



## Unitarian Universalist Fellowship of Harford County

### *Adult Personal Growth and Spiritual Development Programs 2024-25*



### *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](mailto:office@uufhc.net)

## 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 at [brenna.kupferman@gmail.com](mailto:brenna.kupferman@gmail.com)



### UUFHC House Band

The House Band – “Homemade Jam” 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.



# O.W.L.S.

## Older, Wiser, Livelier, Souls

**Facilitator:** J. Sue Henry 908-203-1030, [jsuehenry2@gmail.com](mailto:jsuehenry2@gmail.com)

**Dates for both groups:** 2nd & 4th Tuesdays of the month

**Time:** UUFHC Sanctuary: 10:00 am to Noon

**Time:** UUFHC Zoom: 1:30 pm to 3:00 pm

Both groups will follow the same process and usually the same topic.

**Exchange:** \$15 for the year goes to support UUFHC Adult Programs

"Age is a question of mind over matter. If you don't mind, it doesn't matter." – Leroy "Satchel" Paige

Join the OWLS (Older Wiser Loving Souls) to discuss topics focused on the unique issues of those over the age of 55 years and the spiritual journey of becoming 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.

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.

Contact: J. Sue Henry, 908-203-1030, [jsuehenry2@gmail.com](mailto:jsuehenry2@gmail.com)

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



**Instructor:** James (Marty) Martin at 443-617-0499

**When:** Wednesdays: 9:00am, Saturdays: 9:00am

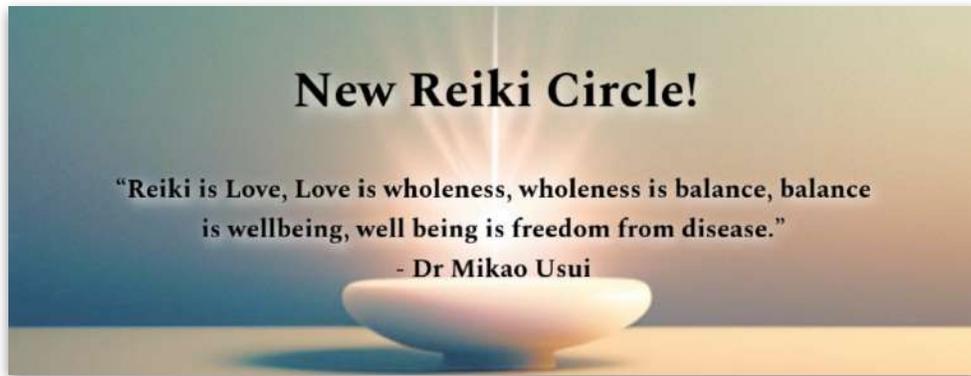
**Location:** UUFHC sanctuary

**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.





## **Gaia's Daughter Reiki Circle**

**Facilitator:** Bess Hutt, Reiki Master Teacher (RMT)  
Call/text Bess at 410-459-9935 or [gaiasdaughterbess@gmail.com](mailto:gaiasdaughterbess@gmail.com)

**Time:** 6:30 - 8:00 pm on third Fridays

**Location:** UUFHC Sanctuary

**Exchange:** Goodwill donation to facilitator if desired & able

**Registration required** / limit 10

Gaia's Daughter Reiki Circle at UUFHC is a free monthly healing practice, open to anyone, regardless of Reiki knowledge or experience!!

### **About Reiki:**

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.

### **What to expect:**

There will be a short introduction of Reiki and a time to introduce ourselves. The group will then be guided through a brief meditation and/or mini sound journey, to create a relaxed & receptive atmosphere. In this relaxed state, we will spend a few minutes sending universal love energy to the Earth for healing. Then a few minutes will be spent channeling Reiki to each participant. As time allows, we will share our experiences before closing the Circle.

