

UNISON



Published by the UU Congregation of Frederick, MD (www.frederickuu.org) ♦

January 2014

A Welcoming Congregation

The joy of gathering



The New Year brings more occasions to belong to and be engaged in our loving community.

Candles illuminated the Christmas Eve service, a culmination of several exceptional and deeply meaningful holiday, holy-day, services.



Photo by Carl Kruhm; images at left courtesy of American Airlines and The Meeting House

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I was recently asked to preach a sermon for a group of UU ministers as part of the annual Harpers Ferry Ministerial Study Group. I ended the sermon with two quotes that seemed to particularly resonate with the gathered crowd that morning. I offer them to you here since they may be especially appropriate at the fresh start of a new calendar year.

The first quote is from the Roman Catholic monk Thomas Merton, who was both a contemplative (cloistered in a monastery) and an activist, heavily involved in corresponding and meeting in person with those at the forefront of creating social change in the 1960s. In his book, *Conjectures of a Guilty Bystander*, he wrote, "There is a pervasive form of modern violence to which the idealist...most easily succumbs: activism and over-work. The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything is to succumb to violence. The frenzy of the activist neutralizes [his or her] work.... because it kills the root of inner wisdom, which makes work fruitful."

The second quote is from the book *Listening Hearts: Discerning Call in Community*: "Even when a need exists and we are well qualified to meet it, we are not necessarily called to respond to it. Something may seem logical for us to do, but that does not mean that [we are] call[ed] to do it.... Similarly, simply because a task or undertaking is good to do, does it mean that we are called to do it or that we should continue doing it? To be doing good can be the greatest obstacle to doing something even better."

I plan to reflect more fully on this topic in a sermon in early January on "Fire Communion for a New Year: Discerning What Is Really Yours (Not) to Do." But for now, at the beginning of 2014, what do you feel led to let go of? And, to quote the spiritual writer Frederick Buechner, "What do you correspondingly feel led to commit to even more fully that you might find yourself working at that intersection where your deep gladness and the world's deep hunger meet."

In this spirit, I'm so grateful for all we accomplished together in 2013, and I look forward to continuing the journey with you at UUCF in this new year.

Peace to you,

Carl

<Minister@FrederickUU.org>

CARL'S COLUMN

Rev. Carl Gregg



President's Corner



The beginning of the calendar year means the beginning of the last half of UUCF's fiscal year. I am happy to say we are progressing well! Folks are fulfilling their pledges and then some. The services are full, the choir is a delight, and we are challenged by sermons to think and apply ideas to make us stronger UUs.

Policy Governance seems still to be a mystery to some in our community. Basically, PG is a model for how organizations, businesses, and congregations like ours organize & operate. Like financial models, PG is an over simplification of reality. Each organization or, in our case congregation, molds the model to fit its individual circumstances. The major components of our PG model are our by-laws and a set of written policies. Having them on our website (<http://www.frederickuu.org/records/index.php>) provides transparency for those curious enough to read them. By-laws can be changed only by a vote at a formal congregational

meeting, whereas the Board of Trustees can change policies if it discerns the need.

A major change in policy occurred last spring when the Board adopted, in dialogue with Rev. Carl, a Delegation Policy. This policy allows the minister the flexibility to operate day-to-day activities without waiting for next month's Board meeting. The Board's job is to look at the broad picture of viability. We look at monthly reports from the treasurer, minister, and director of Religious Education. We review information from three committees that report directly to the Board: Finance, Comprehensive Planning, and the Personnel Committee. All other committees report to the minister who then reports general progress & concerns to the Board. Based on this information, the Board makes decisions that sustain UUCF and move it forward.

This is a very short explanation of Policy Governance. I hope it is helpful.

Carl Kruhm
<board@frederickuu.org>

PROGRAMS AT UUCF

Sunday Services

Sundays at 11:00 a.m.

