



**Unitarian Universalist  
Fellowship of Harford County**

**Adult Personal Growth and Spiritual Development Programs**



**Spring 2024**

***Welcome!***

Thank you for taking the time to look at this brochure and for considering our **Personal Growth and Spiritual Development 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 minister, Rev. Jaye Brooks, at [revjaye@uufhc.net](mailto:revjaye@uufhc.net), for financial assistance when needed. We regret that childcare is NOT available.

We hope you choose to "lean Into" spiritual enrichment within one of these programs. As we deepen 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.

**2515 Churchville Road P.O. Box 535 Churchville 21028**  
**[www.uufhc.net](http://www.uufhc.net) office@uufhc.net**



## **Movement and Meditation Group**

**Location:** UUFHC sanctuary

**Facilitator:** Beth Wood-Roig

**Spring dates:** Saturdays, 2/17, 3/16, 4/20 and 5/18

**Time:** 9:30am – 11am

**Exchange:** \$5/session for UUFHC members, \$10/session for non- members

This group will focus on tuning into our innate body wisdom through movement and meditation. Activities will include sitting and walking meditations, learning and practicing meditative movement techniques from various traditions, and new body prayers to practice each month.

**No previous experience is needed. Come for any or all sessions!**

**For more information, contact Beth Wood-Roig, [bwoodro1@gmail.com](mailto:bwoodro1@gmail.com)**

**TO REGISTER: <https://www.surveymonkey.com/r/RWMR5HF>**



## UU Christian Fellowship

**Facilitator:** Steve Thompson at 410-920-3763 or [stevendrthompson2@yahoo.com](mailto:stevendrthompson2@yahoo.com)

**Dates:** 2nd and 4th Wednesdays beginning February 14th

**Time:** 7:15pm via Zoom Contact Glenn ([lucbrown2@verizon.net](mailto:lucbrown2@verizon.net)) for ZOOM link

### We welcome newcomers!

The UU Christian Fellowship is a group of moderate and liberal Christians who support UUFHC and find it to be a good environment to further their Christian faith. The group is led by Steve Thompson, who identifies himself as a **Unitarian** Christian.

Wait! Aren't Christians supposed to be Trinitarian?! Aren't they supposed to believe that Jesus is God, that God wrote a perfect Bible, that Jesus died to save people from their sins, and that only Christians go to heaven?! While many people do believe these things, and, sadly, they are the more vocal, there are many of us who reject these beliefs. Instead, we believe in a Christianity that is far more positive, loving, and inclusive. So how can we deviate from these beliefs that others consider to be fundamental and claim are based on the Bible? Answer: we don't wave the Bible around - we actually study it! Come to UUCF and see an enlightened understanding of God and Jesus.

Our next series, starting Feb 14, will cover the Documentary Hypothesis, which is an explanation of how the first five books of the Bible came to be written. Join us to see how, contradictory to the long-standing belief that God instructed Moses to write these five books, they are actually written by multiple authors who were motivated to "correct" what the prior authors had written. Instead of a perfect Bible, we have one with numerous contradictions, and those contradictions are explained by the competing visions of the original authors.

Contact Steve Thompson ([stevendrthompson2@yahoo.com](mailto:stevendrthompson2@yahoo.com)) if you have any questions about what we study.

Glenn Brown coordinates the Zoom sessions. Send an e-mail to Glenn Brown if you wish to attend but cannot do so on 2nd and 4th Wednesdays. **Contact Glenn** ([lucbrown2@verizon.net](mailto:lucbrown2@verizon.net)) to be put on the e-mail list for our schedule and Zoom link.



