



# HIGHLIGHTS

Unitarian Universalist Church of Annapolis

Volume 58, Issue 3

March 2015

## Calling All Caregivers!

—Patricia Owen; from February 11 blog

**FACT:** More than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one.

**FACT:** The typical family caregiver is a 49-year-old woman caring for her widowed 69-year-old mother who does not live with her. She is married and employed. Approximately 66% of family caregivers are women. More than 37% have children or grandchildren under 18 years of age living with them.

**FACT:** 14% of family caregivers care for a special needs child with an estimated 16.8 million caring for special needs children under 18 years old. 55% of these caregivers are caring for their own children.

**FACT:** Stress of family caregiving for persons with dementia has been shown to impact a person's immune system for up to three years after their caregiving ends thus increasing their chances of developing a chronic illness themselves.

**FACT:** Nearly three quarters (72%) of family caregivers report not going to the doctor as often as they should and 55% say they skip doctor appointments for themselves. 63% of caregivers report having poor eating habits than non-caregivers and 58% indicate worse exercise habits than before caregiving responsibilities.

—*Caregiving in the United States; National Alliance for Caregiving in collaboration with AARP; November 2009*

I wanted to share some of the above facts with you, not only to serve as education, but to serve as an invitation. The fact is, there are more and more people among us who find themselves in the role of caregiver, and that number will continue to rise. And the most important fact is this – if you are a caregiver you know the facts all too well, and you know them from a very personal standpoint.

It is likely you someone whose identity is that of caregiver. Whether that role has been suddenly given to you or you have been caring for someone over a period of time, the stress of the role is undeniable. I am interested in starting a small group for caregivers here at UUCA, and want to invite you to contact me if you're interested. What do I mean by small group? Here are some parameters:

\*This group will meet at least once per month for up to two hours.

\*The group will develop a covenant of right relations.

\*The purpose is to allow participants to get to know others, share their stories, listen and support one another. It is important to note -

(con't)

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**Next Highlights Deadline:**

**March 15**

[highlights@uuannapolis.org](mailto:highlights@uuannapolis.org)

– this is not group therapy, nor is it a “resource driven” group. Together we work to build community amongst people who share this role, and develop relationships that support your personal journey

If you are a caregiver or know someone who is, please contact Patricia Owen; 410-266-8044 or [powen@uuannapolis.org](mailto:powen@uuannapolis.org). I will gather information from those interested, and we will go from there.

Peace y'all;

Patricia



**WHO WE ARE  
AND  
WHAT WE BELIEVE**

At the Unitarian Universalist Church of Annapolis, we are seekers of the truth.

We invite all persons of every faith, creed, culture and background to engage in a search for truth with us. We believe in the dignity and worth of every human being and in freedom of expression. We welcome and celebrate all people, be they straight, gay, lesbian, bisexual or transgender.

We are committed to this church as an institution, to social justice, to liberal religious exploration and education for all ages, to mutual caring and support, and to the value of diversity.

We strive to care about each other and the health of our community and the world. We are an environmentally sensitive, "green" community.

This church is a place of safety for each person's mind, body and spirit. Toward that end, we covenant to affirm and promote: Honesty and authenticity in our relationships; words that are supportive and caring, not belittling or demeaning; a welcoming and non-judgmental attitude; respect for each person's boundaries of mind, body and spirit; and listening to one another.

In order to serve the congregation and the greater community, we also strive to create an environment that challenges, inspires, encourages and supports the quest for religious fulfillment.

Please join us!

**UUCA All-Church Retreat at Camp Hashawha**

—Ted Hall

Each year my family looks forward to relaxing and rejuvenating at the All-Church Retreat. Life is so busy, it is important every once in a while to slow down and take a break. The retreat is our time to refill our souls and become centered; and the natural setting of Camp Hashawha has a way of eradicating stress and negative feelings about life.

The kids go fishing at the pond. All the adults wait on land while only a limited number of children go out on the floating platform (or it will take on water). My wife, Caryn, and I take this time to talk and be with each other as we watch the children figure out how to balance on the floating dock. Our son Jackson is able to stay still and calm, keeping his line from moving. He is quiet and seems to be more present than he normally is. For his patience he is rewarded with a fish. When he pulls in the fish, the reaction of the other children is to run over and see what he caught, but as soon as the boys and girls move toward Jackson the platform dips into the water. If too many of the kids move to one side or the other the platform tips and takes on water. It is not only a lesson in patience and self-control, but also a lesson in being aware of yourself and your surroundings.