January 5: *Fire Communion for a New Year: Discerning What is Really Yours (Not) to Do*, the Rev. Dr. Carl Gregg
Choir Performs

January 12: *Behind the Kitchen Door* (UUA Common Read), the Rev. Dr. Carl Gregg

January 19: *Abraham Joshua Herschel*, the Rev. Dr. Carl Gregg
Choir Performs

January 26: *The iChing, Jung, and Chinese New Year*, the Rev. Dr. Carl Gregg

Friendly Forum

Sundays at 10:00-10:50 a.m.
in room 113

January 5: "Free for All" open discussion

January 12: Advocates for Homeless Families (guest speakers)

January 19: Critical Issues of Climate Change (Sandi Smith-Gill)

January 26: Populist Social Commentary: Emile Zola, Theodore Dreiser, John Steinberg: Listen and think about similarities to today (Dick Menzer)

The discussions end promptly at 10:50 a.m. in time for the Sunday Service.

UUA COMMON READ: *Behind the Kitchen Door* by Saru Jayaraman

(All UU Congregations are urged to read, discuss, and act on the information in this book.)

Join the Congregational Conversation on January 12, 2014, 12:15 pm, led by Rev. Carl Gregg on this year's UUA Common Read. Each year the UUA selects a significant book and recommends that it be widely read, discussed, and, optimally, form a basis for action across our congregations. Even if the book is not read, in the discussion we can learn from each other strategies to improve this inequity.



Behind the Kitchen Door invites UU's to intentionally consider their practices in restaurant dining. It makes visible the lives of people who are subject to discrimination and oppression based on economic status, race, ethnicity, gender, and/or immigration status. Please see <http://uua.org/re/multigenerational/read/> for links to the UUA bookstore, to the UUA economic justice resources and for more information.

If you have not obtained a copy of the book yet, the Kindle edition and the hardback edition are available from Amazon and other sources.

<http://www.amazon.com/exec/obidos/redirect-home/uucf04-20>

(UUCF receives a percentage of all purchases made using the above website. The iPad version of the book is \$21.99.)

Young Religious Unitarian Universalists Work to "Light Up" Christmas for Children

The YRUU created the ornaments placed on our Giving Tree, then collected, sorted and delivered to the Religious Coalition gifts for 8 needy children in our area. We were even able to get one family off the Religious Coalition for Emergency Human Needs' waiting list.

Thank you to everyone who was able to help make this day a bit brighter for these boys and girls.

Karen Butler



ATHEISTS, HUMANISTS, AGNOSTICS

January 5: Burning Issues

January 19: Scenes of Mystic Peace (John Schultz and Dick Menzer)

AHA meets at 12:15 p.m.
Check for room as we move around



New Year's Day Purification Ritual

At the end of one calendar year and the beginning of another, we often feel a need to stop, gather our thoughts and emotions, think about what the last year meant, what we accomplished or how we grew or slid backwards, and prepare to walk into the new year with renewed energy and optimism.

Our CUUPS group is offering a quiet evening with guides at stations who are available for rituals as suits each individual. If meditatively walking a labyrinth is what is soothing and freeing, that will be available as well.

Sacred Space will be held from 7 to 9 p.m.

Enter 2014 from a centered place of peace. Release the energies of the last year and set a harmonious tone for the year to come.

EARTH-CENTERED SPIRITUALITY SERVICE

We offer an Earth-Centered Spirituality Service on the third Sunday of every month at **10 a.m.** in the Chapel. Plan to join us on **January 19th** for our special monthly service.



UUCF BUDDHIST FELLOWSHIP

The UUCF Buddhist Fellowship continues to meet on the **2nd and 4th Sundays (January 12 and 26) at 9:30 a.m. for meditation and at 10 -10:50 a.m. for study and discussion.** You may attend either or both parts of the morning's program.

Discussions based on Pema Chodron's *When Things Fall Apart* will continue for the next several meetings.