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

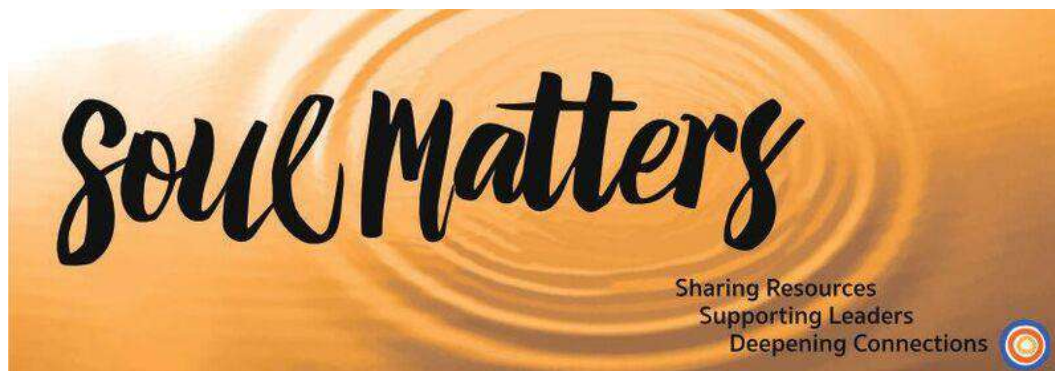
- experiencing practices and processes that enhance intention and passion for life.
- Facing Our Mortality and Conscious Living will be the primary focus.

There is an in-person and Zoom group which are 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 topic. **New Members are always welcome!**

**Dates:** Both groups on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month.

**Times:** UUFHC sanctuary - 10 to 11:30 am  
On UUFHC ZOOM – 1:30 to 3:00 pm

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



**Facilitator:** Sara Brinkerhoff [Riter4Gd@gmail.com](mailto:Riter4Gd@gmail.com) and Laura Paligo

**Dates:** 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month

**Time:** 6:30 – 8pm in the Board Room/UUFHC ZOOM \* see below

Soul Matters is a small group circle that follows the same theme of the month as the services. The first meeting of the month we focus on provided questions that particularly call to each of us. We share what we learn about ourselves. And we listen deeply, then share what gifts we gain from listening. We choose spiritual exercises to practice until our second meeting when we share what we gained from the exercises, again with deep listening and sharing appreciations of what we've heard.

We gather at 6:30 p.m. for chat and start the program at 6:45. \* For January and February, due to potential inclement weather, we are meeting on the church zoom channel. Beginning in March again, we will meet in the Board room at the church.

**New Members are always welcome!**

## 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! **New Members are always welcome!**



Please contact Brenna [brenna.kupferman@gmail.com](mailto:brenna.kupferman@gmail.com)

## UUFHC House Band

The House Band rehearses most weeks on Thursday night 7pm-9pm in the sanctuary.

They participate in about one service per month, plus more extended concerts a couple times per year. **All singers and instrumentalists are welcome.**

Contact: Ami Silberman [ami\\_silberman@hotmail.com](mailto:ami_silberman@hotmail.com) if interested.





**Instructor:** James (Marty) Martin at 443-617-0499  
**When:** Wednesdays: 9:00am, Saturdays: 9:00am  
**Location:** UUFHC sanctuary  
**Exchange:** \$10.00 per month

**Qigong** is an ancient form of self-healing through gentle movement. It is a movement practice focused on health, longevity, stress management and mental clarity. Marty will be teaching the Hauxia Zhineng Qigong (Chi Lei) system which was the world's largest medicine-less Qigong. The Chi Lei Qigong center in China had 180 different diseases and had a 95% success rate. James Martin (Marty) has been practicing Qigong for over 30 years. He has taught Qigong in many different locales and will be teaching this beneficial healing practice at UUFHC.

**Tai Chi** is another ancient form of self-healing. Marty's Tai Chi emphasizes physical development, self-defense, aspects of meditation and breathing exercises. He will take you slowly through each movement which can be adjusted for everyone's ability. He'll draw on 60 years' experience in the martial arts.



# New Reiki Circle!

“Reiki is Love, Love is wholeness, wholeness is balance, balance is wellbeing, well being is freedom from disease.”