After leaving the pond, my 8 year old daughter Carlana calls me over to look an interesting bird. As I kneel down next to her I realize I am able to focus on nothing but her... I look into her eyes and take in every word she says. I am not thinking about work or what we're going to have for lunch or what we're going to do next. It's just Carlana and me, and I listen to all she has to say with all of my heart. I don't know why I can't just live in the moment all the time, but I cherish this moment with Carlana.

I love the All-Church Retreat and look forward to our time at Hashawha every year. It brings all of us closer as a family and brings us closer to our UU family as a whole.

**2015 All-Church Retreat: April 24-26**

**\*Registration -Sunday, March 15 through April 5  
Registration packets will be available in the narthex.**

*\*There are only 100 spaces, so be sure to register early!*



**Contact: Vanessa Curtis; [ivytrail@hotmail.com](mailto:ivytrail@hotmail.com)**

### ***From the Sound Booth...***

Most members know that assisted listening devices are available at the sound booth for services. The devices are made by Siemens and the system consists of a small FM transmitter and portable radio receivers with earphones. Sound quality is poor, it's more than 20 years old, and Siemens no longer supports it. We should be thinking about upgrading to a modern system.

We're interested in knowing how many folks use hearing aids and whether those hearing aids have a Telecoil (or T-coil) built into them. We're considering installing an 'Inductive Loop' in the sanctuary to broadcast a signal to the T-coils, which would



give much improved sound quality and coverage in the room. The portable radios would be retired and replaced with T-coil receivers with headphones.

If you use hearing aids and have T-coils in them, or are interested in the idea, please contact Pete Peterson -- [jaguarpete@aol.com](mailto:jaguarpete@aol.com).

### **Building Expansion Exploratory Committee Update**

—Dianne Moreau

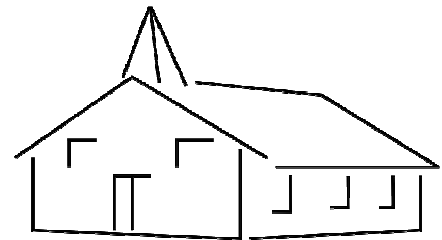


**Committee Members:** Rev. Fred Muir, Jan Sprinkel, Diane Ratcliff, Carol Denny, Craig Beyler, Dianne Moreau, Patti Patterson, Patricia Owen, and Paul Jorgensen.

Since our presentation at the congregational meeting last December, the Building Expansion Exploratory Committee has met on a bi-weekly basis. Some of our tasks have included:

- Review lessons learned from the 2000 renovation and revisit expansion plans from 1990. Set up meetings with the architects from those plans
- Tally and analyze the surveys submitted regarding the possible expansion ideas
- Analyze our current space usage to determine our current needs and what is needed in the near future
- Assess priority maintenance and beautification items, and create an estimated budget to meet them
- Made site visits to the UU churches at Cedar Lane, River Road and Arlington to tour their facilities and gather ideas from their experiences
- Plan an informational sharing meeting during Middle Hour on Sunday, March 29 for all interested members and friends
- Explore expansion options: extend present building, build attached chapel, refurbish/remove Fahs House

If you wish to share any thoughts or input, you can contact the committee at [beec@uuannapolis.org](mailto:beec@uuannapolis.org).



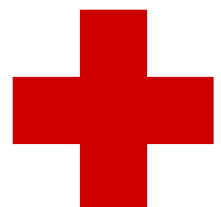
### **Hello Heroes!**

—Wendi Winters & Summerleigh Winters Geimer

That's what you are! Thank you to all of you who turned out Saturday, January 31 for the 14th Annual Wintertime Red Cross Blood Drive at UUCA. 30 generous people came out on Super Bowl Weekend to donate. Over half have ties to UUCA, the rest responded to Red Cross appeals. From the official count, it looks like 27 of those 30 people were able to donate... each of those 27 has potentially saved three lives.

As always, we deeply appreciate those who came to donate, even if you were unable at this time. If you were successful in donating on January 31, you will be eligible to donate again in 56 days – on March 28.

Again, thanks to all you “heroes”; and, mark your calendar - the next Blood Drive at UUCA is currently scheduled for Sunday, August 23!





**Sunday, March 1:**

**"Have We Lost Faith"  
Rev. Fred Muir**

What does the word "faith" conjure up in your mind? Strong will? Believing in what you can't see? A person with shallow or deep beliefs? Is it a particular way of believing? Have you a faith to lose? Oh, all the questions about faith! And yet the word is thrown around by everyone (including your ministers!). Join us this morning as we take a deep breath and jump into the pool of "faith".

Music by the UUCA Choir.

**Sunday, March 8:**

**"Hindu Trinity"  
Rev. John Crestwell**

The three major gods in Hinduism have something to teach about faith, hope, and love. If we embrace their guidance, we will get the essence and purpose of what life really is. Come hear more!