You are also invited to attend the January 18 Meditation Workshop, which is being led by Jerry Hartman, 9:00 a.m. to 1:00 p.m. on "Using Mindfulness Meditation to Increase Happiness." Please see the complete description at the UUCF website where all classes offered by Adult Spiritual Enrichment are listed.

To be added to the group's email or for questions about the UUCF Buddhist Fellowship, please contact Buddhist@frederickuu.org.

Childcare is provided for 10 a.m. programs by UUCF. Childcare for the 9:30 a.m. meditation is available with 72 hours advance notice. Please contact DRE Lora Powell-Haney, education@frederickuu.org.



SERVETUS SOCIETY: UU CHRISTIANS

JANUARY 5: EPIPHANY

January 5 – A contemplative service of Epiphany, led by Rev. Carl Gregg

February 2 – Candlemas: A celebration of the return of the light, led by Sea Raven.

The Servetus Society, a chapter of Unitarian Universalist Christians, meets the first Sunday of each month from October to June. Communion is served.

Join us on **First Sundays at 10 a.m.** in the Chapel. All are welcome.

~~Sea Raven searaven57@comcast.net

SPIRITUAL ENRICHMENT FOR ADULTS INTRODUCES THE WINTER 2014 SCHEDULE

Registration: Please pre-register using one of three convenient methods:
1) Call the church office at (301) 473-7680.
2) Sign up in the notebook at the Religious Education station in the atrium.
3) Register online at <http://www.frederickuu.org/ase/register>.

UUA Common Read: "Behind the Kitchen Door" by Saru Jayaraman

The Rev. Carl Gregg

Sunday, January 12, 2014, 12:15 p.m.

Join the Congregational Conversation on this year's UUA Common Read. Each year the UUA selects a significant book and recommends that it be widely read, discussed, and, optimally, form a basis for action across our congregations.

"Behind the Kitchen Door" invites UU's to intentionally consider their practices in restaurant dining. It makes visible the lives of people who are subject to discrimination and oppression based on economic status, race, ethnicity, gender, and/or immigration status. Please see www.uua.org/re/multigenerational/read for links to the UUA bookstore and to the UUA economic justice resources and for more information.

Opportunities to buy the book are suggested on p.3. The discussion will be meaningful even if the book has not been read.

Birth from Within Childbirth Preparation Class

Dani Schuman, Doula

Mondays, January 13 - February 17, 2014 - 7:00-9:30 p.m. (6 sessions) **Please register in advance.**

Birth from Within is a unique childbirth preparation method where birth is a profound rite of passage. The essence of preparing for birth is a journey of self-discovery. Our goal is to prepare mothers to give birth in awareness and support partners as guardians of birth. During our classes we offer a holistic view of birth and help parents mobilize their coping resources, practice pain-coping techniques, and engage in creative self-expression through Birth Art. www.birthfromwithin.com

REQUIRED TEXT: *Birth from Within*, by Pam England and Rob Horowitz. (Available on Amazon at <http://amzn.to/1bmViiig>.)

Dani Schuman, who attends UUCF, is a Birth Doula pursuing dual certification through DONA (www.dona.org) and Birth from Within and expects to complete requirements for both certifications in the fall of 2014. As a Doula, she has attended 3 births (not including the 2 of her own!) and has 2 more scheduled. Dani is trained in various pain coping techniques and mentoring skills. Please contact Dani dani.schuman@gmail.com if you would need childcare for this class or have questions.

Free will donations will be shared between the class leader and UUCF.

Emotional Freedom Technique (EFT): Personal Peace

Scarlet Fannin, 1st and 2nd level EFT certified from EFTuniverse.com

Tuesdays, January 14 - February 4, 2014, 7:00-8:00 p.m. (4 sessions)

If you have heard of acupuncture and have a basic understanding of how it works, then you can easily understand EFT. EFT is simply acupressure as opposed to acupuncture. EFT practitioners believe:

"The cause of all negative emotions is a disruption in the body's energy system." So, if you relieve the disruption then the negative emotion goes away.

