

## 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.

**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!).



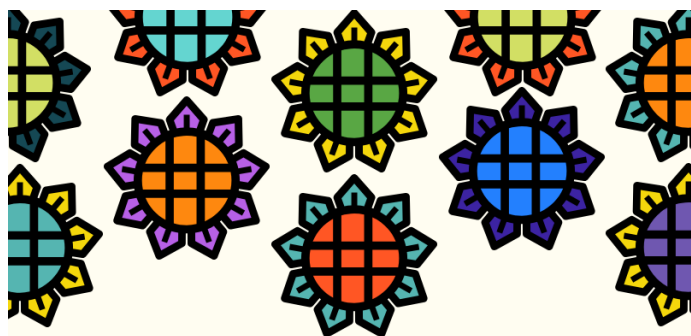
**Hygge with Sabrina:** Friday, April 26, 6:00 p.m. (Room 125) *Hygge* only requires a conscious appreciation, a certain slowness, and the ability to not just be present - but to recognize and enjoy the present. This congregation is where Sabrina feels most at home; she'd like to set up a time and place where anyone can just hang out, with or without kids, together. No plan, no agenda. Have a game, movie 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! A portion of the proceeds will benefit I Believe in Me, Inc.

## Ongoing Classes and Events, *continued*

**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.



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

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

Tuesdays beginning March 5, 2019  
6:00-7:00 p.m. \$12 per session or pre-pay series for \$80  
[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: [brainbodyemotion.com](http://brainbodyemotion.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:



## FREDERICK GREEN POLICY FORUM

A GREEN NEIGHBOR OUTREACH EVENT

**WEDNESDAY, MAY 1**  
**HOOD COLLEGE, ROSENSTOCK HALL**

5:30–6:30 pm Green Drinks networking

6:30–8 pm Forum discussion / Q & A

Both events are free and open to the public.

**PANEL:**

County Executive Jan Gardner

County Council Member Kai Hagen

Mayor Don Briggs, Emmitsburg

Mayor Wayne Creadick, Myersville

Mayor Michael O'Connor, City of Frederick

MODERATOR: Ron Kaltenbaugh, Chair, Sustainability Commission

**Concerned about climate change?**

Join us for a panel discussion with county and town elected officials to learn what policies and practices they're implementing to promote sustainability, especially those designed to have a mitigating effect on challenges induced by climate change.

Bring your questions to the forum!



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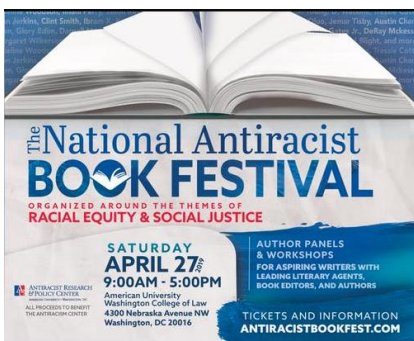


MORE INFO: [www.hood.edu/green-neighbor-festival](http://www.hood.edu/green-neighbor-festival)

**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)

**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](http://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](http://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.)

## 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 ([r0q3ra5m1thdc@comcast.net](mailto:r0q3ra5m1thdc@comcast.net)) 301-916-1792