Music by LE Gomez, Ashley Fuchs, and Joshua Long.

**Sunday, March 15:**

**"A Courageous Faith"  
Rev. Susan Frederick-Gray  
Guest Minister**

Living our liberal faith invites us into spaces where courage is needed and hope is abundant. People often talk about living a life of faith. What is at the center of our faith and what does living our Unitarian Universalist faith look like?

Music by the UUCA Choir.

*The Rev. Susan Frederick-Gray is the Lead Minister of the UU Congregation of Phoenix. Susan has been leading voice for immigrant rights and led the Arizona Immigration Ministry in planning the UUA's 2012 Justice General Assembly in Phoenix. She is a lifelong UU and graduate of Harvard Divinity School.*

**Sunday, March 22:**

**"Detours & Potholes"  
Patricia Owen,  
Intern Minister**

When people say they have faith they will "get through this or that" what does that mean? Is faith relevant to us in 2015 and beyond? Do we need it? Do we want it? Let's explore together how we navigate the detours and potholes of our lives, and how faith can play a part.

Music by the Spirit Singers.

**Sunday, March 29:**

**"Apron Faith"  
Rev. Christina Leone Tracy**

Ours is an active, lived faith, not one that occurs only in our minds. What does this mean for our need to serve each other and the world? It's time to put on our aprons! Come learn more!

Music by Sara Jones.

*Podcasts of weekly sermons are available online at [www.uucamd.libsyn.com](http://www.uucamd.libsyn.com).*

**March AWAKE Services**

**March 1: F You & F This!** What if every time we wanted to say "F you", we could? Of course, the meaning of the "F word" might need to change a bit. Find out how we can add a little more "F" to our lives.

**March 8: Faith & the Walking Dead** Trying times test your faith. In the TV series, *The Walking Dead*, the trying times are exaggerated and drastic moral decisions must be made. Let's explore the connections between fiction and reality.

**March 15: Downton Abbey & Gratitude** The one thing about life in the Abbey is how courteous the residents are, even if at times they are cynical and sarcastic. The learning is that an attitude of gratitude is the most powerful display of right-relationship we have.

**March 22: Breaking Bad & Ethics** Described as a "modern-day morality tale", the TV series *Breaking Bad* throws ethical dilemmas at the main character each episode. What can we learn from his choices? Where would you draw the line?

**March 29: Masters of Sex** There are significant differences between an amateur, pro, and master; and those differences make all the difference!



**Potluck - 4:00 PM  
Worship - 4:30-6:00 PM**



## MIDDLE HOUR AT UUCA

*Rev. Christina Leone Tracy,  
Faith Development Minister*

### **Middle Hour Adult Offerings for March**

***Don't forget to set your clocks forward one hour on March 8!!***

**LIBRARY:** **"Going Deeper" discussions** take place each Sunday in the library unless otherwise noted. The discussion centers around themes from that day's sermon, but the discussion is fruitful whether you've already heard the sermon at 9:00, or if you are about to hear it at 11:15. Discussion led by the Worship Lay Minister.

#### **SANCTUARY:**

**March 1 - Emotional Literacy with Alethea Shiplett** - Come learn the skills to interact with others in a safe and supportive way, especially when we're different from one another (Intercultural Competency).

**March 8 - Board of Trustees** - Come here from your Board of Trustees about what they're working on, and they'll also be available for listening to you and your joys, needs, and concerns about our beloved UUCA community.

**March 15, 22 - Shape Note Singing with Betsy Kraning & Phil Tawes** - Come learn this two-century-old way of singing-- designed as a way of teaching notes and pitch to encourage community singing without complicated notation!

**March 29 - Building Expansion Conversation with Paul Jorgensen** - Come hear more about the plans being made for a proposed building expansion, from Paul and the committee doing that exploratory work. Give your ideas and feedback, too!

#### **R.E. SANCTUARY:**

**March 1 - Adult Neighboring Faiths with Linda Rhoads** - This week we'll have an introduction to the Sikh faith. You need no prior knowledge of the faith in discussion, just an open-mind to explore! PLEASE NOTE: There will be an optional visit to the Sikh Gurdwara on March 15. Please attend today if you intend to go to the Gurdwara.

**March 8, 15, 22, 29 - UU Humanism** - Your UUCA "UU Humanist" Group starts a 7-part series this month on the elements of UU Humanism, including naturalism, science, wonder, and UU values.

#### **YOUNG ROOM:**

**March 1, 8, 15 - James Luther Adams, Pt I with Darrel Nash** - Join Darrel in exploring the ideas and works of one of the greatest UU theological minds of our time. Some short readings and open discussion will happen during the class.

