. No fairy tales. Be your own narrator. And go for a happy ending. One foot in front of the other. You will make it.

Transformations and transitions happen whether we like it or not. What I'm learning is that there are parts of the narrative we can control and can choose to control. How I see life, my opportunities, and my relationships is all within my spiritual skill-set. It takes time and practice but with the right people, places and things in our lives—people who affirm you, places that sustain you, and things that lift your worth and dignity, there is no doubt in my mind that you can live that life you were meant to each and every day.

FAITH DEVELOPMENT at UUCA

Rev. Christina Leone Tracy, Faith Development Minister



Middle Hour for Adults - May [10:10-11:05 AM]

please check the whiteboards located in entranceways for class locations or changes

May 7

Inquirers Series - UU History

(4)Going Deeper: White Supremacy Teach-In
(see May 7 sermon description)

May 14

Inquirers Series - Social Justice/Action

Biblical Literacy with Rev. Christina

May Canvass Group

Ukulele with Sarah Damario

May 21

Inquirers Series - Pastoral Care & Small Groups

'Going Deeper' Discussion

Camp Beagle Volunteer Training

Music Meditation

NO ADULT CLASSES on SUNDAY, MAY 28

AFTER HOUR (11:10 AM—12:00 PM) begins Sunday, June 4
Only 'Inquirers' will typically be held at that time;
Childcare/Nursery will be available for ages 0-9.



Habitat for Humanity Update

—Pat Fleeaharty

Our home-build at 123 Clay Street in Annapolis has been at a standstill for several months now, due to problems discovered in the foundation. The latest word is that there is about \$20,000 worth of additional work needed before construction on the home can be completed. Habitat of the Chesapeake is searching for alternative, less costly methods to solve the problems. As soon as we can get back into the home to complete the construction, we will be setting up volunteer crews to do the work.

The good news is that we successfully raised and submitted the \$15,000 that we committed to the project. However, with the additional, unexpected costs to the foundation work, Habitat would certainly appreciate additional contributions. In other good news, our homeowner partner, Shirley Gordon, moved into her new home just down the street at 55 Clay Street. Our church led and participated in the home's dedication on January 14. Although there were some initial major plumbing problems, Shirley and her daughter are now enjoying their new homeownership. Shirley appreciated her gifts of a dining table & benches, a large area living room carpet, and dinnerware, which were donated by Stephanie and Jack Anderson.

Summer RE 2017

Our "regular" church year comes to a close on Sunday, **May 28** - on that morning we begin our Summer Worship schedule, with **ONLY ONE service at 10:00 AM**. Children in Beginner RE through URUU (age 9) will participate in **Water Day** fun that morning from 10:00-11:00; watch *In the Know* for details.

This summer, **RE** classes will be held **DURING** service at **10:00 AM**. "**After Hour**" (11:10 AM) will mainly consist of the ***Inquirers class ONLY***, and **childcare/nursery will be available** for those attending.

Summer RE Classes:

We're On Our Way: an anti-oppression, multi-cultural values curriculum for **ages 5-9** led by Michele Reese, with Keely Longo & one other rotating assistant. (RE sanctuary)

Heeding the Call: a program on justicemaking for **ages 10-13** (Fahs house, lower level)



Mindfulness Facilitators Attend UU Buddhist Convocation: Know Even Less than Before!

—Phyllis Culham

Dizang said, "What is the purpose of pilgrimage?" Fayan answered, "I don't know."

Dizang said, "Not knowing is most intimate."

Soto Zen Sensei Bob Ertman and Phyllis Culham, two facilitators of UUCA's Mindfulness Practice Group, made a pilgrimage to the Menucha Retreat Center in Corbett, OR, in the Columbia River Gorge, for the Unitarian Universalist Buddhist Fellowship's Biannual Convocation. Perhaps because Rev. James Ford (for decades the only UU Minister who was also a Zen Priest) was the featured dharma teacher, the eighty UU's who attended were disproportionately Zen. They also seemed to be disproportionately ordained UU ministers, compared to the demographics of east coast convos.

