



# HIGHLIGHTS

Unitarian Universalist Church of Annapolis

Volume 59, Issue 2

February 2016

## Costco & the Seven Principles—Revisited

—*blog post by Hannah Roberts Villnave*

Back in November I confessed to you all about my struggles living up to the highest aspirations of our Unitarian Universalist faith in that most trying of places — Costco on a Saturday. As promised, throughout Advent I took extra care to be mindful in the places and situations that tended to bring out selfishness. ...So, without further ado, here are my three lessons from my Advent practice:

**Inconvenience Won't Kill You (Unless You Let It)** I credit every minute I spent in a parking lot during Advent with the learning of this lesson. There is just something special about a parking lot or parking structure in mid-December, don't you think? People cutting you off, people not looking before they back out of a space, people practicing for their career as an amateur Nascar driver . . . such a variety of inconvenient behavior! It was easy for me to start participating in all of it -honking my horn, driving too fast, and jockeying for spaces. But this Advent reminded me that inconvenience is not going to kill me! If it takes 10 extra minutes to get groceries, that's actually quite small in the grand scheme of life. Inconveniences only take over our lives if we forget to have some perspective.

**Kindness Grows** This second lesson came from a middle seat on a long holiday flight. I ended up in a middle seat at the back of the plane, and I could feel myself starting to get disgruntled. And it turned out that the aisle seat was occupied by a father and his toddler... But I remembered my Advent practice. And then I remembered that our UU Principles call us to build community and act with compassion (pesky Principles). And I saw how tired the parent next to me looked. And so I made the choice that I would do my best to respond with kindness. While that was not always easy, every time I handed back a dropped shoe or doll or sock (or errant foot that found its way over the armrest), I did it with a smile and a shrug. As a result, I got to spend my flight exchanging positive energy with my fellow passengers. Kindness, however small, grows.

**Get Convicted** This third lesson came from lots of places, but mostly from observing the Black Lives Matter protests on Christmas Eve. Protesters shut down access to terminals at airports in Minneapolis-St. Paul and San Francisco. My very first thought upon seeing the news coverage was, "Phew, I'm glad I'm not traveling there today." And then I realized what a selfish gut reaction that was. I believe that the Black Lives Matter movement is crucial to our country's future.

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**Next Highlights Deadline:**  
**February 15**

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We need to address racism within our law enforcement and criminal justice systems. Systemic racism "interrupts" the lives of people of color - particularly Black people - every day in our country. Acknowledging my own first reaction to the protests really convicted me, really reminded me of how I can always be doing better to align my life with my highest values.

With the dawn of 2016, I'll be doing my best to put inconvenience in perspective, grow my kindness, and get convicted about living out my highest values. May 2016 bring us all lots of opportunities to live our Unitarian Universalist Principles!



**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!

**Want to Go to Prison?**

—Alethea Shiplett

One of the most powerful and life-changing programs of AWAKE Ministries is the prison ministry. Two teams enter the men’s medium security prison in Jessup, MD each week:

*“Houses of Healing”* -Tuesday nights; lead facilitator – Terri Werner

*“Non-Violent Communication”* –Wednesday nights; lead facilitator – Alethea Shiplett

These two programs offer healing and wholeness, stress management and communication skills to men who are interested in learning and healing. Many who take the class eventually become co-facilitators with the prison ministry team. They serve as peer allies to fellow inmates struggling with more effective ways to resolve conflict and heal broken relationships – within themselves, with others in the prison, and with family members on the outside.

We, as team members who go into the prison to meet with these men, acknowledge that, while we know our efforts are appreciated and make an impact, we ourselves experience personal transformation that comes with connecting with those whose lives and stories, challenges and struggles are so hidden from most of us. And the lessons of compassion, empathy and presence are priceless as we are confronted with the fact that there is very little we can do, but that showing up can have a profound impact on someone in prison.