Questions: Please call Scarlet at 804-296-5090 or contact her at eftscarlet@gmail.com. Scarlet is available for personal sessions.

Childcare is available with 72 hr. notice to education@frederickuu.org.

Suggested donation: \$5 per session is requested but not required.

Lost Christianities and Banned Books of the Bible

The Rev. Carl Gregg

Tuesdays, January 14 - February 18, 2014 (6 sessions), 7:00 - 8:15 p.m. Explore the diversity of groups and beliefs in early Christianity.

Learn how some books were chosen for the Bible and others excluded. Based on Bart Ehrman's book "Lost Christianities: The Battles for Scripture and the Faiths We Never Knew" about how early forms of Christianity were suppressed, reformed, or forgotten.

Childcare can be provided with 72 hours notice to education@frederickuu.org.

Suggested donation: \$5 per session is requested but not required.

Pathways to Membership Express

Membership Committee

Saturday, February 1, 2014, 9:00 a.m. - 1:00 p.m.

Are you considering membership at UUCF? Join the Membership Committee for an intensive one-day exploration of Unitarian Universalist history and principles, specific information about our own congregation, and discussion of our individual spiritual journeys. Light refreshments will be available, and free copies of the UUA booklet "Welcome: A Unitarian Universalist Primer" will be distributed.

Childcare can be provided with 72 hours notice to DRE Lora Powell-Haney at education@frederickuu.org.

Pledge Drive Delivers Surprises this Year

2014-2015 PLEDGE DRIVE

Plans are under way for UUCF's Operating Fund Pledge Drive that will supply funds for the period July 1, 2014 to June 30, 2015.

Stewardship information and pledge forms will be mailed out around February 21. Pledges can be made using either the paper form or the online form available on the UUCF web site.

Put the Saturdays of **March 8 and March 15** on your calendar today! Instead of one big community dinner we are planning some small friendly dinners during the Pledge Drive. More information soon to follow.

PLEDGE DRIVE RAFFLE

To encourage everyone to return pledges early in March, we will raffle off an All-New Kindle Fire HDX 7" Tablet (a \$229 value).

Raffle tickets will be given out as follows:
If you turn in your pledge by

- Sunday, March 2, 2014** – 3 tickets for the raffle
- Sunday, March 9** – 2 tickets for the raffle
- Sunday, March 16**, Commitment Sunday, – 1 ticket for the raffle

The winning raffle ticket will be drawn and the winner announced on Sunday, March 23. You do not have to be present to win. All pledges should be received by March 31 at the latest.

The Stewardship
Committee



Adopt-a-Road Community Service, Weather Permitting

What: Spend an hour or so picking up trash along Elmer Derr Road from Mt. Zion Road to our Church.

Who: Adults and youth of 14 and up. (County Roads Department prohibits those younger from participating.)

Equipment: Sturdy shoes and gloves; bring a grabber if you have one (not so much bending over)

When: Saturday January, 11

Time: 9 a.m.

Meet fellow UUs at the building and we will talk trash together. Contact Dave Hutchins for more information.



Social Action Committee



JUSTice + ACTion = JustAct

<http://uusocialjustice.org>

SAC News Brief

UUCF's Social Action Committee (SAC) will begin 2014 with a promise of projects that benefit the greater community and live out our UU values around the world. Please join us as either a member of SAC, as a liaison chairing a small part of our larger program, or as a willing participant. Here are some of our plans:

- Moving toward a decision, as the Religious Coalition finalizes their plans, about UUCF's role in a transitional shelter for homeless families. For the latest information about the shelter discernment process:

http://www.frederickuu.org/about/Emergency_Family_Shelter

- Conducting a book collection and sale, with unsold books donated to a group that sends them to developing countries.
- Sponsoring an evening public event on Thursday, March 13, to raise awareness of mental health issues.
- Joining with the membership committee for an Ice Cream Social and showcase of social action work by our committee and other UUCF members on Sunday, May 18.
- Linking with *Unitarian Universalist Legislative Ministry of Maryland* (UULM-MD) on important issues.
- Furthering our connection with other socially-active local groups through the *Frederick Peace & Justice Network*.
- Assisting *your* personal passion project.