**March 22 - Our 7 Principles Discussion with Michael Willis** - Join Michael for this conversation on our 7 UU Principles and how we live them in our real lives.

**March 29 - Membership Ceremony** - This offering is closed to folks who are joining the church today, who have already attended the "Welcome to UUCA class."

#### **MacLEAN ROOM:**

**March 1 - Habitat for Humanity Information Session with Pat Fleeharty** - Come learn more about our upcoming interfaith home-build in Annapolis!

**March 8 - UU Legislative Ministry** - "Sick Leave Task Force" presentation by Melissa Broome of Working Matters, the lead coalition on this justice issue.

**March 15, 22 - Young Adult Group Meeting** - Led by Winters Geimer, this group will meet to hang out, discuss YA issues, and decide on non-Sunday activities! For ages 18-35 only.

## Endowment Fund Grant Proposal Request

—Al Pulsifer

UUCA's Endowment Fund Board is requesting proposals for projects that are consistent with Unitarian Universalist principles and that further the mission of UUCA. In general, the activities funded will be for "stand alone" projects that do not need continued funding.

The UUCA Endowment Board will evaluate applications. Areas of interest to the Board include: Health Care; International Issues of Social Justice and Gender Equality; At-risk Youth; and Housing & Homelessness.

Organizations or individuals may apply for grants in two size categories: Small grants (\$1000-\$3000) or Large grants (greater than \$3000). Large grants will be evaluated more extensively, and applicants must provide thorough documentation - described in the instructions for preparing a grant application.

Grant applications must be received no later than April 17, 2015.

For application instructions, contact Al Pulsifer; 410-626-1163 or [ajpulsifer@verizon.net](mailto:ajpulsifer@verizon.net).

### **VOLUNTEERS NEEDED!**

Many of you may be familiar with **The Center of Help** (Centro de Ayuda) a registered community non-profit that provides assistance and services to new citizens in the greater Annapolis area. The majority (but not all) of clients are Hispanic families and children from Central and South America. UUCA has a relationship with the Center; we have donated funds through outreach collections, and there are a few church members who volunteer at the Center teaching and mentoring both adults and children with their English language skills, homework assistance and citizenship preparation. The Center is looking for more volunteers to help with these services and other tasks at their office located at 1906 Forest Drive.

**You do not need to speak Spanish in order to help!** The staff are all bilingual and the children all speak English (their parents perhaps less so, but they want to improve their English and if you want to improve your Spanish, this is a great opportunity). If you can spare a few hours a month, contact Jorge Gonzales 410-295-3434 at the Center. UUCA contact: Anita Ramundo - [a\\_ramundo@yahoo.com](mailto:a_ramundo@yahoo.com)

## Death Café Spreads Through UU Churches With the Ease of Buttercream Frosting

—Phyllis Culham

Early last fall, UUCA's Mindfulness Practice Group got a call from a former sangha-friend, Rev. Daniel Gregoire, Christian Mindfulness practitioner, and former UUCA Intern Minister. As current Assistant Minister at the Unitarian Society of Germantown, PA, he wanted to ask if we'd consult with some members there with whom he was working to bring the international Death Café movement, headquartered in London, to the USG. Of course we were delighted to arrange for a subsequent call. USG now has a successful Death Café under its belt, with another scheduled for Thursday, March 12, and another already scheduled to follow that. As Rev. Gregoire noted recently, "I wish more people would talk about death and dying while we can talk about death and dying." USG's first Death Cake, pictured here, invites: "Let's eat cake and talk about Death."



Death Café operations are intended to enable people to "make the most of their finite lives" by living at ease with life's impermanence. International headquarters in London believes that cake is an unparalleled comfort while chatting about this challenging prospect.

We were thrilled again to learn that another Intern Minister alumna is bringing Death Café to the Unitarian Universalist Church of Idaho Falls, Idaho. Rev. Lyn Stangland Cameron prepared her congregation for its first Death Café (February 20) with an earlier January sermon in which she explained why she believes we ought to make safe spaces for talking about death in an American culture of denial.

Googling revealed some more UU Churches providing Death Cafes for their community: Mt. Diablo UU Church of Walnut Falls, CA; the UU Church of Long Beach, CA; the UU Fellowship of Fayetteville, AR; and the First Unitarian Church of Portland, OR. It's a clearly symbiotic relationship. Spiritual seekers and questioners are invited into UU churches. UU churches provide places for people to confront troubling issues and to find their own way without prescriptive ideology. It's a piece of cake--so let a thousand icing flowers bloom!