I personally chose to join the prison ministry to discover how I – an old, white lady of immense privilege – could possibly be received, and make connection with, men whose lives were so different from mine in so many unfathomable ways. What would they think of me? What could I possibly have to offer? Turns out, just showing up, listening, being present, is one of the greatest gifts. My first year, a gentleman said to me, “Wednesday night is the only time during the week, for one hour, that I feel like a normal person.” Showing up once a week so that someone can feel like a normal person is what drives me now to keep going. To have a chance to think, to sit in a quiet space, to look someone in the eyes – to feel human, to feel accepted, to feel safe. To see lives and relationships transformed. To see someone excited that his wife noticed the change in his communication with her. To hear how one man shares how others see him in such a profoundly new way that he can’t believe it’s really true! This is what keeps me in this work.

There are so many profound and moving moments with each class we facilitate. Consider opening yourself to wonder what it might be if you went into a prison every week, sat with 15-20 men, listened, shared, laughed and cared. If you’d like to wonder about this more deeply, please connect with me or Terri on Sunday morning, or by email at [feymeadowsfarm@gmail.com](mailto:feymeadowsfarm@gmail.com).

While it is easy to say: “We need you!” might it also be that you are ready for this step in your own spiritual journey?



## Why Folks Leave - from the December 13 Open Board Session

—Alethea Shiplett

The Board of Trustees held an Open Session during Middle Hour on December 13. Last month's *Highlights* listed concerns or questions that were brought to the board during that session (See *Highlights* January ). In this article, I'd like to address two items from that list.

\*It has been reported that 61 people have not pledged. Why do people leave UUCA?

\*I have been a fan of Unitarian Universalism for a long time and have participated in other UU congregations. I am new to this congregation. What an organization looks like attracts people; what it does in practice is what it really is and that is what keeps people coming back or gives them an excuse to leave.

As time marches on, change happens in the church. It is tempting to link certain changes to certain outcomes. The Board also wondered about the cause and effect of change and folks leaving the church. And so we recently inquired into what examination, if any, was conducted by the staff into why people leave the church. While I can recount here what was reported to the Board by the head of staff (Rev. Muir), it is important to understand that this is as complex and difficult to assess as people are. The lives of our members are diverse. And the decisions they make as they navigate their needs, their families' needs, their economic and spiritual needs are likewise varied.

We were told that sometimes they answer our inquiries and sometimes they don't. Sometimes they communicate clearly why they are leaving, and sometimes they just disappear. Additionally, we discovered that the trend for turnover in the churches is about 25% every 3-5 years. This means that most churches, across all denominations in the US, are experiencing this turnover - whether the reason is mobility in our society, economics, changing needs and interests, retirement or the myriad other reasons folks leave. And that every 10 years, half the congregation is made up of new folks.

Feedback from our staff validates that there are many reasons why folks leave UUCA. And why they let their pledges drop, and thereby their membership. And it stands to reason that change within a church family can be uncomfortable or unwelcome for some. Although we'd like to believe otherwise, this is not the church for everybody. We struggle to stay engaged with our brothers and sisters in our church family, to navigate change together. Yet we must honor a choice of conscience when someone's needs are no longer being met at UUCA.

With this complexity in mind, attempts are made by staff to reach out to members who leave or who let their membership drop. These efforts are initialized IF:

\*Someone on the staff becomes aware that someone has left;

\*No clear communication has been given as to why they have left or let their membership drop;

\*The status of their membership comes into question.

These attempts are made throughout the year, and are made by phone and email. Sometimes there is a response to these attempts. Many times there are not. While we cannot resolve every individual's needs that may lead them to leave UUCA, we are called by our commitment to Beloved Community to listen deeply, compassionately and with attention to another's feelings and needs that are being expressed. Each of us can commit to stay in touch, reach out, and be present to one another. This is not solely the responsibility of our overworked church staff. This is our work, as a church family. We are the church.

## Middle Hour for Adults - February

### February 7

**Going Deeper Discussion** - This session, led by our Worship Lay Minister each Sunday, delves into the themes of the day's service, and how those themes play out in your own life. Great conversation, even if you haven't heard the service yet-- a preview of what's to come!

