

## September 2019 Classes & Events

**Art Show Opening Reception: Sunday, September 1, 11:30 a.m. (Gallery/Room 113)** "Side By Side" presents the art of Elayne Rogge and Jen Ludke who have been painting together for over 5 years. Their interesting paintings explore the same subjects with different styles and mediums. The show opens with a reception and artists' talk this Sunday, September 1 from 11:30-2:00 p.m. The show runs through September 29. Please call 301-473-7680 for gallery hours if planning to visit the Blanche Ames Gallery at times beyond the opening.

**Fire Cider Making Workshop: Sunday, September 1, 1:00 p.m. to 3:00 p.m. (Chapel)** Fire Cider is credited with the ability to restore and invigorate one's system, and additionally, many claim it has benefits that include boosting energy, warding off colds and flus, easing sinus congestion, lowering blood sugar, curbing cravings, and aiding digestion. In this workshop we'll explore the history, ingredients, and health benefits of fire cider, as well as instructions for making your own.

**Retired UU Men Eating Out (RUUMEO): 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, September 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: 1<sup>st</sup> & 3<sup>rd</sup> Sundays: September 1 & 15: 9:00 a.m. (Chapel)**

**September Earth-Centered Spirituality Service: Sunday, September 8, 10:30 a.m. (Chapel)** Our Earth-centered Spirituality Group meets on the 2nd Sunday of each month in the Chapel. 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.

**Atheists/Humanists/Agnostics Study Group: 2<sup>nd</sup> & 4<sup>th</sup> Sundays: September 8 & 22: 11:30 a.m. (Room 115).**

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

**Visual Arts Committee Meeting:** Tuesday, September 10, 1:00 p.m. (Room 113)

**Sip 'n Stitch: 2<sup>nd</sup> Thursdays of the Month: Thursday, September 12, 6:00 p.m.**

**UUCF Book Club:**  
Friday, September 13, 7:30 p.m. The UUCF book club will meet on Friday, September 13, at 7:30 PM at the home of Diana Pitcher, 6893 Crabapple Ct,

Frederick, 719-633-3264, [djpitcher4@gmail.com](mailto:djpitcher4@gmail.com). We will discuss the book *Walking the Nile* by Levison Wood. It is an account of his journey from the headwaters of the Nile in Rwanda, walking through 6 nations, 4,000 miles, to the Mediterranean in Egypt. Join us for another lively discussion. RSVP to Diana if you are coming.

**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](mailto:skeisch@msn.com). Monthly circles begin Monday, September 16, 7:00 p.m. in the Chapel.



**FREDERICK**

**P R I D E**

SATURDAY, SEPTEMBER 14TH, 10 AM - 6 PM  
[WWW.FREDERICKPAGANPRIDE.COM](http://WWW.FREDERICKPAGANPRIDE.COM)

THE UNITARIAN UNIVERSALIST CONGREGATION OF FREDERICK  
4880 ELMER DERR ROAD

WORKSHOPS,  
VENDORS, RITUALS,  
LIVE MUSIC,  
DRUMMING & MORE!

ADMISSION:  
ONE NONPERISHABLE FOOD  
DONATION FOR THE  
FOODBANK PROGRAM

**TOGETHER WE RISE**

The poster features a collage of images: a large outdoor festival scene with many tents and people; a woman in a black dress performing a fire ritual; and a band of musicians playing instruments on a stage outdoors.

**UUCF 101: Pathways to Membership Class:** Saturday, September 21st, 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, Unitarian Universalist Pocket Guide. Light refreshments will be provided. Sign-up sheet is in the atrium.

**UUCF Bridge Club:** Thursday, September 26, 12:00 p.m. (Room 124)

**Music Box Café Concert:** UUCF Fave! Roy Zimmerman: Thursday, September 26,

### **Ongoing Classes in September**

**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](mailto: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](mailto: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.

**Thursday 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).

**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](http://brainbodyemotion.com) for more information.