

May 2019 Ongoing Classes and Events

April Art Show Opening, Sunday, May 5, 12:30 p.m. (Gallery, Rooms 113/115) Please welcome our own Carole Larsen and Pinoake Browning to the Blanche Ames Gallery for the opening of their photography show, "Capture, Light, Color, Moment," on Sunday, May 5, with a reception and artists' talk from 12:30-2:00 p.m. Please call 301-473-7680 if planning to visit the Blanche Ames Gallery at times other than the opening show. The show runs through May 26.

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.

Frederick CUUPS Open Beltane Ritual, Saturday, May 4th, 7:45 - 9:45 pm, Sanctuary. Join Frederick CUUPS for an open, family-friendly Beltane Ritual! Beltane, or May Day, is the day for dancing around maypoles in honor of the fertility of the Earth made possible by the increased warmth of the Sun. We will share a Beltane celebration including a Maypole Dance. Please feel free to bring hand percussion if you would like to play drums during the dance or afterward. Snack/dessert potluck to follow, please clearly LABEL any offerings with the ingredients included. <https://www.facebook.com/events/348796029051094/>



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

Sip'n Stitch Thursday, May 9, 6-ish p.m. Still yarn left from Lovey's donation to our group! Come and pick yours--*gratis*! We will meet at Mary Kruhm's this month. Call if directions needed. (June to August meet at summer venues.) Please join this fun group if you want to crochet, knit, darn socks or just talk; bring something to add to potluck if you can. Contact: Mary Bowman-Kruhm (writer@marybk.com) 3017126828.

UUCF Book Club, Friday, May 10, 7:30 p.m. (Room 125) The book for discussion is *The Signature of All Things* by Elizabeth Gilbert. Gilbert's book was chosen as a Best Book of the Year by *The New York Times*, *Time*, *The New Yorker*, *O, The Oprah Magazine*, *The Washington Post*, and the *Chicago Tribune*.

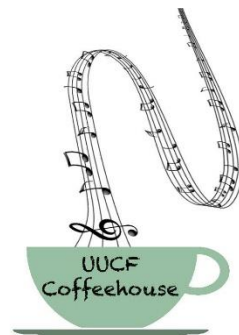
Adopt-A-Road Cleanup of Emer Derr Road, Saturday, May 11, 9:00 a.m. (Meet by the Sheds). We recommend that you wear long pants and close-toed shoes. Please bring work gloves if you have them. I have several new commercial "grabbers" and some five-gallon plastic buckets to share. Heavy plastic trash bags will be issued for collection purposes. Pick-ups will only be postponed if it's raining. I have reserved a rain date if needed, May 18TH, same time and place. Questions? Contact: Tom Barratt at (H) 240-235-2355 or tom_barratt@hotmail.com.

May Earth-centered Spirituality Service: Sunday, May 12th, 10:30 - 11:30 am, Chapel. Our Earth-centered Spirituality Group meets on the 2nd Sunday of each month in the Chapel at 10:30 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 May meeting (led by Rachel & Raven). <https://www.facebook.com/events/2215594851805552/>

UUCF Visual Arts Committee Meeting: Tuesday, May 14, 1:00 p.m. (Room 113).

UUCF Social Action Committee Meeting: Tuesday, May 14, 5:00 p.m. (Room 113)

UUCF Coffeehouse Open Mic: Saturday, May 18, 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 or check out our Facebook page www.facebook.com/UUCFCoffeehouse The UUCF Open Mic is every 3rd Saturday of the month, September - June (with some exceptions - Please check each month!).



May Full Moon Labyrinth Walk & Releasing Fire:

Saturday, May 18th, 8:30 - 10 pm, 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. This labyrinth walk will include a central fire for your use - you can release what does not serve, charge objects for sacred use, scry, or just enjoy the

flames. If you haven't walked a Labyrinth before, there is no ceremony or ritual. A Labyrinth Walk is safe, open Sacred Space for personal exploration. Please plan to arrive by 9 pm to allow enough time for your walk. Recommended donation \$5. <https://www.facebook.com/events/2037096953259604/>

Hygge with Sabrina: Friday, May 24, 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



UUCF 101: Pathways to Membership Class: Saturday, June 1, 9:00 a.m. - 1:00 p.m. (Room 113) Are you considering membership at UUCF? Join the Membership Committee for a half-day intensive exploration of Unitarian Universalist history and principles, specific information about our own congregation, and discussion of our individual spiritual journeys. Participants will receive a free copy of the UUA booklet *Welcome: A Unitarian Universalist*

Primer. Light refreshments will be provided. Childcare can be provided with one-week's notice to DRE

Nichole Hodges-Abbasi (dreuufrederick@gmail.com). Sign up sheet is in the atrium. Please note that our next class will be September 21, 2019.