**Knitting** - Knitting basics with Ginger Parsons & Guinn Sherlock

**The Poetry of Alice Walker** - led by Phyllis Culham

**Inquirers Series** - This series of 8 classes is for newcomers, folks interested in joining the church as a member, and long-timers who want to refresh their knowledge and understanding of the church. Today's session is #2, **History & Principles**, led by Hannah Roberts Villnave.

**Criminal Justice Issues** - with Candy Clark and the Criminal Justice task force.

### February 14

**Going Deeper Discussion**

**Knitting, Part II**

**The Poetry of Alice Walker** - led by Phyllis Culham

**Inquirers Series** - #4 **Faith Development** with Rev. Christina & Elise Berrocal.

**4th Principle Practice Group** - led by Gwen Schindler

### February 21

**Going Deeper Discussion**

**Vocal Technique** - with UUCA Choir Director Peter Jacobson.

**African American History 101** - with Rev. John

**Inquirers Series - Campus Tour & Orientation** with Susan Eckert.

**Haiku** - with Bob Ertman

### February 28

**Going Deeper Discussion**

**Vocal Technique** - with UUCA Choir Director Peter Jacobson.

**"Inquirers" Series - Campus Tour & Orientation** with Susan Eckert.

**African American History 101** - with Rev. John

**Emotional Literacy Skills** - with Alethea Shiplett

*This month we will begin using the MacLean room, which is located on the lower level, in the middle of the hallway.*



## SHARE-THE-PLATE COLLECTION

The **December** Share-the-Plate raised a total of \$1,470.00 for the Anne Arundel Conflict Resolution Center. The amount for January's collection will be reported in the next issue.

The Share-the-Plate recipient for **February** is the **UU Legislative Ministry of Maryland** (UULM-MD), an education and advocacy network providing a voice for UU principles and traditions.

Recommended Priority Issues in 2016 include: renewing the Greenhouse Gas Reduction Act and increasing the amount of clean energy available to Marylanders; continuing the moratorium on fracking; reform of the criminal justice system and increasing police accountability; establishing a framework for paid sick leave; and providing for end-of-life options.

For further information, contact Jan Bird, Betty McGarvie Crowley or Margery Knight at [info@uulmmd.org](mailto:info@uulmmd.org), visit the table in the narthex, or our website, [www.uulmmd.org](http://www.uulmmd.org).

Follow the latest information at [www.facebook.com/uulmmd](http://www.facebook.com/uulmmd) or [www.twitter.com/uulmmd](http://www.twitter.com/uulmmd).

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.



## UU Presence Throughout Interfaith New Year—Interfaith ‘R Us!

—Bob Ertman

UU’s led off both the 6:30 PM concert phase and the 7:00 worship service of the 7th Annual Greater Annapolis Interfaith New Year’s Eve Service on December 31, at Eastport United Methodist Church. UUCA’s Director of Contemporary Music, Josh Long, accompanied the AWAKE Singers (including Rev. John T. Crestwell, Jr.) & Band in a performance of his own composition *Mystery*, which had won Akademia’s Best Contemporary Christian Song Award for 2015. AWAKE then handed the concert off to UUCA member Max Ochs back by popular demand to perform the rousing, interfaith *All Souls Welcome Here*.

Most had gathered for the concert, but by the time all were seated for the service nearly 240 people filled the sanctuary, a remarkable increase over last year’s 180. Host EUMC had assembled a program of over a dozen varied presenters besides the UUs mentioned here as well as offering performances by their Heavenly Bells. UUCA member Liz Vanden Heuvel, a tireless worker for GAIN year round, spoke the opening words of the service in welcome, followed by her GAIN co-chair Sandra Solomon. Two beautiful gems framed the service: the chanted call to prayer by Samar Ismail of the Islamic Society of Annapolis and the final call of the shofar, blown by Rabbi Moshe Shualy to call the deity’s attention to the prayers offered in the service.



Max Ochs performs.

