

## UUCF April 2019 Ongoing Classes and Events

**April Art Show**, "Out of Africa, continues in the Gallery. The show is a collection of works that captures the culture, fashion and style of the African women who are part of the faith community at Saint Katherine Drexel Catholic Church in Frederick, MD.

**UUCF Book Club**: Friday, April 12, 2019, at 7:30 in Room 125 at UUCF. The book for discussion is *The Swerve* by Stephen Greenblatt.

**Heathen Blót: Friday, April 12, 7:45 p.m.** Elk Ridge Kindred is a small, local group who practice the Norse traditions of Heathenry. Join Frederick CUUPS for a *blót* (pronounced blöt), which is a traditional way of toasting and honoring Deity and our ancestors. While open to the public, space is limited so we are asking that people make reservations by emailing [ElkRidgeKindred@gmail.com](mailto:ElkRidgeKindred@gmail.com) if you wish to attend.

**Diabetes UNDONE Workshop (or Heart Disease or Overweight UNDONE)**. Four 3-hour sessions (Sat. 10am-1pm April 13, 20, 27 & May 11) on the diet and lifestyle factors which cause (and can reverse) these & other chronic diseases. Films, food tasting, wellness talks, support. Deborah Chielli, UUCF member & nurse practitioner is facilitating pro bono. \$80 incl. attendee + a supporting family member. Email [dchielli@gmail.com](mailto:dchielli@gmail.com). To Register, visit: [here](#).



**Spring Bike Maintenance and Bike Donation Clinic**, Sunday, April 14, 1:00 pm to 3:00 pm. Bring your bike(s) and let's get ready for a season of outdoor exploration, exercise and mindful transportation. We'll help you change tubes and replace tires, adjust brakes and shifters, lube chains, and do other light repairs. Even if we can't fix it on the spot, we'll give you some ideas on how to get that bike running smoothly again. Please RVSP ahead of time so we can prepare to Seth and Kevin at [uucfbikes@gmail.com](mailto:uucfbikes@gmail.com).

**Black Mirror: Navigating the Ethics of the Near Future with Rev. Carl** (6 sessions), 7:00 - 8:30 p.m. Beginning April 16. (Room 113/115): Black Mirror is The Twilight Zone updated for the twenty-first century. This show examines the unanticipated consequences of new technologies: "the way we live now-and the way we might be living in 10 minutes' time if we're clumsy." Watch & discuss excerpts from six of the best episodes of this award-winning series. Suggested Donation to UUCF: \$5/session ("requested, not required"). Sign-up in the atrium or email [minister@frederickuu.org](mailto:minister@frederickuu.org).

**Spring Labyrinth Clean-Up: Thursday, April 18, 6:00 p.m. to 8:00 p.m.** Time to get the Labyrinth ready for outdoor walks! Please bring garden tools to help clear off and tidy the labyrinth courtyard. The best tool for clearing the bricks is a string trimmer - please bring one if you have it.

**Full-moon Labyrinth Walk**: Friday, April 19, 8:00 pm (Chapel) Come enjoy the beauty and peace of the Labyrinth by the light of the full moon! During the cooler part of the year, we take our Labyrinth practice indoors. We'll be rolling out a beautiful Classical pattern canvas Labyrinth in the Chapel of the UUCF. The labyrinth will be illuminated from 7:30 pm till 9:30 pm. Everyone is welcome. The Labyrinth is very sensitive to soot and moisture, so please either plan to go barefoot or bring socks or clean slippers to wear while walking.



**April Yoga and Meditation Mini-Retreat with Rev. Carl and Irene**: Saturday, April 20, 9:00 a.m. \$15 in advance / \$20 at door. We will offer adjustments to be as accessible as possible for all bodies.) To register or for more details, visit: [frederickuu.org/retreat](http://frederickuu.org/retreat) or register [here](#).

## **UUCF Coffeehouse and Open Mic: Saturday, April 20, 7:00 p.m.**

**(Sanctuary)** Please join us. This is the perfect opportunity to share your talents with an appreciative crowd! Everyone gets a chance to do two or three pieces and if there's time at the end, one or two more!! Hope to see you there! Of course, if you aren't up to taking the stage, every performer LOVES an audience! Feel free to bring snacks or even dinner. As always, BYOB! This event is free, but donations are gratefully accepted. For more information, email [UUCFCoffeehouse@gmail.com](mailto:UUCFCoffeehouse@gmail.com) or check out our Facebook page [www.facebook.com/UUCFCoffeehouse](http://www.facebook.com/UUCFCoffeehouse) The UUCF Open Mic is every 3rd Saturday of the month, September - June (with some exceptions - like this month! Please check each month!).