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



## **Creativity Circle**

**Facilitators:** Brenna Kupferman and Beth Wood-Roig

**Dates:** 2nd Monday of each month, starting Oct 14

**Time:** 7:00 - 8:30 pm **Location:** UUFHC Sanctuary

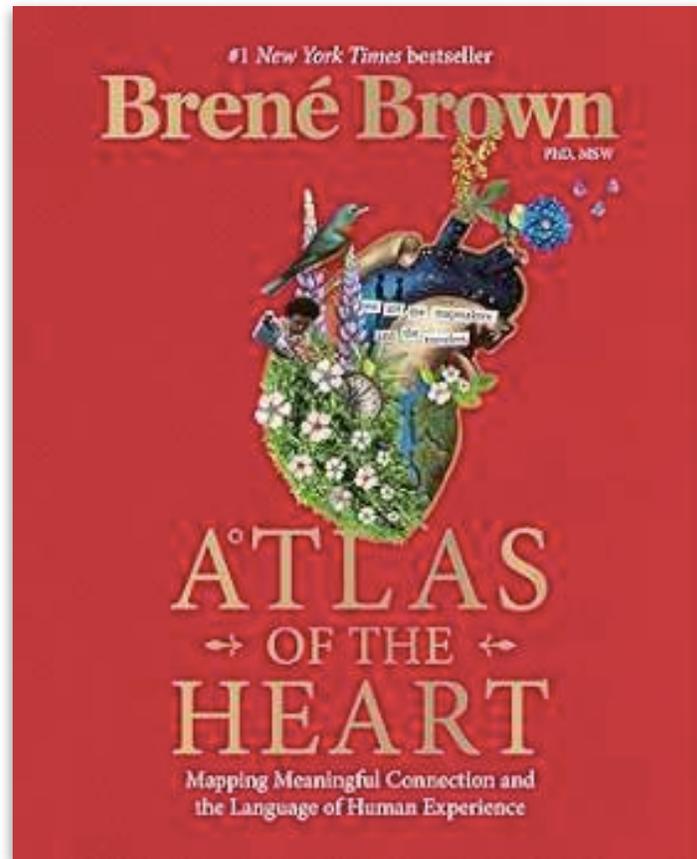
We begin with the premise that **everyone** is creative. We believe that each of us brings our own unique creativity into this world, whether through one of the more traditional creative arts or perhaps by the way we decorate our home, design a garden, cook a meal, raise a child, or facilitate a meeting. . . the possibilities are endless.

This year, we will be exploring Creativity, in all its various forms, and the ways creativity can encourage spiritual growth, together in a monthly circle group. We will meet on the 2nd Monday of each month, from 7 – 8:30pm at UUFHC to share with and learn from each other.

The format for our circle gatherings will be similar to the [Soul Matters Sharing Circle](#). Participants will be given Creativity Matters packets that will help engage our monthly themes and explore spiritual growth through creative expression. It's all about allowing our intuition and imagination to guide us, not just our logic and reflective minds. Think of it as making room for your right brain to dance with your left brain.

The project options include such things as: collage, storytelling, scrapbooking, sketching, photography, creative writing, watercolor painting, fabric arts, sculpture, movement, music, and more. Again, all projects are designed for everyone: no technical expertise or honed artistic skill required!

**Contacts:** [Brenna Kupferman](#) | [Beth Wood-Roig](#)



## UUFHC Book Circle

**Facilitators:** Sue Knause, Jean McKendry, Suzi Gallihue and Paul Seadler

**Meeting times:**

9 – 10am at UUFHC, 2<sup>nd</sup> and 4<sup>th</sup> Sundays, beginning 9/22 – OR -  
7- 8pm on Zoom, 1<sup>st</sup> and 3<sup>rd</sup> Tuesday, beginning 10/1

**Join at any time!**

*Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience*  
By Brené Brown

In her latest book, Brené Brown writes, “If we want to find the way back to ourselves and one another, we need language and the grounded confidence to both tell our stories and to be stewards of the stories that we hear. This is the framework for meaningful connection.”

