

December 2019 Classes & Events

Art Show Opening Reception: Sunday, December 1, 12:30 p.m. . (Gallery/Room 113)

Ogham: The Divination of the Celts: Sunday, December 1, 1:00 p.m. (Chapel). Join us for an introductory class on the Early Medieval Celtic tree-language of Ogham. This system dates to the 4th century CE and is used in contemporary practice for divination. We will focus on learning the definitions and advancing understanding of the Ogham. The seminar will also include Picks (spreads), interpretation basics, how to read Ogham in basic and circle drops, set ups and interpretations in modern and ancient methods. Taught by Tamara Curry

Healing the Wounds of Our Religious Past: Tuesday, December 3 at 7:00 - 8:30pm (Chapel): For anyone raised in the Christian tradition, join Rev. Carl and our DRE, Nichole Hodges-Abbasi, to share stories of both *wounds* we may be carrying and *gifts* we are grateful for from our childhood faith

Why “God Talk?”: A UU Roundtable for Reclaiming Life's Big Questions, facilitated by Scot Hull. Tuesdays at 7pm, starting December 10 (7 Sessions) in Room 113/115, Topics: “Who, What and Why is God?”, “Sympathy for the Devil: Evil & Sin”, “Can I Give up Free Will?”, “Into the Great Unknown: The Afterlife,” “Holy & Sacred, Mundane & Profane,” “The Meaning of Life,” & “Open Table.” For more info: sthull1@comcast.net.

Meditation/Yoga (or Meditation-only) Mini-Retreat with Rev. Carl & Carrie

Dennison: Saturday, December 14 (9am-Noon, UUCF Sanctuary): \$20 in advance / \$25 at door. (We offer adjustments to be as accessible as possible for all bodies.) To register or for more details, visit frederickuu.org/retreat.

Retired UU Men Eating Out (RUUMEO): 1st & 3rd Wednesdays, December 4 & 18 at 8:00 a.m. For those unfamiliar with us, RUUMEO are Retired UU Men Eating Out. RUUMEO meet on the first and third Wednesdays of each month for breakfast and conversation. (No advance reservations; just show up. Informal discussions, no agenda.). RUUMEO currently gather at 8 a.m. at the Golden Corral in the FSK mall. Hope to see you there.

UU Buddhist Fellowship Group Meditation & Discussion: 1st & 3rd Sundays this month: December 1 & 15: 9:00 a.m. (Chapel)

Atheists/Humanists/Agnostics Study Group: 2nd & 4th Sundays: December 8 & 22: 12:30 a.m. (Room 115).

This month's Split-plate recipient will be at our Friendly Forum, Sunday, December 8 at 10:30 a.m. in Room 113: **Kenya Connections**.

Retired UU Ladies Eating Out (RUULEO): Second Tuesday of the Month: December 10, 11: 30 a.m. Wegman's Food Lounge. All are welcome.

Full-moon Labyrinth Walk: Thursday, December 12, 7:30 p.m. (Sanctuary) Come enjoy the beauty and peace of the Labyrinth by the light of the full moon! Everyone is welcome. During the cooler months, we take our Labyrinth practice indoors, and will be walking the Rainbow Seed Labyrinth, a canvas Classical-pattern Labyrinth. Please remember clean socks or slippers to walk the Labyrinth in. Donation energy healing will be available. Divination practice is welcome. Please plan to arrive by 8 pm to allow enough time for your walk.

Meditation/Yoga (or Meditation-only) Mini-Retreat with Rev. Carl and Irene Glasse, Saturday, December 14 (Sanctuary): \$20 in advance / \$25 at door. We offer adjustments to be as accessible as possible for all bodies.) To register or for more details, visit frederickuu.org/retreat.

Sip 'n Stitch: 2nd Thursdays of the Month: Thursday, December 12, 6:00 p.m.

Sip'nStitch at Mary's house Thursday, September 12, 6pm, with sipping as soon as you arrive, potluck at 6:30. Enjoy UU company and conversation plus stitchery and sharing a project if you wish. All welcome. Call 301-712-6828 for directions or information.

Women's Circle at UUCF: Help us create a space in which we can support each other and speak from our own experiences without fear of judgement, unsolicited advice or commentary. This is not a therapy group but a circle of mutual support. Contact Sabrina Smith at skeisch@msn.com. Monthly circle this month is December 16, 7:00 p.m. in the Chapel.

Readings for Resistance & Resilience: Sunday, December 15, 10:40 a.m. (Sanctuary) Join Rev. Carl for a monthly Congregational Conversation during the Middle Hour between the two Sunday Services. Our current focus is [This Bridge Called My Back: Writings by Radical Women of Color](#) (Fourth Edition), edited by Cherríe Moraga and Gloria Anzaldúa (SUNY Press, 1981/2015), which has often been referred to as "**the 'bible' of women of color feminism.**" You are welcome to attend and participate in these sessions whether or not you have had a chance to complete the readings in advance. This Sunday's reading is "And When You Leave, Take Your Pictures with You: Racism in the Women's Movement".

UUCF Bridge Club: Thursday, December 19, 12:00 p.m. (Room 124)

Open Yule Ritual: Saturday, December 21, 7:45 p.m. (Sanctuary)

Holiday Caroling & Celebration: Sunday, December 22, 5:00 p.m. (entire building)

Ongoing Classes in December

Donation Yoga for Beginners: Tuesdays, 10:00 a.m. (Chapel) Feeling stressed? Try yoga! Yoga for Beginners offers an accessible pace of basic yoga poses appropriate for beginners or anyone looking for a focused, mindful yoga practice. Feel free to contact Irene with any questions at irene.glasse@gmail.com. Suggested Donation to UUCF: \$5 per session.

Daytime Meditation Group: Wednesdays, 11:00 a.m. (Chapel) Facilitated by Alice MacDonald (240.815.5406, starryskies516@gmail.com). 45 minutes of silent meditation, or meditate 5 minutes and quietly slip out of the room! All are welcome, beginners to long-time meditators.

UU Buddhist Meditation Group meets Thursdays, 7:00-8:30 p.m. in the Chapel. The group listens to or reads from a Buddhist teaching, discusses the teaching, and meditates. No experience or preparation required—come as you are! For more information, or to be added to the weekly group e-mail list, contact Lynn Wagner at lwagner4@mac.com