

# Unitarian Universalist Fellowship of Harford County



- Faith Development
- Adult Enrichment
- Retreats

**2022-2023**

# Welcome!

Thank you for taking the time to look at this brochure and for considering our **Adult Faith Development and Enrichment programs** here at UUFHC.

These classes, programs and retreats are designed to create opportunities to enhance our understanding of ourselves, our faith community, and the world in which we live. We do this by exploring ideas, mind/body connections and spiritual inquiry.

Here at UUFHC we promote a safe environment that is respectful of each other, open to differing beliefs and mindful of the individual choices we each make on our personal faith journeys.

Several of these offerings include a suggested exchange, but please don't let financial hardship deter you. Members and contributing friends are welcome to contact our Reverend at [minister@uufhc.net](mailto:minister@uufhc.net) for financial assistance when needed. Childcare is NOT available.

We hope you choose to “Lean Into” spiritual enrichment within one of these programs. As we deepen in our own understandings, we further enrich the world.

Wherever you are on your journey, this community is ready to welcome you with open hearts, minds, and arms.



# Faith Development Programs

Like a favorite reading from our hymnal says, *“alone our vision is too narrow to see all that must be seen, and our strength too limited to do all that must be done. Together, our vision widens and our strength is renewed.”*

– From the [Soul Matters Sharing Circle website](#)

**Facilitator:** Rev. María Uitti McCabe [minister@uufhc.net](mailto:minister@uufhc.net)

**Dates:** First and Third Tuesdays, September through May

**Time:** 7 – 8pm on Zoom

**Exchange:** none

This is a wonderful time to share connection with each other and go deeper with our monthly worship themes. Consider joining us. It is a wonderful time to slow down, catch our breath and simply BE with one another.

**New Members are always welcome!**

**Simply be.**



## **Faith Like a River: Themes from Unitarian Universalist History**

**Leaders:** Rev. María Uitti McCabe, Jenn Blosser

**Dates:** Thursday evenings Sep. 22, 29, Oct. 6, 13

**Time:** 6:30-8pm on Zoom



**Faith Like a River** explores the dynamic course of Unitarian, Universalist, and Unitarian Universalist (UU) history—the people, ideas, and movements that have shaped our faith heritage. It invites participants to place themselves into our history and consider its legacies. What lessons do the stories of our history teach that can help us live more faithfully in the present? What lessons do they offer to be lived into the future?

## **Understanding the Bible for Unitarian Universalists**

**Leader:** Rev. María Uitti McCabe

**Dates:** Thursday evenings, Oct. 27, Nov. 3, 10, 17

**Time:** 6:30-8pm on Zoom



This 4-session class will follow the book ***Understanding the Bible*** by Unitarian Universalist minister and former UUA President John Buehrens with added resources for contemporary seekers.

# ADULT ENRICHMENT

## Journaling Workshop

**Dates:** 9/19, 10/3, 10/17, 11/7, 11/21

**Time:** 7 – 8:30pm

**Location:** UUFHC Board Room

(OR online if Covid spikes require distancing)

**Co-Facilitators:** Cindy Curry ([cindy.aka.mo@gmail.com](mailto:cindy.aka.mo@gmail.com)) 443-243-3336 OR Beth Wood-Roig ([bwoodro1@gmail.com](mailto:bwoodro1@gmail.com)) 410-459-8339

**Exchange:** \$10/session

Come learn about journaling as a contemplative practice this Fall. We will explore some creative journaling techniques that you can use any time to help energize your writing and uncover deeper messages from within. During each session, we will explore a particular writing technique, have some time to practice and then share about our experience (always optional). While each session is designed to stand alone, we hope that you will attend as many of the sessions as possible to learn about the many ways to use contemplative journaling to enrich and deepen your own life.

Please bring a journal with you.



## OnWord Journeys

**Contacts:** Cindy Curry ([cindy.aka.mo@gmail.com](mailto:cindy.aka.mo@gmail.com)) 443-243-3336 OR Beth Wood-Roig ([bwoodro1@gmail.com](mailto:bwoodro1@gmail.com)) 410-459-8339

**When:** Meets first three Thursdays of every month

**Time:** 7 – 8:30pm (*begins in September*)

**Location:** UUFHC room #3

**Exchange:** \$10/week

Membership has capped at 8 due to format and time constraints. Check with Cindy or Beth about future openings or an additional group.



This small group explores spirituality through a variety of media such as journal writing, visual media, reading, and discussion. This isn't a class in writing skills, a literary analysis group, or a writing critique group. We are a diverse group of fellow seekers on the spiritual path who happen to find that journal writing enriches our journeys in countless ways. No special writing or artistic skills are needed (and spelling and punctuation don't count – in fact, there are no “mistakes” in journal writing!)