Between Liz’s welcome and the shofar, more UUs took the stage. Max Ochs returned to lead *When All Thy Names Are One*, and the AWAKE Singers & Band offered their cover of *Lean On Me*. The seven “cantors” of UUCA’s Mindfulness Practice Group, including UUCA members Lois Fussell (with the hand bell,) Wayman Fussell, Phyllis Culham (on the large bell,) and Bob Ertman (on the mokugyo, the Zen wooden drum) did excerpts of two bell chants from different schools of Zen. UUCA member Candy Clark represented the Maryland Alliance for Justice Reform in leading one of the final prayers, *Prayer*

*for Peace and Justice*.

A non-alcoholic reception followed, to which the Mindfulness Practice Group had contributed two highly popular salad sandwich platters on behalf of all the UU personnel hosting in the service. Talk heard at the reception: “We only had this idea seven years ago and started with just forty people there—I cried with happiness to see this multicultural turnout tonight!” “It was electrifying to hear all the very different chants, the Arabic call to prayer, the 23d Psalm in Hebrew, the suras from the Quran in Arabic, the Buddhist chants framed with the bells and silence. I will never forget that.” “This makes me want to learn more, much more about Islam.” “Where did you get the sandwiches?”

From the  
UUCA LIBRARY



### *Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder* [by Richard Louv]

—Pat Fleeaharty

The UUCA library has recently acquired the book, *Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder*. This book was a groundbreaking work, in which the term, *nature-deficit disorder*, was coined and used to describe today’s lack of connection with the natural world, particularly experienced by children and those trapped in offices for great lengths of time. The author, Richard Louv, posits that this deficit has led to both individual and societal conditions, among which are ADHD, obesity, and depression. Mr. Louv brilliantly and interestingly describes our society’s current alienation from the natural world and where it has led us.

From there, he provides effective solutions to the problem and describes, with well documented research, how those solutions can lead to improved physical, emotional, intellectual, and spiritual health and growth.

I found this book to be one of the most inspiring and life-changing books I have ever read. It led me to me begin channeling my career-life in a new direction, which has brought me some of the most meaningful experiences of my life.

I highly recommend the book to anyone who shares an interest in nature, education, mental health, and child development.



SUNDAY WORSHIP  
AT UUCA

The theme for this season is:  
**LOVE**

**Sunday, February 7:**

**“And Then Came Darwin”**

**Rev. Fred Muir**

The ideas of Charles Darwin changed everything. They continue to challenge us in new and exciting ways. On our annual Darwin Sunday let's explore the understandings and misunderstandings of what he started.

Music by the UUCA Choir.

**Sunday, February 14:**

**“Big Orange Church”**

Join us as we celebrate our season of love, and our love of beauty, diversity, and free expression! Today's service will be fun and meaningful for all ages... **No childcare**; children will stay with families in the sanctuary. RE and Middle Hour will happen like usual at 10:10.

Music by Sara Jones.

**Sunday, February 21:**

**“Drops of Water”**

**Hannah Roberts Villnave,  
Intern Minister**

Sometimes our individual efforts to build a more just world can feel disconnected and disjointed. How can we feel less like a single drop and more like part of a mighty ocean? Come join us as we explore that question, with music from our UUCA choir!

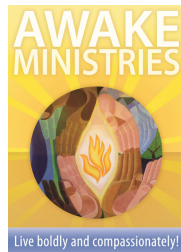
**Sunday, February 28:**

**“Awakening Love, Part II”**

**Rev. John Crestwell**

Let's talk more about love, relationships, sex, romance, and how to keep a happy home. This is an AWAKE-style worship led by Rev. John.

Music by the Spirit Singers



**AWAKE Worship  
Sunday, February 14**

**4:00 PM - Potluck  
4:45 PM - Worship**

AWAKE joins with the "Intender's Circle" to form a new format for small group worship.

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

**Year-End Appeal Raises  
\$14,935!**

We are deeply grateful to the 59 households that contributed to the 2015 Year-End Appeal. Through their generosity we exceeded our budget goal of \$10,000 for this fundraiser. We thank them for their support and commitment to give generously, especially at the holiday time of year, which calls on higher ideals of love, mercy, and hope.

**A la Carte!**

—Lisa Fleeharty

Watch for the UUCA library cart, which will be located in the narthex during Middle Hour. This will give church-goers access to some of the library selections, while the actual library is in use for Middle Hour sessions.