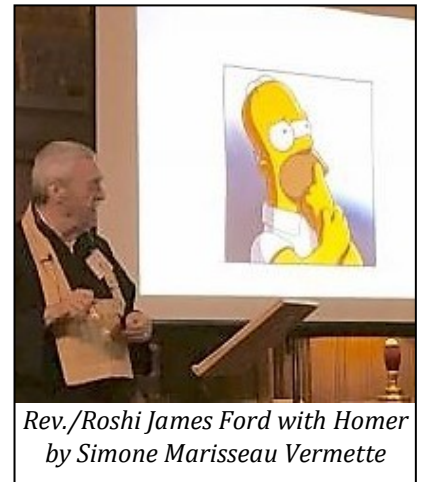
Rev./Roshi Ford emphasized both his own dedication to spiritual practice with koans (Zen stories which ask questions) and his recent encounter with the older Chinese practice of wato (hua tou) originating in Taoism. Koans can be "solved," but wato's longer stories with more characters keep raising additional questions; there are no answers. "An invitation to bafflement," Roshi Ford called them. They do not lend themselves to "discursive practices," such as learned commentary. He believed they might be better than koans for returning to "original mind," the mind resting in unknowing before questions like "why?" form. He pointed out that wato seemed particularly suited to UUBuddhist peer-led sitting groups [like our Mindfulness Practice Group] who have no specialist teacher of koans to tug people toward the answer but share a UU preference for open questions over set answers. Both MPG facilitators already believed that Not Knowing what Buddhist practices were best for anyone else "is most intimate" anyway and simply wanted to give people confidence that they could identify which meditative practices most benefitted them.

This writer selected a workshop "A Meeting of Hearts & Minds: Buddhism & Unitarian Universalism" led by Rev. Janine Larson, former District Executive then UUA staff, now Director of Ministries at 900 member University Unitarian Church in Seattle, and long-time Zen practitioner. Nearly half of workshop participants were UU ministers, and most of the rest were founders of sitting groups, so there was a lot of experience behind the group's unanimous insistence that what we could most contribute to the UU movement was Not Knowing things. That was quite spectacular, since most participants weren't even Zen-affiliated. Many attendees of the workshop participated in LGBTQ groups also and credited UUism with, e.g., "bringing me to lesbian Pride—where I learned activism." Some people credited UU's emphasis on social justice with "supplying me with the courage to be a good person." Most attendees were UU before they were Buddhist. Nonetheless, regardless of gender expression or identity, ordained or lay, workshopers were unanimous in their belief that Buddhism's immediate contribution to their congregations could be in supporting "dispassionate social action," based on observation of needs and listening rather than on simple "peer opinion" or "judgmentalism—such a UU problem!" We want to help "depersonalize conflict" inside and outside of UU churches, since whole groups can be alienated if not "called in" by Buddhist or other forms of "intentional and mindful" language. Not Knowing about individuals on "the other side" allows intimacy. Workshop attendees wished to support their fellow UUs who aren't walking the "Emerson & Thoreau Tao" at self-care under stress. We "Buddhatarian Universalists" are here as a Refuge for you.

The convocation's final worship service featured Shantideva's version of Bodhisattva vows (vows to remain among suffering beings until all pass beyond suffering): *May I act as the mighty earth / Or like the free and open skies / To support and provide the space / Whereby I and all others may grow.* A great vow to maintain the Not Knowing of open skies and space in which any possibility might manifest.

Connect with the [Unitarian Universalist Buddhist Fellowship](#)

See more of the [UUBF Biannual Convocation](#)



Rev./Roshi James Ford with Homer
by Simone Marisseau Vermette



SUNDAY WORSHIP AT UUCA

**May's theme is
Embodiment**

Sunday, May 7:

**"Dear (White) Members
& Friends"**

Rev. Fred Muir

This Sunday, join Rev. Fred Muir as we participate in a teach-in on racism and white supremacy. Our Unitarian Universalist community will be participating with thousands of UUs around the country in this large-scale historic action. This call to action and worship comes from a growing network of UUs - religious professionals and lay leaders from both within and outside congregations - led by UUs of color and white UUs working together.

Our Middle Hour will host four facilitated "Going Deeper" groups to discuss themes raised in the service. In preparation for our time together, read this excerpt from Dr. King's "Letter From a Birmingham Jail" [tinyurl.com/May7sermonreading].

Music by the UUCA Choir.



Sunday, May 14:

"Let's Dance! "

Rev. Christina Leone Tracy

Join Rev. Christina for our Annual Flower Communion service! Bring a flower to share, and go home with a different one! This all-ages service will

focus on our Embodiment theme through movement and dancing!

No childcare; nursery only.

Music by Betsy Kraning.

Sunday, May 21:

"Being the Village"

Rev. Christina Leone Tracy

Rev. Christina will explore themes from the book *Coming of Age the Rite Way*, the chosen topic from auction winner Jen Mendez. We'll consider what it means to be the village to raise our children and thus live into our collective future!

Music by the UUCA Choir.

Sunday, May 28: 10:00 AM

"Limits of Authenticity"

Rev. John Crestwell

Rev. John tackles the complex relationship between authenticity, individuality, and embodying the holy in our lives.