This is newly formed **Book Circle** will read and discuss *Atlas of the Heart* over the course of the 2024 – 2025 church year. Each month, we’ll focus on exploring regions of the heart described in the book and our own experiences and connections to the particular regions as well. Join us on this journey together as we each share from our own hearts and offer our unique wisdom.



## **Journaling for Spiritual Growth**

**Facilitators:** Cindy Curry ([cindy.aka.mo@gmail.com](mailto:cindy.aka.mo@gmail.com)) and Beth Wood-Roig ([bwoodro1@gmail.com](mailto:bwoodro1@gmail.com))

**Meets on private ZOOM**, 1<sup>st</sup> and 3<sup>rd</sup> Mondays, 7 – 8:30pm

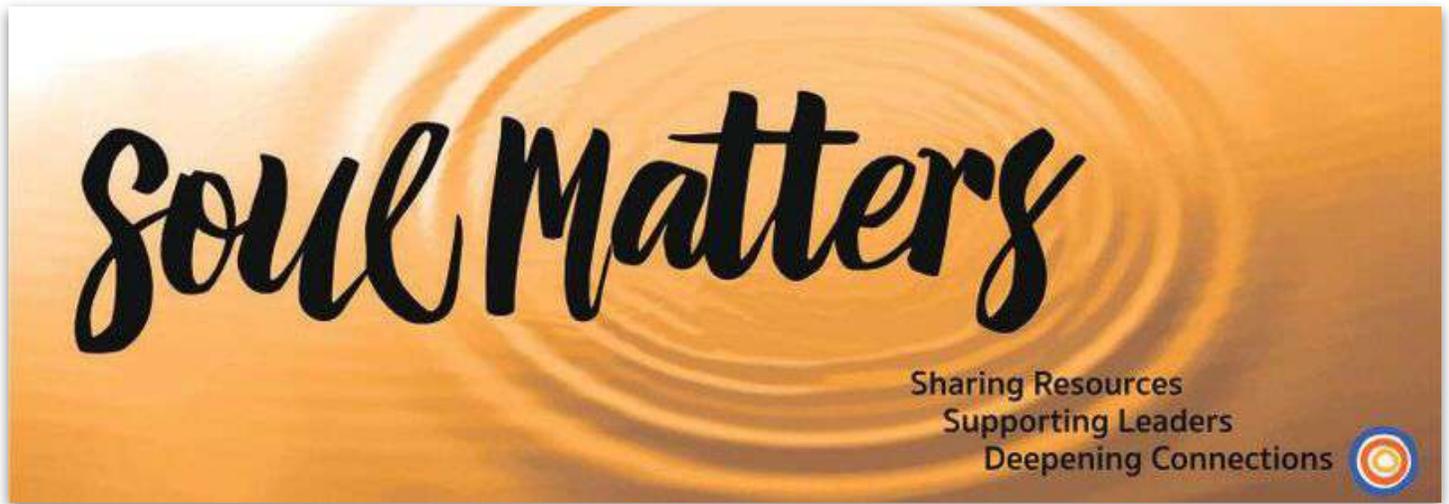
**Exchange:** \$60/year or \$5 per session

**Program begins** on October 7, 2024, and ends on May 19, 2025

Our focus this year will center around selected works of contemplative poets and writers, including Mary Oliver, John O'Donahue, David Whyte, Rosemerry Wahtola Trommer, Thich Nhat Han, and more. Each month, we will focus on the poetry and writings of a particular author or poet and listen deeply to the messages we each are receiving from the poems and writings. Our journaling practice will include reflective and responsive journaling as well as some creative journaling practices, such as found poems, dialogue journaling, character sketches, and more.

In the Journaling for Spiritual Growth group, we covenant to support each other as we share from our writing experience, listening kindly, without judgement or advice. We invite you to journey with us as we move ever more deeply along our individual spiritual paths together.

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



**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!***



## **UU Christian Fellowship**

**Facilitator:** Steve Thompson

**Dates:** 2nd & 4th Wednesdays

**Time:** 7:15 pm via Glenn Brown's Zoom

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.