## UPCOMING EVENTS

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

**UU Humanists** celebrate Charles Darwin's *Origin of the Species* on Monday, **February 1, 15 & 29**. Rev. Muir will join us on February 15. Potluck at 6:00 PM, discussion at 7:00 PM. Also, join us for our annual "Tip a Pint to Charlie" on Friday, **February 12**; 8:00 PM at Middleton Tavern (downtown Annapolis). **Contact:** Cliff Andrew; [neurol@verizon.net](mailto:neurol@verizon.net). **POLO** (Parents of Little Ones) will gather for a potluck and discussion on Sunday, **February 7**, following the second service. Childcare will be provided.

**Contact:** Julie Burman; [julieinch@yahoo.com](mailto:julieinch@yahoo.com).

**Meet the Artist Reception**— Gallery 333 presents the works of Evelyn Kaczmar and Parie Willis, along with the hand-blown glass creations of Barbara Victor. Come meet the artists on Sunday, **February 14**, after the second service.

**Contact:** Deb Boudra; [dancindebart@comcast.net](mailto:dancindebart@comcast.net).

The **Church Office will be CLOSED** on Monday, **February 15** in observance of President's Day. We will re-open on Tuesday at 9:00 AM.

**The Book Club** has changed its meeting time: Tuesday, **February 16** at **10:00 AM**. We will discuss *The Bastard of Istanbul* by Elif Shafak.

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

**Fourth Friday Concerts** will continue on Friday, **February 26**, at 8:00 PM with **Strata**, an acclaimed trio of Nathan

Williams (clarinet), James Stern (violin/viola) and Audrey Andrist (piano). They will present works by Max Bruch and Gian Carlo Menotti, along with new works by Libby Larsen (a world premier) and Dana Wilson. The repertoire combines music of the past with an ever-growing body of new works. "Deft ensemble playing" and "talent... that's worth getting worked up about" according to the *Washington Post*. Tickets \$15 at the door only, or purchase a series ticket for \$60 (five admissions). *In the event of inclement weather, a decision will be made by 3:00 PM and posted on UUCA's homepage.*

### **SNOW DATE—RESCHEDULED FROM JANUARY 23:**

**UULM-MD Annual Meeting - Faith Speaks: Justice Now for All!** with keynote speaker Paula Cole Jones. **Re-scheduled** for Saturday, **February 6**, 8:30 AM to 1:30 PM. Join UU activists from across the state as we discuss issues of interest to Maryland UUs, how these issues are interrelated and plan for the 2016 Session of the Maryland General Assembly. Participate in advocacy training; develop the faith aspects of your advocacy; increase the voices for liberal religious values in Maryland. Help us better coordinate the efforts of congregations across the state and more effectively involve our ministers, youth and young adults. [Register here](#) or at the door. **Contact:** [info@uulmmd.org](mailto:info@uulmmd.org).

### **PLEASE NOTE the following schedule changes:**

The **Outdoor Club** is on hiatus for an undetermined amount of time.

### **Camp Beagle Registration Opens February 14**

UUCA's fun-filled Camp Beagle encourages adventurers from 4-13 years old to question, explore and discover the interconnectedness of our earth.

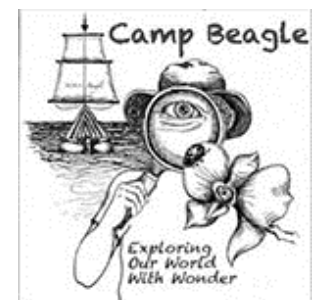
**Camp Dates:** Monday, **July 11** through Friday, **July 15**

**Cost:** \$120 per camper; \$50 deposit required. Scholarships available.

For the first month of registration, priority is given to families in which one adult can volunteer for the whole week of camp, followed by families registered for UUCA's RE program. Afterward, forms are accepted on a first-come, first-served basis.