## **Ongoing Classes and Events, *continued***

**Hygge with Sabrina:** Friday, April 26, 6:00 p.m. (Room 125) *Hygge* only requires a conscious appreciation, a certain slowness, and the ability to not just be present - but to recognize and enjoy the present. This congregation is where Sabrina feels most at home; she'd like to set up a time and place where anyone can just hang out, with or without kids, together. No plan, no agenda. Have a game, move or snack you'd like to share? Great! Bring it! No? That's great, too! No expectations, no requirements, no stress. Just be together. Questions? Contact Sabrina at: [skeisch@msn.com](mailto:skeisch@msn.com)



**Music Box Café Concert Series:** Saturday, April 27, 7:00 p.m. (Sanctuary) Double Header: Bill & Lisa Bromfield and Safe Harbor. Tickets: \$10 or pay what you can!

**Beginning Pagan Practices:** Sunday, April 28, 1:00 p.m. Learn the basics of Pagan spiritual practices with Frederick CUUPS members. Build a strong philosophical foundation, develop your spiritual connection, learn common beliefs and practices and deepen your journey into Pagan faith. This is a beginner's course and everyone is welcome. Each class includes a lecture portion, open Q&A, practical application exercises, and a handout. Classes run from 1 - 3 pm and meet the 4th Sunday of the month.

A graphic for a yoga series featuring several colorful mandala patterns in shades of blue, orange, green, and purple. Below the patterns, the text "Effort and Ease" is written in a light blue script, followed by "Yoga" in a large, bold, teal script, and "8 Week Series" in a smaller, teal script. At the bottom, there is a red banner with the text "A trauma-informed, gentle series for all bodies." in white. Below the banner, it says "Tuesdays beginning March 5, 2019" and "6:00-7:00 p.m. \$12 per session or pre-pay series for \$80" in a small, teal font, with the email "julie@inner-evolution.com" at the very bottom.

*Effort and Ease*  
**Yoga**  
*8 Week Series*

*A trauma-informed, gentle series for all bodies.*

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[julie@inner-evolution.com](mailto:julie@inner-evolution.com)

### **Kundalini Yoga & Meditation (All Levels):**

Wednesdays, beginning March 6, 6:00 p.m. to 7:30 p.m. Led by Stephanie Lynne. Kundalini Yoga is known as the yoga of awareness. It is an uncoiling yourself to find your potential. It is described as the sleeping, dormant potential force in the human body. It helps to strengthen the nervous system and bring balance to the body, mind, and soul. It combines physical exercises, meditation, mantra, and breathing techniques that guide the energies of the body and mind. Kundalini Yoga is an all levels practice and can

be as gentle or challenging as the participant wishes. Donations requested of \$10 - \$20 (shared with UUCF).

**Donation Yoga for Beginners:** 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](mailto:irene.glasse@gmail.com). Suggested Donation to UUCF: \$5 per session.



**Daytime Meditation Group:** Wednesdays, 11:00 a.m. (Room 115) Facilitated by Alice MacDonald ( [starryskies516@gmail.com](mailto:starryskies516@gmail.com))

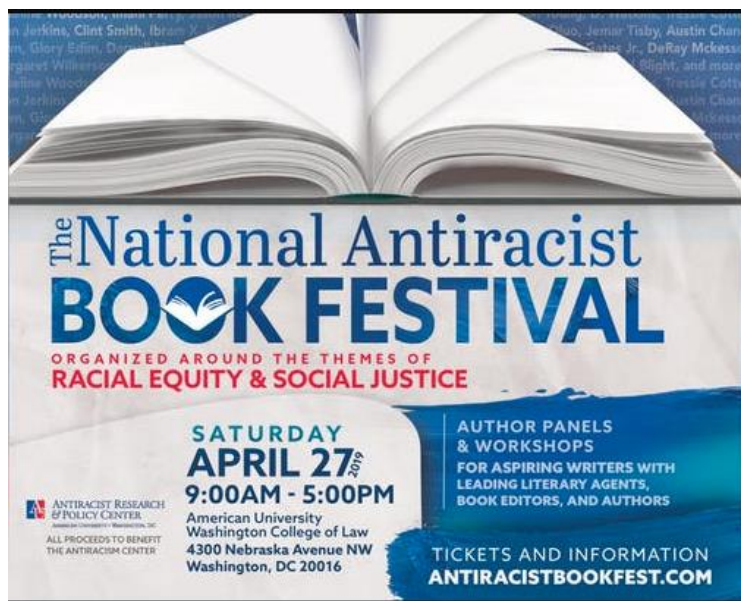
**Feldenkrais at UUCF:** Moving to *Fridays* at 5:30 pm (Chapel) *this* Friday, December 28! Led by UUCF member, Katie Giarth. Guided attention and gentle movement with an emphasis on sensory learning. Improves posture, flexibility, coordination, athletic performance, mobility, chronic pain, tension and stress. \$10/session). Visit: [brainbodymotion.com](http://brainbodymotion.com) for more information.