If you have a project you want to champion, contact Mary Bowman-Kruhm (writer@marybk.com), then attend an SAC meeting (2 p.m., first Thurs. of each month) to ask for SAC assistance and support.

Apply for your favorite non-profit to be a split-plate recipient.
(A short form will be available mid-March.)
Join the SAC as a member or liaison.

Stay in touch through our blog <http://uusocialjustice.org/news>. Posts approximately twice a week give you chatty musings and current SAC information. "Like" our Facebook page: UU Social Justice Frederick MD

Latest Social Action News: Visit our website!

<http://uusocialjustice.org/news>

JOIN US at the Next Social Action Committee Meeting, Thursday, January 2 at the Church

1 p.m. Brown bag lunch
2 p.m. Meeting

Advocates for Homeless Families Split Plate for January 12

The Advocates for Homeless Families is a small local agency in Frederick has been quietly changing lives for 25 years.



Their mission is to empower families who are motivated to overcome homelessness. Assistance is provided to the families through a structured two-year program of education, transitional housing and a variety of support services. Judy Hughes, the wife of our former minister, used to work

for this organization.

The president of the board of Advocates and a caseworker will present information about their work at Friendly Forum on January 12, and the agency will be the beneficiary of our split plate collection the same day. Please consider supporting the effective work of Advocates for Homeless Families, Inc. They depend on charitable donations and also need volunteers. Advocates' website is www.afhf.org.

GREEN SANCTUARY & ENVIRONMENTAL JUSTICE

**Start the New Year with UU Area Green Leaders,
January 4, 2014**

All are invited to the second gathering of UU Green Leaders where we will continue our discussion of synergy on Climate Change and Environmental Justice. Possible discussions will include:

1. Climate Change (this includes energy issues as well)
2. Environmental Justice (this includes a race and class workshop idea)
3. Environmental Stewardship (this includes the repair and restoration/conservation work related to various natural spaces AND greening practices for our congregations)
4. Ethical Eating, gardening/permaculture, food issues
5. Spiritual Sustenance (this includes grief work, concern about how to maintain hope, etc.)

WHEN: January 4, 2013, 9:00am to 4:00pm. Registration will start at 9:00am.

WHERE: All Souls UU Church, 1500 Harvard Street NW @ 16th Washington DC 20009.

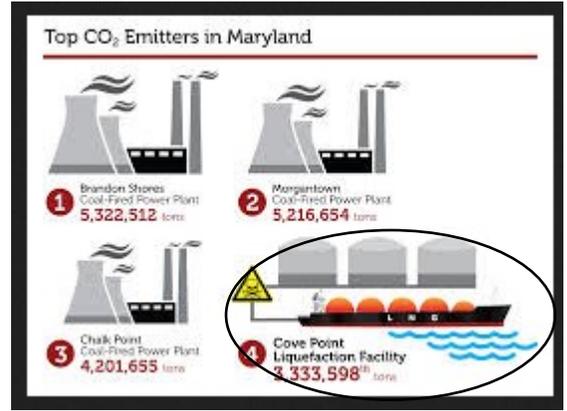
(Green or Yellow metro line to Columbia Heights.)