Music by Josh Long with special guest Bob Sima.

AWAKE Talks:

Sunday, May 14

Potluck 4:00; Service 5:00

Join Rev. John for a post-modern AWAKE worship with the Awake Singers & Band, life tips from coach Ale, the Wheel of Wisdom, videos, and more as we examine the monthly theme of "Embodiment".

SHARE-THE-PLATE COLLECTION

The **March** Share-the-Plate raised a total of \$1,762.50 for the Light House. The April collection total will be reported in the next issue.

For **May**, the **Share-the-Plate** recipient will be the local NAACP, whose mission is to ensure the political, social, educational and economic equality of rights of all persons and to eliminate racial/ethnic hatred and discrimination. Contact Pat Fleeharty; pfleeharty@hotmail.com.

Every Sunday, the offering will be divided evenly between the chosen recipient and UUCA's operating budget. Therefore, if you place a check in the offering plate, you ***must indicate pledge or plate share*** on the memo line. If a check is without notation, it will automatically be applied to the plate share. Once the funds have been transferred to the charity, your contribution cannot be reallocated to your pledge. Thank you for your generosity.

If you have any questions about Share-the-Plate charities, contact Diane Goforth; dsgoforth@aol.com. for questions about Share-the-Plate policies, contact the Church Office - mreese@uuannapolis.org.



UPCOMING EVENTS

Visit our [online calendar](#) for more events and scheduling information.

UU Humanists meet Tuesday, **May 2 & 16**. Potluck at 6:00 PM; program at 6:30 PM. This month we are discussing *The Handmaid's Tale* by Margaret Atwood. Also, on Wednesday, **May 24**, come for *An Evening with Richard Dawkins* at the Lisner Auditorium in DC. We'll meet at UUCA at 4:30 PM, then drive to DC for dinner at Founding Fathers before the event. Purchase your tickets at [centerforinquiry.net](#).

Contact: Cliff Andrew;
neurol@jhmi.edu.

Centro de Ayuda is hosting a *Cinco de Mayo celebration* on Thursday, **May 4**, 6:30 PM, at Sam's Waterfront in Annapolis. Tickets are available for \$25/ea or \$40/couple. Come enjoy an evening of refreshments and lively music. Purchase tickets at [centrodeayuda.org](#) or call 410-295-3434.

Contact: Anita Ramundo;
a_ramundo@yahoo.com

SURJ Meeting - "Showing Up for Racial Justice"; Saturday, **May 6**, 3:00-5:00 PM. There will also be an additional Bystander Training on Saturday, **May 20**. Childcare available.

Contact: Linda Mundy;
ltmundy@yahoo.com.

The UUCA Choir will participate in *America the Dream - Singing for Racial Justice* on Saturday, **May 6**, 3:30 PM, at All Soul's Church in DC. Members of 14 local UU choirs will perform, under the direction of guest composer/conductor Rollo Dilworth. Join us....the freewill offering supports the work of

#BlackLivesDMV!

Nifty 50+ will gather for a potluck on Saturday, **May 6**, 6:00—9:00 PM in the narthex. Please **RSVP** to Claire Morgen; cfriday@aol.com

The **Outdoor Club** will watch the Kinetic Sculpture Race at the American Visionary Art Museum on Saturday, **May 6**. Meet at the I-97/Benfield Blvd. Parek & Ride at 9:00 AM to carpool. Also, join us Saturday, **May 20** to kayak/canoe at Piney Run Park in Sykesville. Again, we'll meet in Severna Park at 9:00 AM. **Contact:** Eloise Hoyt; eloisehoyt@verizon.net.

Board of Trustees Meeting - Monday, **May 8**, 6:45 PM; in the library. Board meetings are open to anyone, unless otherwise specified. **Contact:** board@uuannapolis.org.

UUCA Fiber Fellowship - needle crafters meeting Thursday, **May 11**, 2:00 PM and Sunday, **May 28**, 1:30 PM; in the Young room **Contact:** Ginger Parsons; ginparsons@aol.com

Join the **UU Theists** Sunday, **May 14** at 8:00 AM; open to anyone with an interest in a UU perspective of theism is welcome. **Contact:** John Fischer; jwlfischer@gmail.com.

Book Swap - Sunday, **May 21**; bring used books, CDs, DVDs and swap for a "new" collection. **Contact:** Eloise Hoyt; eloisehoyt@verizon.net.

