

August 2019 Classes & Events

Retired UU Men Eating Out (RUUMEO): 1st & 3rd Wednesdays, August 7 & 21 at 8:00 a.m. Rte. 355 Golden Corral. All are welcome.

UU Buddhist Fellowship Group Meditation & Discussion: 1st & 3rd Sundays: August 4 & 18: 9:00 a.m. (Chapel)

Frederick CUUPS Open Lammas Ritual, Saturday, August 3, 7:45 p.m. (Sanctuary)

Join Frederick CUUPS for an open, family-friendly Lammas Ritual! Lammas or *Lughnassadh* is the time of year when plants first start to drop their fruits or seeds. The bounty and fullness of Summer are in full swing, and we begin to harvest what we have sown. Around the world, cultures are celebrating the abundance around us. This family-friendly ritual is open to everyone. Snack potluck included, please clearly LABEL all offerings with the included ingredients.



New! Open UUCF Library Hours: 1st & 3rd Mondays: 5:00 p.m. to 8:00 p.m. beginning Monday, August 5! Have you perused our wonderful library shelves in rooms 124/125 and thought, "I'd love to read that book!" NOW you can! The UUCF Covenant of UU Pagans (CUUPS) will open the library and help process checkouts of library books. You can

also simply take a book and look at it in the library! All are welcome!

Atheists/Humanists/Agnostics Study Group: 2nd & 4th Sundays: August 11 & 25: 11:30 a.m. (Room 115).

Sip 'n Stitch: 2nd Thursdays of the Month: Thursday, August 8, 6:00 p.m. We will be gathering at Sandi Smith-Gill's place (8388 Buckeye Ct, Frederick) so we can enjoy the pool. Let's plan on eating around 7:30 pm, a little later than usual, with swimming prior from



6pm. The sun goes down behind the trees by 5pm, so you can swim without worrying about sun exposure, but it will still be plenty warm! There are changing facilities here. Please RSVP (sandrasmithgill@aol.com), , so you'll be on the email update that Thursday if there are any changes due to weather.

August Earth-Centered Spirituality Service: Sunday, August 11, 11:30 a.m. (Chapel) Our Earth-centered Spirituality Group meets on the 2nd Sunday of each month in the Chapel. During the summer, we meet at 11:30 am. This time

provides an opportunity to focus on the Sixth Source of Unitarian Universalism: "Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature." Join us for our July meeting.

An Introduction to the Runes: Monday, August 12, 19, & 26, 7:00 p.m. (Chapel). Join Chris Kackley of Frederick CUUPS and Elk Ridge Kindred for a three session series on learning the Runes: the ancient Norse alphabet and magickal system. This series will cover the names, associations and myths of each Rune as well as how to use Runes in magick and divination. Each session will focus on one *aett* – one 8 Rune set from the 24 Runes of the Elder Futhark. Please bring a notebook and pen or pencil. If you have a set of Runes, you are welcome to bring them.

Retired UU Ladies Eating Out (RUULEO): August 13, 11: 30 a.m. Wegman's Food Lounge. All are welcome.

Visual Arts Committee Meeting: Tuesday, August 13, 1:00 p.m. (Room 113)

August Full Moon Labyrinth & Donation Energy Healing, Thursday, August 15, 8:30 p.m. (Labyrinth/Chapel) Come enjoy the beauty and peace of the Labyrinth by the light of the full moon! Weather permitting, this will be an outdoor, drumming walk. The first half hour will be a quiet walk, the remainder drumming, so feel free to bring hand drums and other percussion instruments. Donation energy healing will be available. Divination practice is welcome. Please plan to arrive by 9 pm to allow enough time for your walk.

UUCF Bridge Club: Thursday, August 22, 12:00 p.m. (Room 124)

UUCF Adopt-A-Road: Saturday, August 24, 9:00 a.m. (Sheds in Parking Lot) Rain date: August 31. Contact Tom Barratt with questions: tom_barratt@hotmail.com

Ongoing Classes in August

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.

The 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.

Feldenkrais at UUCF: Fridays at 5:30 p.m. (Chapel). Moving to Fridays beginning, 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: brainbodyemotion.com for more information.