MORE INFO: Contact Sandi Smith-Gill

ANOTHER GREEN SANCTUARY & ENVIRONMENTAL JUSTICE OPPORTUNITY

Annapolis Rally to Stop Cove Point, January 8, 2014

The Chesapeake Climate Action Network is organizing a rally to show just how big the movement to stop a massive fracked gas export facility at Cove Point has become. Why January 8? January 8th is the first day of the 2014 Maryland legislative session -- giving us a critical opportunity to focus statewide attention on our call for clean energy, NOT dirty, dangerous gas fracking and fracked gas exports. January 8 is also when CCAN's allies at the Sierra Club will give oral arguments in their legal case holding Dominion Resources accountable to its existing contract to protect the environment at Cove Point. They need our grassroots support on the courthouse steps in Annapolis!



WHAT: Rally & March in Annapolis to Stop Cove Point and protect Marylanders from fracking.

WHEN: Wednesday, January 8th, 2013, 9:30am - 12:00 Noon. Meet outside the courthouse at 9:30am. Then, march to the MD State House for a creative visual action (11:00am - 12:00 Noon) for a fracking moratorium.

WHERE: Meet outside the Robert C. Murphy Court of Appeal Building, 361 Rowe Boulevard, Annapolis, MD and march to Lawyer's Mall at 100 State Circle, Annapolis, MD.

SIGN UP: http://org.salsalabs.com/o/423/p/salsa/event/common/public/?event_KEY=81207

BLANCHE AMES GALLERY PRESENTS

JANUARY IN THE GALLERY

Just as Janus shows us his two faces -- one face looking at the old year, one face the new -- the Blanche Ames Gallery will have two artists on exhibit in January 2014.



Continuing from December will be an exhibit of photos by Cam Miller in her show, "Life through My Lens". Cam has devoted her time since retiring as an educator to photography, exploring new techniques and taking prize-winning images of places throughout Maryland and other states. Visitors can view Cam's light paintings and travel scenes until Sunday, January 12, when the show will close.

For the next two weeks, the Gallery walls will be "dark"; Janus will be resting.

Blanche Ames Gallery will be "live" once again on Sunday, January 26th, when we introduce works by artists from the Shepherdstown, WV area: The Friday Painters. Artworks will be in many media and many sizes, with styles ranging from realistic to impressionistic to abstract.

The Friday Painters began in 1998 when a Shepherdstown artist and gallery owner, Joe Mayer, invited a few colleagues to paint with him Friday mornings. Since then, the group has grown and changed in composition, but it continues to meet year-round and paint "en pleine aire" whenever possible. During inclement weather, painting moves to various indoor locations.



Many artists in the Friday Painters have been featured in shows and galleries throughout the region and in major metropolitan areas in the U.S. and abroad. Members

avoid rigid criticism in favor of sharing lessons learned or recent experiments with new equipment, materials, or techniques.

Regardless of accomplishments and expertise, each member of the Friday Painters finds painting with the group to be inspiring and rewarding. Some, of course, show up as well for the great lunch opportunities in Shepherdstown.

Artists Reception

Sunday, January 26th at noon
Show hangs until February 23
Call for weekday hours
301-473-7680

Our UUCF Chalice Community

Well, 2014 has now arrived and perhaps you, like I, have made some plans and developed some strategies (I dislike the word “resolutions”) to make this a better year than the last. In thinking about what makes my life most enjoyable and fulfilling, I always come back to relationships, and to meaningful and intimate times with family and friends . . . and to time spent at the various activities at UUCF.

For almost a decade, one of the most rewarding opportunities I have had in our congregation has been the Small Group Ministry experience of Chalice Community. I have struggled with how to communicate what it really means to me and was delighted to find a sermon by a UU minister named Rev. Nathan Ryan, who delivered a sermon called *This is the Real Life* at the Unitarian church of Baton Rouge, Louisiana. It captures exactly what I wanted to share.

I have taken the liberty to change a few words, which I have bracketed for our purposes – but you’ll get the idea. Here it is:

“ . . . connections between people do not just exist. They must be built over time. There is an opportunity in this church to engage in this spiritual practice of building real and meaningful connections. We provide you with an opportunity to touch lives and be transformed in a way that is almost entirely absent from our larger culture: our Small Group Ministry program, which we call [Chalice Community].