Gallery 333 presents a group exhibit of local artists entitled *World View* for the months of May & June. Artwork will reflect

several media from painting to collage, depicting a view of joy and reverence for the earth and its inhabitants. Meet the artists on Sunday, **May 21**, at 12:30 PM **Contact:** Debbie Boudra; dancindebart@comcast.net.

Fourth Friday Concerts - pianist **Sungpil Kim** returns with *Music that Rescues Us* for Friday, **May 26**, 8:00 PM. Rising artist Kim has performed with the Moscow Symphony, across the U.S., in the U.K., and in his native South Korea. A prodigious child, Mr. Kim won top prizes in six national competitions in Seoul within his first year of studies. Tickets \$15 at the door only, or purchase a \$60 series ticket (good for 5 admissions).

Save the Date:

Rev. Christina's Farewell Celebration Sunday, **June 11** after the 10:00 AM service. A potluck lunch along with some special presentations from the children.

Several events are scheduled in celebration of Rev. Fred Muir's retirement. Please mark your calendars for the following dates; times and details to follow:

Children's Farewell Sunday, **October 15** at UUCA

Musical Tribute Saturday, **November 4** at UUCA

Celebratory Dinner of Gratitude Saturday, **November 11** at The Byzantium, Saints Constantine & Helen Greek Orthodox Church, 2747 Riva Rd. Annapolis

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 12:00 PM Lunch & Video Discussion group 6:00 PM UU Humanists	3 7:00 PM Choir Rehearsal	4 7:00 PM Mindfulness Practice Group	5	6 9:00 AM Outdoor Club 3:00 PM SURJ 6:00 PM Nifty 50 Potluck
7 8:30 AM Intro to Mindfulness 9:00 AM Worship/CC 10:10 AM Middle Hour 11:15 AM Worship/CC	8 7:00 PM Board Meeting 7:30 PM Drum Circle	9 12:00 PM Lunch & Video Discussion group	10 7:00 PM Choir Rehearsal	11 2:00 PM Fiber Fellowship 7:00 PM Mindfulness Practice Group	12 7:30 PM Full Moon Celebration	13
14 8:00 AM UU Theists 8:30 AM Intro to Mindfulness 9:00 AM Worship/CC 10:10 AM Middle Hour 11:15 AM Worship/CC 4:00 PM AWAKE Talks	15 7:00 PM Coming to the Table	16 12:00 PM Lunch & Video Discussion group 6:00 PM UU Humanists	17 7:00 PM Choir Rehearsal	18 7:00 PM Mindfulness Practice Group	19	20 9:00 AM Outdoor Club 1:00 PM SURJ Bystander Training
21 Book Swap 8:30 AM Intro to Mindfulness 9:00 AM Worship/CC 10:10 AM Middle Hour 11:15 AM Worship/CC 12:30 PM Meet the Artist	22	23 12:00 PM Lunch & Video Discussion group 7:30 PM Drum Circle	24 4:30 PM UU Humanists – An Evening with Richard Dawkins	25 7:00 PM Mindfulness Practice Group	26 8:00 PM Concert	27
28 8:30 AM Intro to Mindfulness 10:00 AM Worship Water Day for RE 1:30 PM Fiber Fellowship	29	30	31			



ONGOING EVENTS

Amnesty International: The Annapolis Chapter of Amnesty International meets on the second Sunday of each month at 1:00 PM in the Emerson Room of the Fahs House. All are invited, especially members of the UUCA congregation who believe that one person can make a difference. Come check us out.

Coming to the Table: meets on the third Monday of the month at 7:00 PM in the RE sanctuary. Dissolving racism with understanding through conversation. Contact: Rusty Vaughan; rusty@solutionreps.com.

Fiber Arts Fellowship: needlecrafters who meet on the second Thursday and fourth Sunday in the Young room. Contact: Ginger Parsons; ginparsons@aol.com

Full Circle: meets monthly at 7:30 PM on the Friday night closest to the full moon. An experiential earth-based celebration open to all women over age 18. Contact Jodi Delaney; jodimonkey@verizon.net.

Gallery at 333: The Gallery at 333 is open Mon.-Thurs. from 10:00 AM to 3:00 PM and Sundays from 10:00 AM to 12:00 PM. Contact Debbie Boudra; dancindebart@comcast.net.

Introduction to Mindfulness and Meditation: Beginner-friendly session every Sunday at 8:30 AM in the Emerson Room. For those who want to learn the basics of meditation and those who just want another opportunity to practice with a group. Contact Phyllis Culham at mpg@uuannapolis.org.

"Inquirers" Series - Classes for Newcomers: A program to educate and integrate newcomers and to serve as a refresher for long-timers. The series is eight (8) one-hour classes led by ministers, staff and church members during Middle Hour or after church service in the summer months.