**Contact:** Elise Berrrocal; [eberrocal@uuannapolis.org](mailto:eberrocal@uuannapolis.org).

*Watch for registration forms coming soon!*



# February

2016

| Sun  | Mon                  | Tue   | Wed                     | Thu                                | Fri   | Sat                            |       |   |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
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|  | 6:00 PM UU Humanists | 12:00 PM Lunch & Video Discussion                       | 7:00 PM Choir Rehearsal | 7:00 PM Mindfulness Practice Group |   | 8:30 AM UULM-MD Annual Meeting |       |   |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
| 7  | 1                    | 2   | 3                       | 4                                  | 5   | 6                              |       |   |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
| 8:30 AM Intro to Mindfulness<br>9:00 AM Worship/CC<br>10:10 AM Middle Hour<br>11:15 AM Worship/CC<br>12:30 PM P.O. Potluck |                      | 12:00 PM Lunch & Video Discussion                       | 7:00 PM Choir Rehearsal | 7:00 PM Mindfulness Practice Group |   |                                |       |   |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
| 14   | 15                   | 16  | 17                      | 18                                 | 19  | 20                             |       |   |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
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| 21   | 22                   | 23  | 24                      | 25                                 | 26  | 27                             |       |   |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
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| 28   | 29                   |   |                         |                                    |   |                                |       |   |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
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|  |                      |   | BeauCal.com             |                                    |   |                                |       |   |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
|  |                      |   |                         |                                    | <table border="1"> <thead> <tr> <th colspan="7">January</th> <th colspan="7">March</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td> <td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td>3</td><td>4</td> <td></td><td></td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td>10</td><td>11</td> <td></td><td></td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td>17</td><td>18</td> <td></td><td></td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td>24</td><td>25</td> <td></td><td></td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td>27</td><td>28</td> <td></td><td></td><td>30</td><td>31</td><td></td><td></td><td></td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td>31</td><td></td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table> | January                        |       |   |    |    |    |    | March |  |  |  |  |  |  | S | M | T | W | T | F | S | S | M | T | W | T | F | S |  |  |  |  |  | 1 | 2 |  |  | 1 | 2 | 3 | 4 | 5 |  |  |  |  |  | 3 | 4 |  |  | 6 | 7 | 8 | 9 | 10 |  |  |  |  |  | 10 | 11 |  |  | 13 | 14 | 15 | 16 | 17 |  |  |  |  |  | 17 | 18 |  |  | 20 | 21 | 22 | 23 | 24 |  |  |  |  |  | 24 | 25 |  |  | 27 | 28 | 29 | 30 | 31 |  |  |  |  |  | 27 | 28 |  |  | 30 | 31 |  |  |  |  |  |  |  |  | 31 |  |  |  |  |  |  |  |  |  |
| January  |                      |   |                         |                                    |   |                                | March |   |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
| S  | M                    | T   | W                       | T                                  | F   | S                              | S     | M | T  | W  | T  | F  | S     |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
|  |                      |   |                         |                                    | 1   | 2                              |       |   | 1  | 2  | 3  | 4  | 5     |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
|  |                      |   |                         |                                    | 3   | 4                              |       |   | 6  | 7  | 8  | 9  | 10    |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
|  |                      |   |                         |                                    | 10  | 11                             |       |   | 13 | 14 | 15 | 16 | 17    |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
|  |                      |   |                         |                                    | 17  | 18                             |       |   | 20 | 21 | 22 | 23 | 24    |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
|  |                      |   |                         |                                    | 24  | 25                             |       |   | 27 | 28 | 29 | 30 | 31    |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
|  |                      |   |                         |                                    | 27  | 28                             |       |   | 30 | 31 |    |    |       |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |
|  |                      |   |                         |                                    | 31  |                                |       |   |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |   |  |  |  |  |  |   |   |  |  |   |   |   |   |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |    |    |    |  |  |  |  |  |    |    |  |  |    |    |  |  |  |  |  |  |  |  |    |  |  |  |  |  |  |  |  |  |





## 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 10:00 AM 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).

**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).

**“Inquirers” Series - Classes for Newcomers:** A program to educate and integrate newcomers and to serve as a refresher for long-timers. The series is eight (8) one-hour classes led by ministers, staff and church members during Middle Hour or after church service in the summer months. For more information visit [The Inquirers Series](#). Contact: Newcomer Support Team; [membership@uuannapolis.org](mailto:membership@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 Homorodalmás (Almas) and the Unitarian Church of Rava. Contact Heather Millar; [heathermillar@gmail.com](mailto:heathermillar@gmail.com).