**Instructor:** Natalie Gallagher,  
Holy Fire® III Karuna Reiki® Master Teacher  
**Date:** Saturday, October 1, 8:30am - 6:30pm  
**Place:** UUFHC Classroom

**Brief Description:**

Learn the ancient Japanese healing technique of Reiki, to help yourself and others on all levels — physically, emotionally, mentally and spiritually! In this beginner level, experiential class, we will learn what Reiki is and how it works, where it comes from and its history, Japanese Reiki techniques, what Holy Fire® Reiki is, the ethics of Reiki, how to give a treatment to friends and family and how to use Reiki for daily self-care. Includes practice time, a 178 page class manual, certificate and two 45 minute online Reiki Clinics. There are no prerequisites for this class except an open heart and mind. Class size is limited to 10 students. Registration is required by emailing Natalie at [zenfinityholistic@gmail.com](mailto:zenfinityholistic@gmail.com).

**Tuition** is \$250 with an early registration and payment discount of \$15 (within 15 days of class) and a deposit of \$100. The deposit is non-refundable but transferable once up to one year, with a transfer admin fee of \$50. All tuition fees must be paid by the beginning of class.



**Time:** both groups 10:00 - 11:30 a.m.

UUFHC sanctuary - second and fourth Tuesdays of the month.

On ZOOM – first and third Tuesdays of the month.

**Exchange:** 15.00 for the fall semester.

**Contact:** J. Sue Henry CSL at 908-283-1030 or [jsuehenry2@gmail.com](mailto:jsuehenry2@gmail.com)

The topics focus on unique issues of those over the age of 55 years and their spiritual journey as an elder. This includes:

- the challenges and opportunities of aging
- experiencing practices and processes that enhance intention and passion for life
- sharing ways of serving the greater good in family, church, and community.

This group has subdivided to better meet the needs of the members. The group is open to members and friends of UUFHC as well as the community. An individual may join at any time. Both groups will follow the same process and usually the same topic.





## Musical Activities for All Ages



**UUFHC presents many opportunities for people of all ages to make music together.** If you sing or play an instrument, you are welcome to join in the music-making fun! We are always looking for new musicians and singers who can take part in services (solo or group), perform in concerts, and share music during social events. And all of these can be done either in-person or online, live or recorded! Please contact Brenna [brenna.kupferman@gmail.com](mailto:brenna.kupferman@gmail.com).



## Sitting Meditation

**Contacts:** Susan Knause at [susan.knause@gmail.com](mailto:susan.knause@gmail.com) and Beth Wood-Roig at [bwoodro1@gmail.com](mailto:bwoodro1@gmail.com)

**Time:** 9:30am – 10:15am

**Place:** library

Starting in September, Sitting Meditation is offered every Sunday. The first ten minutes are devoted to Mindfulness techniques offered by a practitioner, and then shared silence. When the weather is good and the spirit moves, meditation can be done outside.



## Movement and Meditation

**When:** January (more info coming)

**Facilitated by:** Beth Wood-Roig at [bwoodro1@gmail.com](mailto:bwoodro1@gmail.com)

**Location:** UUFHC



## UU Christian Fellowship (UUCF)

**Facilitator:** Steve Thompson at 410-920-3763 or [stevenrthompson2@yahoo.com](mailto:stevenrthompson2@yahoo.com)

**When:** First and Third Wednesday: Starting in October

**Time:** 7:15pm via Zoom

## Women's 55+ Group



**Leader:** Barbara Bowman [barbarab970@gmail.com](mailto:barbarab970@gmail.com)

**Dates:** First and third Tuesdays

**Time:** 2pm on Zoom

This is a group for older women (55+). We hope to share the joys and challenges of this lifestyle and serve as a source of support for our members.

We will also provide resources and information of interest.

**We gladly welcome new members!**

Please email Barbara if you are interested.

# RETREAT OFFERINGS

*Hi everyone ... we're back! Your friendly, UU community Retreat Committee is up and running once more after a long hiatus for obvious reasons.*

## **Fall Retreat - A Time Apart ...**

**Cost:** This retreat is free to all participants. Bring a bag lunch and something to drink. Coffee and tea will be provided.

**When:** November 12<sup>th</sup>, 2022 from 10:00 am to 3:00 pm.

**Where:** Allison and Steve Ehrman's home in Churchville.  
(The address will be provided later.)

**Contact Info:** If you are interested, want to sign up, or have questions about this retreat please email Cindy Curry at [cindy.aka.mo@gmail.com](mailto:cindy.aka.mo@gmail.com).

We will have an ingathering beginning at 10:00 am with coffee, tea, light breakfast snacks. This is a time to enjoy a snack and chat with others who will be participating. At 10:30 we will begin with some spiritually uplifting activities including readings, movement, discussion, and contemplative time. There will be some time set aside for silence when you can explore the Ehrman's lovely home and grounds. Bring a journal if you so choose.

**Why might you want to join us for this contemplative time? *Well ... in this hustle and bustle world it is necessary for our emotional health and wellbeing to completely unplug*** from devices, and distractions to settle our minds into a space where we can get in touch with ourselves again. To find our center and re-enter the world spiritually refreshed and energized. I do hope you will plan to set this time apart for yourself to tend to your own self-care.