[Chalice Community] is an opportunity to spend 4 hours a month sitting in a room. You are guaranteed to spend 9/10th of the time not speaking. You will not be sitting in silence, but you will be prohibited from fixing or building or doing or pulling yourself up by your boot straps or checking your phone or pointing out how wrong other people are, or reflecting on how you and your political party and demographics and ideology got it all right. And this can change your life and hold you when you are aching.

CHALICE COMMUNITIES

This is one of the strongest spiritual practices of our church. In a [Chalice] group you do not get to pick whom you are with. You do not get to say that you want to be with like-minded people. The spiritual practice of the [Chalice] group is to listen, to really listen without fixing or correcting or judging or evaluating. And it isn’t easy, and it isn’t natural, and you won’t get it right all the time. That’s why we call it practice.

The deeper belief in our small group ministry comes out of the idea that within each of us we are good enough, beautiful enough, strong enough to know what is right, what is good, what is just. When I see that happening, when I see us being pulled toward growth and kindness, I can’t help but describe it as God.

The gift of engaging in the spiritual practice of [Chalice] is that you get to be there as other people discover their soul. I can’t think of a better description than these words from Parker Palmer from his book, *A Hidden Wholeness*:

‘Despite its toughness, the soul is also shy. Just like a wild animal, it seeks safety in the dense underbrush, especially when other people are around. If we want to see a wild animal, we know that the last thing we should do is go crashing through the woods yelling for it to come out. But if we will walk quietly into the woods, sit patiently at the base of a tree, breathe with the earth, and fade into our surroundings, the wild creature we seek might put in an appearance. We may see it only briefly and only out of the corner of an eye—but the sight is a gift we will always treasure as an end in itself.’ ”

This New Year consider exploring your own soul . . . and perhaps, touching the soul of another. Join a Chalice group.

Penny McDougal

You may register for a Chalice Community Group beginning in February by completing the Chalice registration form found in the Education Cabinet in the atrium or by emailing cc@uufrederick.org

Responding to questions about the Center:

Murray Grove Retreat & Renewal Center

Schedule for Upcoming Events and Retreats can be found in
December's *Unison*

Murray Grove Retreat and Renewal Center, with a history of almost 250 years on the site where John Murray preached his first Universalist sermon in America in 1770, serves UU congregations, groups, families and individuals year-round.

We exist as a living memorial to our Universalist heritage by promoting the union of faith, love and actions as inspired foundations of building beloved communities. Located in Ocean County, we are comfortable and affordable, with overnight accommodations for up to 42, attractive meeting space, a large fully-equipped kitchen, dining room, labyrinth, salt-water pool - and exciting new renovations!

For more information, and to join our mailing list: [609-693-5558](tel:609-693-5558),
murraygrove@murraygrove.org,
www.murraygrove.org.

Murray Grove Retreat and Renewal Center
PO Box 246
Lanoka Harbor, NJ 08734
[609-693-5558](tel:609-693-5558)
murraygrove.org



January BIRTHDAYS

1st – Mark Gleaton; 4th – Erick Singley; 7th – Allison Butler, Robert Hudgins, Maria Scobie, Deacon Withers; 8th – Emma Rene, Sandra Smith-Gill; 9th – Libby Gaffigan; 11th – Abby Hoague; 12th – Marj Mansfield; 15th – Carole Smith; 16th – Peggy Greene; 18th – Anne Wright; 19th – Cat Szafran, Meg Bergman; 20th – Eamonn Law-Knotts; 21st – Dottie Ewing; 22nd – Brianna Feifer, Amber Frazier, Ethan Letourneau; and 29th – Jeff Wilson.