This fall, and probably going into next spring, I will be covering the Gospel of John. This is a new lesson series for me and I will be basing it all on John Shelby Spong's book [The Fourth Gospel: Tales of a Jewish Mystic](#). We will meet second and fourth Wednesdays at 7:15, so our first lesson in this series will be Sept 11. Hope to see all of you on Glenn's Zoom. Look for an e-mail from him a day or two before. And thanks again to Glenn for hosting us.

Join the Zoom Meeting [HERE](#)

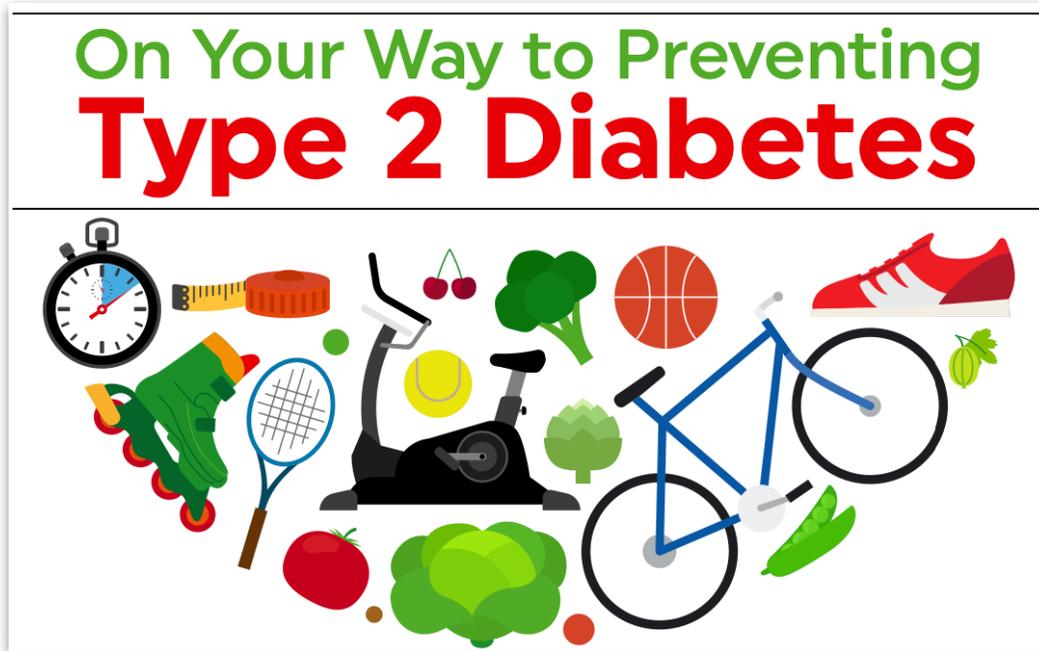
MeetingID:6975925604

Passcode: 1hiqbd

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

# **FREE HEALTH AND WELLNESS PROGRAMS at UUFHC**

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



**Facilitators:** Kathy Kraft or J. Sue Henry

**Dates:** 9/23, 10/7, 10/21, 11/18 12/16, 1/20/25, 2/17/25, 3/17/25 (Last Class)

**Time:** 5:30 to 7:30 pm

**Location:** UUFHC Sanctuary

This 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**

## **MATTER OF BALANCE**



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

**Dates:** Every Monday from January 6<sup>th</sup> – March 3<sup>rd</sup> except for January 20<sup>th</sup> Martin Luther King Jr Day

**Time:** 1pm – 3pm

**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

The course is provided without charge by the University of Maryland Upper Chesapeake Health: Community Health Improvement. Registration is required contact Kim Sterling at 800-515-0044 to reserve your spot as class size is limited.