**Rainbow School:** a cooperative, Montessori-based program for young children that teaches the 7 “Rainbow Principles” of the UU faith. Meets Tuesday & Thursday mornings, 9:30-Noon. Also includes a Parent Workshop on the first Thursday of the month; 6:30 PM. Both held in the RE sanctuary. Contact: Alethea Shiplett; [feymeadowsfarm@gmail.com](mailto:feymeadowsfarm@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).

**UUCA Choir:** with director Peter Jacobson; rehearses September-May every Wednesday at 7:00 PM. Provides relevant music twice a month for Sunday services. New members always welcome. Contact: Jan Sprinkel; [jansprink@verizon.net](mailto:jansprink@verizon.net).

**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 and fourth Tuesday in the sanctuary 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.

**UU Humanists:** Naturalism-Science-Reason-Wonder-Compassion-Community-Respect. Book discussions and film viewings as announced. Meets the first and third Monday of the month; 6:00 PM potluck and 7:00 PM discussion; in the narthex. Contact Cliff Andrew at 410-404-7170 or [neurol@verizon.net](mailto:neurol@verizon.net).





# HIGHLIGHTS

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

*Return Service Requested*

Dated Material; Please deliver by 1/30/16

Next Issue Deadline: 2/15/16

Next Mailing: 2/23/16

## 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)**

| <b><u>Name</u></b>              | <b><u>Position</u></b>          | <b><u>Email Address</u></b>  |
|---------------------------------|---------------------------------|--|
| Rev. Dr. Fredric J. Muir        | Senior Minister                 | <a href="mailto:fmuir@uuannapolis.org">fmuir@uuannapolis.org</a>             |
| Rev. John T. Crestwell, Jr.     | Associate Minister              | <a href="mailto:jcrestwell@uuannapolis.org">jcrestwell@uuannapolis.org</a>   |
| Rev. Christina Leone Tracy      | Faith Development Minister      | <a href="mailto:cleonetracy@uuannapolis.org">cleonetracy@uuannapolis.org</a> |
| Hannah Roberts Villnave         | Intern Minister                 | <a href="mailto:hrvillnave@uuannapolis.org">hrvillnave@uuannapolis.org</a>   |
| Peter Jacobson                  | Choir Director                  | <a href="mailto:pjacobson@uuannapolis.org">pjacobson@uuannapolis.org</a>     |
| Elizabeth Kraning               | Music Director                  | <a href="mailto:bkraning@uuannapolis.org">bkraning@uuannapolis.org</a>       |
| Susan Eckert                    | Administrator                   | <a href="mailto:seckert@uuannapolis.org">seckert@uuannapolis.org</a>         |
| Michele Reese                   | Administrative Assistant        | <a href="mailto:mreese@uuannapolis.org">mreese@uuannapolis.org</a>           |
| Elise Berrocal                  | Children's Ministry Coordinator | <a href="mailto:eberrocal@uuannapolis.org">eberrocal@uuannapolis.org</a>     |
| Carrie Libowicz                 | Bookkeeper                      | <a href="mailto:treasurer@uuannapolis.org">treasurer@uuannapolis.org</a>     |
| Paul Berry                      | Youth Coordinator               | <a href="mailto:pberry@uuannapolis.org">pberry@uuannapolis.org</a>           |
| Joshua Long                     | Director of Contemporary Music  | <a href="mailto:jlong@uuannapolis.org">jlong@uuannapolis.org</a>             |
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| Heather Millar                  | Secretary                       | <a href="mailto:board@uuannapolis.org">board@uuannapolis.org</a>             |
| Maury Marks                     | Finance Officer                 |  |
| Gina Williams                   | Trustee                         |  |
| Ale Shiplett                    | Trustee                         |  |
| Larry Werner                    | Trustee                         |  |
| Tony Hipszer                    | Nominating Committee Chair      |  |