- Dr Mikao Usui

## Gaia's Daughter Reiki Circle

**Facilitator:** Bess Hutt, Reiki Master Teacher (RMT)

**Contact:** 410-459-9935 (call/text) [gaiasdaughterbess@gmail.com](mailto:gaiasdaughterbess@gmail.com)

**When:** 3<sup>rd</sup> Fridays of the month starting February 16<sup>th</sup>

**Time:** 6:30-7:45pm

**Location:** UUFHC sanctuary

**Exchange:** Goodwill donation to instructor if able.

**Registration required / limit 10**

Reiki is an ancient Japanese healing technique that promotes relaxation and stress reduction. In short, Reiki works by channeling energy through the practitioner's hands, promoting balance and harmony within the body, mind, and spirit. A Reiki Circle provides participants with a supportive space to experience this gentle and transformative energy.

**Possible benefits for participants include:** *stress reduction and relaxation, increased energy and vitality, emotional and mental well-being, and enhanced overall sense of balance.*

### **Overview of what participants can expect:**

Introduction: Short introduction of Reiki and a time to introduce ourselves.

Guided Meditation: Brief meditation to create a relaxed & receptive atmosphere.

Energy Healing: A few minutes will be spent channeling Reiki to each participant

Sharing: As time allows, we will share our experiences before closing.

**Participants are encouraged to wear comfortable clothing and bring a light snack if needed. Herbal tea will be provided.**

**For more information** please contact Bess Hutt, RMT, at 410-459-9935 or [gaiasdaughterbess@gmail.com](mailto:gaiasdaughterbess@gmail.com)



## Journaling for Spiritual Growth

**Co-Facilitators/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

**Dates:** 1<sup>st</sup> and 3<sup>rd</sup> Mondays in October 2023 through April 2024

**Time:** 7 – 8:30pm on Zoom (special link provided to registered participants)

**Exchange:** \$5/session, or \$60 if paid in full by start of program (\$10 discount)  
Payment through Venmo/check to Cindy Curry.

The Journaling for Spiritual Growth will focus on taming our “gremlins.” Gremlins are the niggling, negative voices in our heads that tell us what we’re doing wrong, that we are not quite good enough, and any number of other disparaging messages to keep us from fulfilling our potential and having confidence in ourselves. Our journaling work will focus on identifying and naming our gremlins and some clever techniques to “tame” them. We’ll use Rick Carson’s classic workbook, Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way, as a primary resource.

### Participants will need to purchase the book before the first meeting

To purchase the book on Amazon:

[https://www.amazon.com/s?k=taming+your+gremlin&crd=3HIRUXGBXWMB7&srefix=taming+your+gr%2Caps%2C520&ref=nb\\_sb\\_noss\\_2](https://www.amazon.com/s?k=taming+your+gremlin&crd=3HIRUXGBXWMB7&srefix=taming+your+gr%2Caps%2C520&ref=nb_sb_noss_2)



An excerpt from Taming Your Gremlin:

*“Gremlin-Taming is practical, and it is powerful. It is a method for meeting the inner challenge that is inherent in every activity from climbing Mount Everest to getting a good night’s sleep. Gremlin-Taming, in a phrase or three, is a graceful process for choosing light over darkness, good over evil (and boy, those terms are loaded for people), or better yet, the true love that sustains you over the fear that can destroy you. It’s a meaty subject, to say the least, but one that is germane to having a fulfilling inner life and a peaceful interdependence with others. We are, after all, in this thing together.”*

We hope you will join us to practice some Gremlin-Taming through journaling this year!

**TO REGISTER:** <https://www.surveymonkey.com/r/RS3BQ58>



# FREE HEALTH AND WELLNESS PROGRAMS at UUFHC

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## On Your Way to Preventing **Type 2 Diabetes**

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**FACILITATORS:** Kathy Kraft [kthykraf@verizon.net](mailto:kthykraf@verizon.net) or J. Sue Henry [jsuehenry2@gmail.com](mailto:jsuehenry2@gmail.com)

**DATES:** Every Monday from March 4<sup>th</sup> – June 10<sup>th</sup> except for May 27<sup>th</sup> Memorial Day

**TIME:** 5:00 to 7:30pm

**PLACE:** UUFHC Sanctuary

## **DIABETES Prevent T2 (National Diabetes Prevention Program)**

This 12-month lifestyle change program uses education & group support to help you adopt a healthier routine which can prevent or delay the development of Type 2 diabetes

Diabetes Self -Management - This 6-week program provides education, skills, & support to help you better manage your diabetes and improve overall health.