# ...Retreats...



*Within each of us there is a silence  
-a silence as vast as the universe.  
We are afraid of it...and we long for it.*

~ Gunilla Norris,

Sharing Silence: Meditation Practice and Mindful Living

## **Silent Retreat**

**Date:** Saturday, October 12, 2024

**Time:** 10am – 3:00pm (coffee/tea, 9:30am)

Extended Retreat through Sunday morning, October 13, 10am

**Place:** Nature Manor, Ehrman home, Churchville MD

Join us once again for a day of shared silence at Nature Manor (aka the Ehrman home in Churchville). We will gather in the morning with some opening words and brief sharing, and then we will hold silent space for each other to simply be before closing the silence with shared reflection and closing words. Times of shared silence are rare in our culture today, times when we intentionally set aside the noise, the busyness of our lives, and all the to-dos to be quiet in the company of others. This day apart will be a gift of space and quiet to each other and to our unique and individual selves to rest and be, to connect with more wholly our truest deepest selves.

This year, the Ehrman's have generously offered their home overnight for those who would like to stay longer and deepen into the silence together. Dinner and breakfast will be potluck offerings, and there are several different sleeping options to accommodate all. We ask that you let us know ahead of time if you plan to stay overnight so that appropriate accommodations can be settled beforehand.

Participants should bring a bag lunch for Saturday. If staying overnight, participants should also plan to bring a dish to pass for *either* dinner or breakfast, as well as appropriate bedding, as needed.

Any questions? Contact: Beth Wood-Roig, [bwoodro1@gmail.com](mailto:bwoodro1@gmail.com), 410-459-8339

Cindy Curry, [cindy.aka.mo@gmail.com](mailto:cindy.aka.mo@gmail.com), 443-243-3336 OR Allison Ehrman, [erhmana@gmail.com](mailto:erhmana@gmail.com)



## **A Day Around the Medicine Wheel**

**Date:** November 16, 2024

**Time:** 9:30am to 3:00pm

**Place:** Unitarian Universalist Fellowship of Harford County, 2515 Churchville Rd., Churchville, MD 21028

**Exchange:** \$30.00

November is Native American Month. We as a congregation have honored and incorporated the attunement practices of Native Americans for many, many years. We will be blessed this year with members of the Buffalo Trace Society coming in for a one-day retreat to teach us about the Medicine Wheel. Grandmother Fireheart, a Cherokee Metis teacher, will teach how this can help us with challenges in our lives and to reconnect to earth-based practices. Weather permitting, we will visit the medicine wheel that is on the grounds of UUFHC and we will have the opportunity to create a wheel of our own.

Circle of Stones A Day Around the Medicine Wheel with Grandmother Fireheart Native American Teacher and teachers of the Buffalo Trace Society. The day is dedicated to learning about a Native American Medicine Wheel and the Native American systems of attunement. The Medicine Wheel, created out of stones, helps to give you insights about yourself and your loved ones. The knowledge you gain from using the Medicine Wheel and the different attunement energies will enable you to overcome some of your personal blockages in your everyday life. The Wheel is based on earth-based astrology. You will learn how to create a Wheel, a basic understanding of how to utilize it and how to disassemble it. Grandmother Fireheart, a Cherokee Metis teacher, has studied the earth honoring traditions of both the old and new world for over 30 years. As a teacher and workshop leader, she is vitally interested in unleashing the potential for growth in each person. Fireheart works to rebuild peoples' connection to the circle of life by experiencing the Native Ways and philosophies of the Earth people. She has studied with many teachers and, with permission, is passing this information to others.

**Please contact** Beth Wood-Roig, [bwoodro1@gmail.com](mailto:bwoodro1@gmail.com) or Cindy Curry, [cindy.aka.mo@gmail.com](mailto:cindy.aka.mo@gmail.com) to register.



## **The Spring Overnight Retreat**

### **Save the date .....**

The Spring Overnight Retreat will be held at Bon Secours Retreat Center in Marriottsville, MD this year on Friday, 5/16 through Saturday, 5/17, with an option to continue in informal retreat another night, 5/17- 5/18, for those who are able to extend their retreat time. More information and registration details to follow later in the fall.