**UU Buddhist Meditation Group:** Thursdays, 7:00-8:30 p.m.(Chapel) The group explores a variety of Buddhist teachings, with a 30-40 minute meditation. All are welcome; no experience necessary! For more information, or to be added to the e-mail list for weekly notices, contact Lynn Wagner at [lwagner4@mac.com](mailto:lwagner4@mac.com).

## Coming in May:

**Family Game Night:** Sunday, May 5, 5:00 p.m. to 7:30 p.m. (Atrium) We changed the date from April 14 to May 5. Same time - 5-7:30 pm. This wonderful event is for EVERYONE OF ALL AGES. We start with a simple Potluck Supper. You can bring one of these: snacks/appetizers; protein casserole main dish; salad or veggie side dish; or dessert. Bring your fave board games, card games, etc. We need LOTS of card tables too. Water, juice, coffee and tea will be provided. Please sign up in Atrium, or email [nancy.roblin@gmail.com](mailto:nancy.roblin@gmail.com)

## Community News & Events



**1<sup>st</sup> Annual National Antiracist Book Festival:** On Saturday, April 27, American University's Washington College of Law will host leading antiracist writers for panel discussions, workshops, and book signings at its first annual antiracist book festival. This is a ticketed event focusing mainly on authors of anti-Black racism and its intersections. Authors include Henry Louis Gates, Carol Anderson, DeRay McKesson, Robin DiAngelo, Ibram X. Kendi, Ijeoma Oluo, among many others. For tickets and more information go to <https://www.american.edu/centers/antiracism/book-fair/index.cfm/>.



Congregation Kol Ami of Frederick  
Evangelical United Reformed Church  
Calvary United Methodist Church  
Unitarian Universalist Congregation of  
Frederick

# *Interfaith Passover Seder*

**Saturday, April 27, 2019, 5:00 PM**  
131 W. 2nd Street, Frederick, 21707  
(Calvary UMC)

Join us in celebration of Passover as we  
partake in dinner and the ritual meal of  
the holiday that commemorates the  
Exodus from Egypt and the start of Spring

**THE SPIRIT EXPERIENCE  
PRESENTS:**

## **Holi: The Colors of Spring**

**Sunday,  
April 28,  
3 - 5 pm**



**CEDAR LANE**  
WHERE LOVE WORKS

**Cedar Lane Unitarian Universalist Church**  
9601 Cedar Lane, Bethesda, MD 20814  
[cedarlane.org](http://cedarlane.org)

## Race and #RealTalk – Community Workshop with HALO Quartet

Harmony's African-American Legacy Organization, HALO, was founded by the first quartet of African-American singers to compete on the international contest stage of any of the major barbershop organizations.



HALO seeks to lead a transformative movement of Community Music Therapy in which barbershop singing (and listening) serves as a metaphorical model by which we as a diverse people in one nation can learn to heal century-old wounds. We can lead men and women in an initiative and mission to utilize the singing and active listening experience of barbershop music as a framework in which American people, groups, and communities can learn to engage in constructive dialogue concerning socio-political issues—especially those pertaining to race.

**Be a part of the FREE conversation!**  
**Sunday April 28<sup>th</sup>, 2 – 4pm at ERUCC**

United Church of Christ/  
15 W Church St, Frederick

Learn more at [www.haloquartet.com](http://www.haloquartet.com)

Sponsored by:



Questions? Call Carol Antoniewicz 301-606-9235



**Sugarloaf UU Bloomin' Auction: Saturday, May 4, 6:00 p.m. to 9:00 p.m.** Our sister congregation, Sugarloaf UU, is having its Bloomin' Auction with Hors d'oeuvres, in Germantown, MD. They will be offering lots of great stuff, such as tickets to Wolf Trap, BlackRock Center for the Arts, Whitetail & Liberty Mtn. Ski resorts, restaurants, house cleaning, pet sitting, and so much more! Our very own (UUCF), Roger Smith, will be serving as the auctioneer for the sixth time! This is a much smaller. Contact: Kathleen Walker ([r0g3ra5m1thdc@comcast.net](mailto:r0g3ra5m1thdc@comcast.net)) 301-916-1792