Light House Shelter Meals: If you are interested in helping with meals for the Shelter, contact Carrie Kotcho; 410-451-1844; ckotcho@verizon.net.

Mindfulness Practice Group: meets every Thursday in the sanctuary at 7:00 PM for meditation and dharma discussion. Contact Phyllis Culham at mpg@uuannapolis.org.

Nifty Fifties +: A social group for seniors, that meets periodically for dinners, game nights, and other outings. Contact Claire Morgen at cfriday@aol.com.

Rainbow School: a cooperative, Montessori-based program for young children that teaches the 7 "Rainbow Principles" of the UU faith. Meets Tuesday & Thursday mornings, 9:30-Noon. Also includes a Parent Workshop on the first Thursday of the month; 6:30 PM. Both held in the RE sanctuary. Contact: Alethea Shiplett; feymeadowsfarm@gmail.com.

Spirit Singers Open to all musicians! Led by co-directors Betsy Kraning and Josh Long, this group provides diverse, intergenerational, multicultural, contemporary music once a month for worship services. Contact Betsy Kraning, Music Director at bkraning@uuannapolis.org.

The Tuesday Noon Brown Bag Lunch & Video Discussion Group: Meets weekly mid-September through May in the narthex. Bring your lunch to eat during the half-hour social time, watch the half-hour *Religion and Ethics* video and join in the half-hour of discussion afterward until 1:30 PM. All are welcome. Led by the intern minister. Contact Bob Ertman; robertertman@msn.com.

UUCA Choir: with director Len Langrick; rehearses September-May every Wednesday at 7:00 PM. Provides relevant music twice a month for Sunday services. New members always welcome. Contact: Jan Sprinkel; jansprink@verizon.net.

UUCA Community Drum Circle: Looking to connect with others in a spiritual yet visceral way? Try the Drum Circle! No musical experience necessary. Meets on the second Monday and fourth Tuesday in the sanctuary at 7:30 PM. Contact Chris Larragoite; molson2002@verizon.net

UU Legislative Ministry of MD (UULM-MD): UULM-MD is a statewide advocacy network comprised of individual members and affiliated UU congregations. UULM-MD provides a voice in legislative action for UU values, principles and traditions. UUCA provides leadership, resources and support to UULM-MD. Email info@uulmmd.org or call 410-266-8044, ext. 111.

UU Humanists: Naturalism-Science-Reason-Wonder-Compassion-Community-Respect. Book discussions and film viewings as announced. Meets the first and third Tuesday of the month; 6:00 PM potluck and 7:00 PM discussion; in the narthex. Contact Cliff Andrew at 410-404-7170 or neuro@jhmi.edu.

UU Theists: A group of people interested in a UU perspective of theism. Meets the second Sunday of the month before the first service in the Young Room. Contact: John Fischer; jwlfisher@gmail.com.





HIGHLIGHTS

Unitarian Universalist Church of Annapolis
333 Dubois Rd. Annapolis MD 21401-2123

Return Service Requested

Dated Material; Please deliver by 4/29/17

Next Issue Deadline: 5/15/17

Next Mailing: 5/23/17

PROFESSIONAL, PROGRAM, AND CHURCH STAFF

Church Office Hours:

Monday –Thursday 9:00 AM to 3:00 PM; Sunday 9:00 AM to 12:00 PM

Closed Friday and Saturday

Phone: 410-266-8044 Fax: 410-266-6910

www.uuannapolis.org

<u>Name</u>	<u>Position</u>	<u>Email Address</u>
Rev. Dr. Fredric J. Muir	Senior Minister	fmuir@uuannapolis.org
Rev. John T. Crestwell, Jr.	Associate Minister	jcrestwell@uuannapolis.org
Rev. Christina Leone Tracy	Faith Development Minister	cleonetracy@uuannapolis.org
Eleanor Piez	Intern Minister	epiez@uuannapolis.org
Len Langrick	Choir Director	llangrick@uuannapolis.org
Elizabeth Kraning	Music Director	bkraning@uuannapolis.org
Susan Eckert	Administrator	seckert@uuannapolis.org
Michele Reese	Administrative Assistant	mreese@uuannapolis.org
Elise Berrocal	Children's Ministry Coordinator	eberrocal@uuannapolis.org
Carrie Libowicz	Bookkeeper	treasurer@uuannapolis.org
Paul Berry	Youth Coordinator	pberry@uuannapolis.org
Joshua Long	Director of Contemporary Music	jlong@uuannapolis.org
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