**For registration and further information contact UM Upper Chesapeake Health 1-800-515-0044**

# FREE HEALTH AND WELLNESS PROGRAMS at UUFHC

## MOBILITY



**FACILITATORS:** Kathy Kraft [kthykraf@verizon](mailto:kthykraf@verizon) or J. Sue Henry [jsuehenry2@gmail.com](mailto:jsuehenry2@gmail.com)

**DATES:** Every Monday from April 8<sup>th</sup> – June 6<sup>th</sup> except for May 27<sup>th</sup> Memorial Day

**TIME:** 9:30am – 12:30pm

**PLACE:** UUFHC Sanctuary

**Matter of Balance** - This 8-week program offers safety, movement, & confidence-building activities to reduce the risk of falling and increase activity levels. This program emphasizes practical strategies to manage falls.

### YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

For registration and further information contact UM Upper Chesapeake Health 1-800-515-0044



## Training for Adult Volunteers in the Program for Children and Youth

One of the Fellowship's primary commitments is to provide a meaningful, engaging program for children and youth. This Spring (mid-March; exact date TBD), UUFHC members interested in working with our children and youth will have the opportunity to participate in a 3-hour workshop led by Rev. Ginger Luke, a UU religious professional with a long career in UU religious education and faith formation for children and youth. She served for many years as Director of Religious Education and then Minister of Congregational Life at River Road UU Congregation in Bethesda, Maryland, where she is now Minister Emerita. For more information about the date and time of the workshop, and to register, email Jenn Blosser, [dff@uufhc.net](mailto:dff@uufhc.net). There is no fee for this workshop but registration is required.



### May 3-4 2024 Making Connections with Ourselves, Others, and this Beautiful World

We invite you to step away from the pressures of daily life for a little while and give yourself the gift of time and space to reconnect with your deeper Self, other human beings, and the whole natural world. We are trying out a new venue this year. **Cranaleith Spiritual Center** (<https://cranaleith.org/>) is located northeast of Philadelphia about an hour and a half from UUFHC. It is nestled in a sanctuary of trees and green space - truly a salve for the soul.

Our time together will include a range of contemplative-focused group activities and intentional conversation, mingled with time to yourself to soak up and process the richness of our experiences and enjoy the beautiful surroundings. **SPACES ARE VERY LIMITED.**

**Much more info** and registration forms at <https://uufhc.net/adultEd.html#retreat> or in the lobby.



## UUFHC Labyrinth Walk April 20, 9:30 -11:30apm

What is a Labyrinth?

Labyrinths are an ancient archetype dating back 4,000 years or more, used symbolically, as a walking meditation. They are tools for psychological and spiritual transformation, and also thought to enhance right-brain activity. (*labyrinthsociety.org*)

Walking a labyrinth has been found to reduce stress, increase calm and aid recovery. For many, the labyrinth represents:

- Journey of self-discovery
- Opportunity for clarity and understanding
- Physical space for reflection
- Time apart for meditation



A labyrinth is different from a maze, though the two are often confused. This ancient and powerful tool is unicursal, offering only one route to the center and back out again: no blind alleys, dead ends, or tricks as in a maze. No matter where you are in the labyrinth's coherent circuits you can always see the center. Once you set your foot upon its path, the labyrinth gently and faultlessly leads you to the center of both the labyrinth and yourself, no matter how many twists and turns you negotiate in the process.

*(Exploring the Labyrinth: A Guide for Healing and Spiritual Growth by Melissa Gayle West)*

Join us on April 20, from 9:30 – 11:30 for the first UUFHC Labyrinth program with our new portable labyrinth. Come bless the new labyrinth by your walking! For more information, contact Beth Wood-Roig, [bwoodro1@gmail.com](mailto:bwoodro1@gmail.com).