## 2014 Endowment Grants

—Al Pulsifer

The Endowment Board supported nine projects in 2014, totaling \$29,992. The projects consisted of the following:

- **Light House Shelter, Building Employment Success Training (B.E.S.T.) Catering Component, \$5000.** Funds provided for the B.E.S.T. Catering Program that allows people who are homeless, or in danger of becoming homeless, to gain the skills necessary to work in the hospitality industry.
- **United Nations Global Justice Committee, Empowering Women and Their Families: Start Your Business Training and Handwoven Handbag Training, \$2992.** Grant supported two training programs for women in the Philippines.
- **UULM-MD, Modernizing UULM-MD Communications for Growth and Effectiveness, \$5000.** Project to evaluate, enhance and integrate communication techniques leading to a comprehensive communication strategy for UULM-MD.
- **Creating Communities, Arts Ambassadors, \$3000.** Grant supported weekly sessions with 12 to 15 youth from low-income families who learned and practiced percussion, dance and vocal music.
- **YWCA of Annapolis & Anne Arundel County, Beds for Arden House Residents, \$5000.** Funds to purchase 10 mattress and box spring sets for Arden House, the only domestic violence emergency shelter in Anne Arundel County.
- **Hospice of the Chesapeake, Difficult Decisions: Talking with Children about Suicide Loss, \$3000.** Funds were used to design and print a handbook to help parents, teachers and other caregivers support children after a suicide loss.
- **SPAN, Inc. Recovery House Assistance Project, \$1500.** Funding provided to assist individuals entering into a recovery house program with the first week's rent or to assist with eviction prevention.
- **Carrie Kotcho, Grocery Reimbursement Fund for UUCA Light House Volunteers, \$1000.** Money is being used to reimburse church members for groceries when groups, or individuals, cannot afford to pay for them but are willing to serve the evening meal at the shelter.
- **Newtowne Community Development Corporation (Darrel Nash), Support for Homework Haven, \$3500.** Funds to operate Homework Haven, an after school program, which serves approximately 25 elementary school students from Woodside Gardens.

If you have any questions or are interested in donating to the Endowment Fund, contact Al Pulsifer; [ajpulsifer@verizon.net](mailto:ajpulsifer@verizon.net).

## Middle Hour in March Children & Youth

**Beginner RE:** stories about Spring, growth, & new life.

**Spirit Play I & II:** stories & play around the 6th "Indigo" Promise; "insist on a peaceful, fair, and free world" - "The Argument Sticks" (getting along).

**URUU:** Explorations of Faith - 'what do UUs believe about God?' and UU rituals, ceremonies, and celebrations.

**Neighboring Faiths:** Islam Integration; Sikh introduction & integration; introduction to Buddhism

**\*\*Sikh visit March 15 10:00 AM**

**OWL:** topics include Consent, Contraception, STI's, Sexual decision-making, Communicating

**COA:** working on Credo development; Boston orientation;

**\*\*March 1 - Food Drive**

**YRUU:** working on YRUU service (April 12); planning & serving Light House meal (March 14); **\*LepreCON March 15 (offsite)**

## Childcare in March During services for children ages 4-10 years

**March 1:** 9:00 AM– Storytelling with Pat Guyton & Betsy Kraning; 11:15 AM– Me, I'm Special with Michele Reese

**March 8:** Fun with Science with Winters Geimer

**March 15:** What Is God? with Rev. Christina Leone Tracy

**March 22:** Your Body with Dr. Kari Bichell & Dr. Jamie Harms

**March 29:** Air & Water with Don Patterson



# UPCOMING EVENTS

Visit our [online calendar](#) for more events and scheduling information.

**UU Humanists** will meet Monday, **March 2 & 16**, at 6:00 PM for a potluck in the narthex followed by a discussion of Steven Pinker's *Better Angels of Our Nature: Why Violence Has Declined*.

**Contact:** Cliff Andrew; [neurol@verizon.net](mailto:neurol@verizon.net).

**Emotional & Intercultural Competency Practice Group** meets Tuesday, **March 10**, 6:30 PM in the library. This is a donation-based group, to support AWAKE ministries. No childcare provided. Facilitated by AWAKE Life Coach Alethea Shiplett.

**Contact:** Ale' Shiplett; [feymeadowsfarm@gmail.com](mailto:feymeadowsfarm@gmail.com).

**Pot O' Gold Dance** - Saturday, **March 13**, 5:00 to 8:00 PM.

Fun, food, raffles, games, music & dancing for all ages! Wear your rainbow colors to celebrate our UUCA diversity and create the rainbow for the pot o' gold! Cost: Adults \$10; children \$5 (under 4 free) - max \$30/family.