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Publications

Unison Deadline: submissions by the 24th; web posting on the 28th
Mid-Week Announcements: submissions by Wednesday, noon; e-mailed on Thursdays

January 2014

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>** This calendar is not all-inclusive of UUCF's building use. Please go to www.Frederickuu.org for a complete schedule.</p>			<p>1</p> <p>7p.m. New Moon-New Year's Day Event (CUUPS)</p>	<p>2</p> <p>9:30a.m. Yoga Class</p> <p>2p.m. Social and Environmental Justice Meeting</p> <p>7p.m. Chalice Community Group</p>	<p>3</p>	<p>4</p>
<p>5</p> <p>10a.m. Servetus Society, UU Christians (Chapel)</p> <p>10 a.m. Friendly Forum (113)</p> <p>11a.m. Worship Service</p> <p>12:15p.m. Chalice Community Group</p> <p>12:15p.m. AHA Discussion</p> <p>12:30p.m. Unraveling the Week (Knitting Group)</p>	<p>6</p>	<p>7</p>	<p>8</p> <p>10a.m. Chalice Community Group</p> <p>7:30p.m. Choir Rehearsal</p>	<p>9</p> <p>9:30a.m. Yoga Class</p> <p>10:45a.m. Communications Team Meeting</p>	<p>10</p>	<p>11</p> <p>9a.m. Adopt-a-Road</p>
<p>12</p> <p>9:30a.m. Buddhist Service (Chapel)</p> <p>10a.m. Friendly Forum (113)</p> <p>11a.m. Worship Service</p> <p>12:15p.m. Congregation Conversation on UUA Common Read</p> <p>12:15p.m. Chalice Community Group</p>	<p>13</p> <p>7p.m. Birthing from Within Class</p> <p>7:30p.m. Finance</p>	<p>14</p> <p>11a.m. Earth Spirituality Planning Team</p> <p>7p.m. Emotional Freedom Technique (EFT)</p> <p>7p.m. "Lost Christianities and Banned Books of the Bible"</p>	<p>15</p> <p>7:30p.m. Choir Rehearsal</p>	<p>16</p> <p>9:30a.m. Yoga Class</p> <p>7p.m. Chalice Community Group</p> <p>7p.m. Board of Trustees Meeting</p>	<p>17</p>	<p>18</p> <p>9a.m. Meditation Workshop</p> <p>Noon, Lunch at Aye Meze, organized by Chronologically Gifted</p>
<p>19</p> <p>9a.m. Membership/Minister Committee Mtg.</p> <p>10a.m. Earth Centered Service (Chapel)</p> <p>10a.m. Friendly Forum (113)</p> <p>11a.m. Worship Service</p> <p>12:15p.m. Chalice Community Group</p> <p>12:15p.m. AHA Discussion</p> <p>12:30p.m. Unraveling the Week (Knitting Group)</p>	<p>20</p> <p>7p.m. Birthing from Within Class</p>	<p>21</p> <p>7p.m. Emotional Freedom Technique (EFT)</p> <p>7p.m. "Lost Christianities and Banned Books of the Bible" Class</p>	<p>22</p> <p>10a.m. Chalice Community Group</p> <p>7:30p.m. Choir Rehearsal</p>	<p>23</p> <p>9:30a.m. Yoga Class</p>	<p>24</p>	<p>25</p>
<p>26</p> <p>9:30a.m. Buddhist Service (Chapel)</p> <p>10a.m. Friendly Forum (113)</p> <p>11a.m. Worship Service</p> <p>12:00p.m. Art Show Reception</p> <p>12:15p.m. Chalice Community Group Meeting</p>	<p>27</p> <p>7p.m. Birthing from Within Class</p>	<p>28</p> <p>7p.m. Emotional Freedom Technique (EFT)</p> <p>7p.m. "Lost Christianities and Banned Books of the Bible"</p>	<p>29</p> <p>7:30p.m. Choir Rehearsal</p>	<p>30</p> <p>9:30a.m. Yoga Class</p>	<p>31</p>	<p>1</p> <p>8:30a.m. Pathways Express Class</p> <p>7p.m. UUCF COFFEE HOUSE</p>