

## November 2019 Classes & Events

### **Art Show Opening Reception: Sunday, November 3:30 a.m. (Gallery/Room 113)**

**Orlog, Wyrd and Luck:** Sunday, November 3, 1:00 p.m. (Room 124) We are constantly building our own fate. Our decisions open and close possibilities. Our friendships influence the path we're on. What's the best way to build a strong energetic framework? Orlog, Wyrd, and Luck are important parts of Heathen spirituality. This workshop will focus on these three concepts, how they are connected, and how to positively increase their influences in your life and the lives of people you choose to spend your time with. This workshop will be led by Chris Kackley.

**Retired UU Men Eating Out (RUUMEO):** 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, November 6 & 20 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.

**Legends Lodge Tavern:** Saturday, November 9, 7:00 p.m. (Sanctuary). Join us for an evening of myth and community at Legends Lodge! The Lodge is a place to gather with friends for the sharing of stories from our faith paths. Please plan to share a myth or story from your tradition (ancient and contemporary myths welcome), a song or poem, or simply speak about what a specific Deity means to you. This event is Bring-Your-Own-Beverages-And-Snacks (yes, mead is welcome). Recommended donation of \$5.

**UU Buddhist Fellowship Group Meditation & Discussion:** 3<sup>rd</sup> Sunday only this month: November 17: 9:00 a.m. (Chapel)

**Atheists/Humanists/Agnostics Study Group:** 2<sup>nd</sup> & 4<sup>th</sup> Sundays: November 10 & 24: 12:30 a.m. (Room 115).

**This month's Split-plate recipient** will be at our Friendly Forum, Sunday, November 10 at 10:30 a.m. in Room 113: **Cambodia Reads** is a 501(C) 3 project that began in 2011 and is located in rural Cambodia in the village of our founder, Pouv Judd. Our educational program augments the rural Cambodian school program that meets four days a week for half days only without instructional materials, where attendance is not monitored and class size averages 50-60 children. CR provides a welcoming atmosphere where children of all ages are invited to receive instruction in reading, writing, math, hygiene, singing, playing games, constructing with Legos and how to enjoy learning .In addition to teaching

basic skills, our goal is to help prevent early dropouts as children are often needed to work at home, to educate parents and village elders of the importance of school and to enrich the lives of the children. All of this is under the tutelage of two dedicated teachers and is monitored by a board of eight Frederick members.

**Retired UU Ladies Eating Out (RUULEO):** Second Tuesday of the Month: November 12, 11: 30 a.m. Wegman's Food Lounge. All are welcome.

**Visual Arts Committee Meeting:** Tuesday, November 12, 1:00 p.m. (Room 113)

**Full-moon Labyrinth Walk:** Tuesday, November 12, 7:00 p.m. (Chapel) 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, November 16 (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](http://frederickuu.org/retreat).

**Sip 'n Stitch: 2<sup>nd</sup> Thursdays of the Month: Thursday, November 14, 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](mailto:skeisch@msn.com). Monthly circle this month is November 18, 7:00 p.m. in the Chapel.

**Readings for Resistance & Resilience:** Sunday, November 17, 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 "Entering the Lives of Others: Theory in the Flesh".

**UUCF Bridge Club:** Thursday, November 21, 12:00 p.m. (Room 124)

### **Ongoing Classes in November**

**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.

**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](mailto:lwagner4@mac.com)

## **Other News and Announcements**

**Tickets Available NOW! [Frederickuu.org/invisible](http://Frederickuu.org/invisible)**

# **Invisible Systems:**

*My Experience of Racism through Story and Song*

Saturday, November 23<sup>rd</sup>, 7:30pm  
Unitarian Universalist Congregation of Frederick  
4880 Elmer Derr Rd., Frederick, MD

tickets: \$12 in advance at EventBrite ( )\$15 at the door  
A Portion of the Proceeds will benefit UUCF and I Believe in Me, Inc.

8 original songs, 1 cover song and personal stories exploring the author's experience of her societal position, advantages and realizations around personal and systemic racism.

Feedback from audience members: "Thought provoking"  
"I found this very moving and impressive. Good mix of songs and speech."  
"Powerful and profound – would love to see this done for many audiences. Great work."

Presented by Lisa Bromfield, Angela Bowden and Bill Bromfield on sound  
Text by Lisa Bromfield / Songs by Lisa & Bill Bromfield / Soundtrack by Bill Bromfield / Visuals by Lisa Bromfield and Angela Bowden  
Email [lisab@bromfields.net](mailto:lisab@bromfields.net) for more information