**Contact** Rev. Christina - LOTS of volunteers needed! [cleonetracy@uuannapolis.org](mailto:cleonetracy@uuannapolis.org)

**Young Adults**- Great news! Young Adults (ages 18-32) are now meeting for "Coffee & Conversation" during Middle Hour! Join us Sunday, **March 15 & 22**, 10:10 AM, in the MacLean room (downstairs; formerly the 'purple cow' room).

**Contact:** Winters Geimer; [wlgeimer@gmail.com](mailto:wlgeimer@gmail.com). [Connect with Young Adults on Facebook.](#)



The **Book Club** meets Tuesday, **March 17**, at 7:00 PM when we will be discussing *All the Light We Cannot See* by Anthony Doer. All are welcome even if you haven't finished the book.

**\*Due to inclement weather, we did not meet in February.**

**Contact:** Jean Gruber; [grubers@netzero.com](mailto:grubers@netzero.com).

**"Peace & Justice" Gospel Concert** - Saturday, **March 21**, 6:30 PM. An evening of music, dance, poetry - all focused on the theme of peace and justice. No cost; freewill offering only.

**Contact** Betsy Kraning; [bkraning@uuannapolis.org](mailto:bkraning@uuannapolis.org).



**"Fourth Fridays" Concert Series** - Join us for *Sonatas & Interludes* on Friday, **March 27**, at 8:00 PM. A tribute to the music of John Cage by concert pianist Eliza Garth. Tickets \$15 (at the door only) or purchase a \$60 series ticket good for five performances.

**Outdoor Club** - Saturday, **March 28**, we'll meet at the Park & Ride (I-97 & Benfield Rd) at 9:00 AM to carpool to Monocacy National Battlefield in Frederick, MD.

**Contact:** Eloise Hoyt, [eloisehoyt@verizon.net](mailto:eloisehoyt@verizon.net).

## Save the Date:

"Building A New Way" is the theme for the UUA's **General Assembly** to be held in Portland, OR, **June 24-28**. If you are interested in attending as a UUCA delegate, alternate delegate, or just for fun, now is the time to begin planning! Contact [Rev. Fred Muir](#) if you plan to attend; and, visit [www.uua.org/ga](http://www.uua.org/ga) for more information.

## Camp Beagle Registration Now Open!

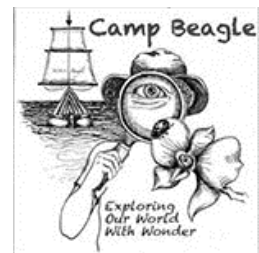
Stop by our table in the narthex to pick up a hard copy of the registration forms, or register online!

**Camper Registration:** [tinyurl.com/BeagleCampers](http://tinyurl.com/BeagleCampers)

**Volunteer Registration:** [tinyurl.com/BeagleVolunteers](http://tinyurl.com/BeagleVolunteers)

For camp to be a success, we need many volunteers! Please sign up and do your part!

**Camp Week: July 13-17**





# March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 8:30 AM Intro to Mindfulness 9:00 AM Worship/CC 10:10 AM Middle Hour 11:15 AM Worship/CC 4:00 PM AWAKE Worship	2 6:00 PM UU Humanists	3 12:00 PM Video Discussion Group	4 7:30 PM Choir Rehearsal	5 7:00 PM Mindfulness Practice Group	6 7:00 PM Full Moon Celebration	7
8 <b>Daylight Savings</b> 8:30 AM Intro to Mindfulness 9:00 AM Worship/CC 10:10 AM Middle Hour 11:15 AM Worship/CC 4:00 PM AWAKE Worship	9 7:00 PM Welcome to UUCA Class 7:30 PM Drum Circle	10 12:00 PM Video Discussion Group 6:30 PM EL/IC Workshop	11 7:30 PM Choir Rehearsal	12 7:00 PM Mindfulness Practice Group	13 5:00 PM Pot O' Gold Dance	14
15 8:30 AM Intro to Mindfulness 9:00 AM Worship/CC 10:10 AM Middle Hour 11:15 AM Worship/CC 4:00 PM AWAKE Worship	16 7:00 PM Welcome to UUCA Class 6:00 PM UU Humanists	17 12:00 PM Video Discussion Group 7:00 PM Book Club	18 7:30 PM Choir Rehearsal	19 7:00 PM Mindfulness Practice Group	20 7:30 PM Bridge Club	21 6:30 PM Gospel Concert
22 8:30 AM Intro to Mindfulness 9:00 AM Worship/CC 10:10 AM Middle Hour 11:15 AM Worship/CC 4:00 PM AWAKE Worship	23 7:00 PM Welcome to UUCA Class	24 12:00 PM Video Discussion Group 7:30 PM Drum Circle	25 7:30 PM Choir Rehearsal	26 7:00 PM Mindfulness Practice Group	27 8:00 PM Fourth Friday Concert	28 9:00 AM Outdoor Club
29 8:30 AM Intro to Mindfulness 9:00 AM Worship/CC 10:10 AM Middle Hour 11:15 AM Worship/CC 4:00 PM AWAKE Worship	30	31 12:00 PM Video Discussion Group				