Kundalini Yoga & Meditation (All Levels): Wednesdays, 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. Suggested Donation to UUCF: \$5 per session.



Daytime Meditation Group: Wednesdays, 11:00 a.m. (Room 115) Facilitated by Alice MacDonald (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 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.

Community News & Events

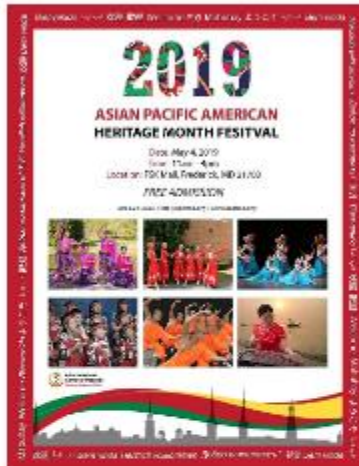
Serve Meals at Asbury: Asbury United Methodist (101 West All Saints St.) is one of the oldest African-American churches in Frederick with roots dating back to 1818. They have asked for our help to serve free meals (spending no more than ~\$50) on 2nd Tuesdays to people in need with the goal of connecting recipients with various different community service agencies. For details or to sign-up, visit frederickuu.org/asburymeals.

Volunteer for Family Emergency Shelter: UUCF is helping staff the shelter and provide meals when it is hosted at Evangelical Reformed United Church Christ (15 W. Church St. in downtown Frederick). "Sign-up Genius" link and details at frederickuu.org/FES for May 4-10. (Sign-up Genius page also has contact info for more information. Volunteer Applications must be submitted and training completed before your first-time volunteer date.)

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) 301-916-1792

AACF Proudly Presents

Asian Heritage Festival & Chinese Summer Program



Asian Heritage Festival

Join us on May 4th at FSK Mall for a fun day of Asian cultural performances, foods, games, and crafts, and much more ...

To learn more, go to:

<https://aacfmd.org/asian-heritage-month>



ASIAN AMERICAN CENTRE OF FREDERICK & HARTLAND CHINESE SUMMER PROGRAM

2019 BEGINNER-LEVEL CHINESE SUMMER PROGRAM

Dates: Grades 1-5: July 23-27 OR July 28-31
Grades 6-8: July 23-August 2 OR August 3-7
Location: West Frederick Middle School
235 W Patrick St, Frederick, MD 21701
Time: 9:00 AM - 3:30 PM (M-F)
Drop-off: from 8:00 AM to Pick-up by 4:30 PM
Tuition: \$300.00/Student (Materials Included)
Class Size: 12-25 Students

TO REGISTER, E-MAIL: WWW.AACFMD.ORG
CALL: (301) 694-3355
WEBSITE: [CHINESEPROGRAM@AACFMD.ORG](https://aacfmd.org/chinese-summer-program)

Chinese Summer Program

Does your child want to learn a new foreign language this summer? Register for the program. Lessons, games, crafts and much more ...

To learn more, go

to: <https://aacfmd.org/chinese-summer-program>



COMPLIMENTARY EVENT!

Leadership Academy Class of 2018-2019

Bridging the Gap

May 11, 2019

Evangelical Reformed United Church of Christ
15 West Church Street, Frederick, MD 21701

Doors Open 9:00 a.m. Event 9:30 a.m. - 12:00 p.m.

Community Outreach and Resource Fair

Learn about available resources in Frederick County for individuals with mental, intellectual, and developmental disabilities.

Attendees will hear from Patti Saylor, mother of Ethan Saylor and supporter of the Ethan Saylor Alliance which was created to educate and inform the community of the needs of individuals with developmental and intellectual disabilities.

Attendees will also hear from Dr. Duru, founder of TheWISEorg which provides non-clinical resources, skills, education and mental development opportunities to women suffering from mild to moderate mental illnesses.

Refreshments will be provided.

Click here to register at

MSBA.ORG/BRIDGING-THE-GAP-2



Questions? Contact us today 301-694-3355

Website: www.aacfmd.org