## MUSIC NOTES

Betsy Kraning, Music Director

### **UUCA Musical Staff:**

Peter Jacobson, UUCA Choir Director

Sara Jones, UUCA Choir Accompanist

Joshua Long, Spirit Singers & AWAKE Music Ministries Professional

### **Children in Music at UUCA**

This year we have been focusing on how to involve children in music at UUCA, both through childcare or RE classes as well as in Sunday services. This is a work in progress, so if you have any suggestions, we'd love to hear them!

Currently we have "Joy of the Arts" during the 9:00 AM childcare session once a month. So far, the children have experienced singing, dancing, drumming, story-telling, and music appreciation. We are striving toward having the children participate in a Sunday service this spring. In addition, parents and children are welcome to join the Spirit Singers for their once-a-month rehearsal on Friday evenings from 6:00 to 7:30 PM. So far the children have sung with the choir, sung solos, played percussion instruments, and played handbells with the Spirit Singers. We would love to have more children join the Spirit Singers! Rehearsal dates are the following Fridays: March 20, April 24, and May 15. The choir then sings on the following Sundays: March 22, April 26, and May 17.

Let's work together to let our children's voices be heard! Singing is a way to build community and bring us all together. Come join me!

Betsy Kraning  
Music Director



### **ORDER OF SERVICE COVER CONTEST**

**Calling all artists!  
Adults! Youth! Children!**

We want **YOU** to design the order of service cover for April!

Depict what "Transformation" means to you, and turn the entry form into the office by **March 29**. Winning art will be displayed on the cover for the entire month. Entry forms are located in the narthex and in *In the Know*.

### **SHARE-THE-PLATE COLLECTION**

So far, the **February** Share-the-Plate raised \$620 to benefit **UULM-MD**. ***Due to the cancellation of Sunday services on February 15 & 22, we will extend the UULM-MD collection to include March 1.***

The Share-the-Plate recipient for the **last four Sundays in March** will be the **Arundel House of Hope**, an ecumenical organization in Glen Burnie that provides emergency, transitional, and affordable permanent housing, along with support services. Programs include Winter Relief, Resource and Day Center, "housing first" for the disabled and chronically homeless, free health care, the Doughy Dog social enterprise, transitional housing for vets, and a community recovery center. Homelessness does not mean hopelessness! Visit [www.arundelhoh.org](http://www.arundelhoh.org).

Every Sunday, the plate collection will be divided evenly between the chosen recipient and UUCA's operating budget. Therefore, **if you place a check in the offering plate, you must indicate pledge or outreach on the memo line**. If a check is without notation, it will automatically be applied to the plate share. Once the funds have been transferred to the charity, your contribution cannot be reallocated to your pledge. Thank you for your generosity. If you have any questions about Share-the-Plate charities, contact Diane Goforth; [dsgoforth@aol.com](mailto:dsgoforth@aol.com); for questions about Share-the-Plate policies, contact the Church Office; [mreese@uuannapolis.org](mailto:mreese@uuannapolis.org).



## ONGOING EVENTS

**Amnesty International:** The Annapolis Chapter of Amnesty International meets on the second Sunday of each month at 1:00 PM in the Emerson Room of the Fahs House. All are invited, especially members of the UUCA congregation who believe that one person can make a difference. Come check us out.

**Book Club:** meets on the third Tuesday of each month at 7:00 PM in the church library. Contact Jean Gruber 410-216-9575 .

**Bridge Club:** meets the third Friday each month at 7:30 PM in the Emerson Room of the Fahs House. Contact Anne Hays for information; [annehays1933@gmail.com](mailto:annehays1933@gmail.com).

**Full Circle:** meets monthly at 7:00 PM on the Friday night closest to the full moon. An experiential earth-based celebration open to all women over age 18. Contact Jodi Delaney; [jodimonkey@verizon.net](mailto:jodimonkey@verizon.net).

**Gallery at 333:** The Gallery at 333 is open Mon.-Thurs. from 10:00 AM to 3:00 PM and Sundays from 10:00 AM to 12:00 PM. Contact Debbie Boudra; [dancindebart@comcast.net](mailto:dancindebart@comcast.net).

**GLBTQ Group:** If you identify as gay, lesbian, bisexual, transgender, queer, or questioning join us for fun, fellowship, and advocacy. Contact Marie; [balanceseeker@comcast.net](mailto:balanceseeker@comcast.net).

**Introduction to Mindfulness and Meditation:** Beginner-friendly session every Sunday at 8:30 AM in the Emerson Room. For those who want to learn the basics of meditation and those who just want another opportunity to practice with a group. Contact Phyllis Culham at [mpg@uuannapolis.org](mailto:mpg@uuannapolis.org).

**Light House Shelter Meals:** If you are interested in helping with meals for the Shelter, contact Carrie Kotcho; 410-451-1844; [ckotcho@verizon.net](mailto:ckotcho@verizon.net).

**Mindfulness Practice Group:** meets every Thursday in the sanctuary at 7:00 PM for meditation and dharma discussion. Contact Phyllis Culham at [mpg@uuannapolis.org](mailto:mpg@uuannapolis.org).

**Nifty Fifties +:** A social group for seniors, that meets periodically for dinners, game nights, and other outings. Contact Claire Morgen at [cfriday@aol.com](mailto:cfriday@aol.com).

**Partner Church Ministry:** Based upon our common religious principles and ideals, this multigenerational group develops and sustains a relationship between UUCA and the communities of our partner congregations in Transylvania; the Unitarian Church of Homorodalmas (Almas) and the Unitarian Church of Rava. Contact Heather Millar; [heathermillar@gmail.com](mailto:heathermillar@gmail.com).

**Spirit Singers** Open to all musicians! Led by co-directors Betsy Kraning and Josh Long, this group provides diverse, intergenerational, multicultural, contemporary music once a month for worship services. Contact Betsy Kraning, Music Director at [bkraning@uuannapolis.org](mailto:bkraning@uuannapolis.org).

**The Tuesday Noon Brown Bag Lunch & Video Discussion Group:** Meets weekly mid-September through May in the narthex. Bring your lunch to eat during the half-hour social time, watch the half-hour *Religion and Ethics* video and join in the half-hour of discussion afterward until 1:30 PM. All are welcome. Led by the intern minister. Contact Phil Tawes; [pwtawes@aol.com](mailto:pwtawes@aol.com).

**Young Adults:** A social group for adults in the "twenty-something" age bracket. Contact Winters Geimer if you are interested; [wgeimer@gmail.com](mailto:wgeimer@gmail.com).

**UUCA Choir:** meets every Wednesday at 7:30 PM early September through May. New members are welcome. Contact Betsy Kraning; [bkraning@uuannapolis.org](mailto:bkraning@uuannapolis.org).

**UUCA Community Drum Circle:** Looking to connect with others in a spiritual yet visceral way? Try the Drum Circle! No musical experience necessary. Meets on the second Monday in the sanctuary and the fourth Tuesday in the Angebrannt room. Both sessions begin at 7:30 PM. Contact Jim Langston at [jimlaauu@gmail.com](mailto:jimlaauu@gmail.com).

**UU Legislative Ministry of MD (UULM-MD):** UULM-MD is a statewide advocacy network comprised of individual members and affiliated UU congregations. UULM-MD provides a voice in legislative action for UU values, principles and traditions. UUCA provides leadership, resources and support to UULM-MD. Email [info@uulmmd.org](mailto:info@uulmmd.org) or call 410-266-8044, ext. 111.

**UUCA Outdoor Club:** Weather permitting, this club meets monthly for an outdoor excursion. Contact Eloise Hoyt at 410-768-4932 or [eloisehoyt@verizon.net](mailto:eloisehoyt@verizon.net).

**UU Humanists:** Naturalism-Science-Reason-Wonder-Compassion-Community-Respect. Book discussions and film viewings as announced. Meets the 1st and 3rd Monday of the month at 6:45 PM in the sanctuary. Contact Cliff Andrew at 410-404-7170 or [neurol@verizon.net](mailto:neurol@verizon.net).

**UUCA UN Global Justice Committee:** Inspired by UU principles, this group is committed to peace, freedom and environmental responsibility and to social, civil, and economic justice. Contact Betty Crowley at 410-897-9417 for locations and times.





# HIGHLIGHTS

Unitarian Universalist Church of Annapolis  
333 Dubois Rd. Annapolis MD 21401-2123

*Return Service Requested*

Dated Material; Please deliver by 2/28/15

Next Issue Deadline: 3/15/15

Next Mailing: 3/24/15

## PROFESSIONAL, PROGRAM, AND CHURCH STAFF

**Church Office Hours:**  
**Monday -Thursday 9:00 AM to 3:00 PM; Sunday 9:00 AM to 12:00 PM**  
**Closed Friday and Saturday**  
**Phone: 410-266-8044 Fax: 410-266-6910**  
[www.uuannapolis.org](http://www.uuannapolis.org)

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