



LIVING BOLD & COMPASSIONATE LIVES

PUURL

PRACTICING A UNITARIAN UNIVERSALIST RELIGIOUS LIFE

Faith Formation Opportunities To Engage

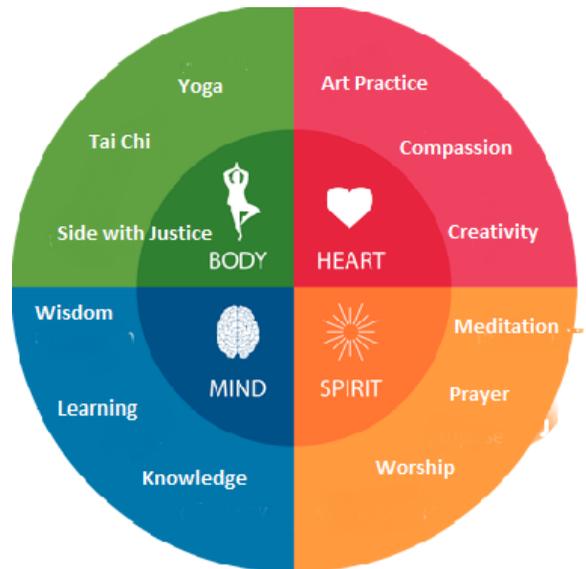
Mind, Body, Heart & Spirit



The "pearl of great price" is an image used in both Western and Eastern scriptures to describe the goal of religious living. In a non-creedal church like ours, we do not use doctrinal language to define that goal for our members. Our members tell us what the "pearl of great

price" means to them: personal growth, integrity of belief and ac-

tion, wisdom regarding life's meanings, and deepening compassion for self and for others. How does the Unitarian Universalist Church of Annapolis help its members find this pearl? The initials PUURL stand for something beyond the clever acronym, and something beyond taking a class. "Practicing a Unitarian Universalist Religious Life" summarizes the central reason for being a part of this church. In this sense, PUURL is not just one program among many in our church that you can choose to participate in. Rather, PUURL is the program of the church. Engaging in PUURL encompasses all that this church offers, and lives out our mission: to inspire all souls to live bold and compassionate lives.



The Quadrants of PUURL

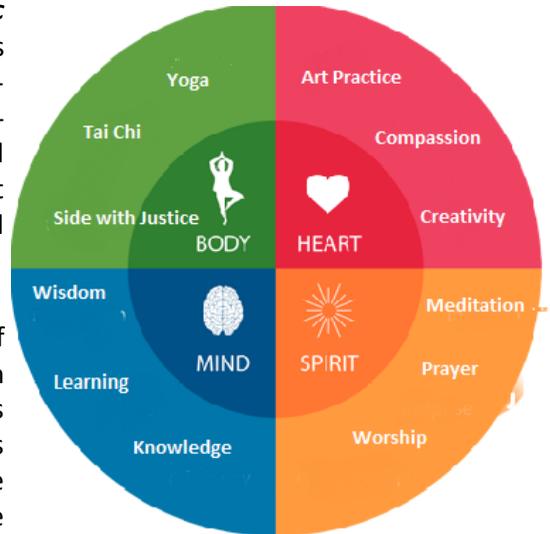
Practicing a Unitarian Universalist Religious Life can be as disciplined as you like. We have developed an all-inclusive program of faith formation that involves **Mind, Heart, Spirit** and **Body**. Descriptions of each of these quadrants, and the practices they entail are described below.

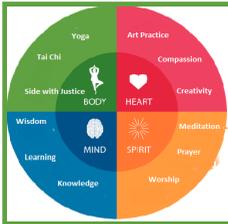
THE MIND QUADRANT involves *academic study, didactic learning and conversation*. This important component of any religious and spiritual discipline and practice has been where Unitarian Universalists have historically excelled and placed great emphasis. At UUCA our engagement with Mind includes lectures, forums, classes, and book discussion on the great themes of religion.

THE BODY QUADRANT includes explorations of our *physical body* as a vehicle for self-realization that includes our whole being. It also includes *service* opportunities. We seek to put our bodies where our minds and hearts are, by taking the risk of involvement in social service and justice work. Body practices have also included such activities like yoga, tai chi and other forms of body work.

THE HEART QUADRANT involves exercising our *creativity* and *compassion*. Through various small group opportunities we come to know ourselves and others more deeply. Developing an art practice or studying and engaging more intensely with an already established art. Heart work can also be social justice work as well; engaging with important social issues by putting our heart into action.

THE SPIRIT QUADRANT is food for your soul. Just as your body, mind and heart need to be cared for, so does your spirit. The spirit quadrant can include taking up or continuing the *formal practice of a spiritual discipline* that you do on a regular or daily basis such as meditation, journaling or prayer. We also understand the 8th Principle, which commits us to becoming an anti-racist, anti-oppressive person and institution, as part of deep spiritual practice and spiritual awakening.





Mind Quadrant

Challenge your mind. Engage with a class. Learn something new this fall.

Discovering the Bible thru Archeology

Led by Charlie Gross

Monday evenings, Sept. 30., Oct. 14, Oct. 21, Oct. 28, Nov. 4, Nov. 11 at 7:00—8:30 pm

We will look into many stories and places mentioned in the Bible to see what archaeologists have discovered, tracing the steps of Abraham, Joseph, Moses, Joshua, Jesus and Paul. We will also look into the origins of the Trinity in the Gospels.

Friday Night Film Series - "13"

Sponsored by Building Beloved Community

Friday, September 6, 2019 at 7:00 PM, Sanctuary

13th is a 2016 American documentary by director Ava DuVernay. The film explores the "intersection of race, justice, and mass incarceration in the United States;"^[3] it is titled after the Thirteenth Amendment to the United States Constitution, adopted in 1865, which abolished slavery throughout the United States and ended involuntary servitude except as a punishment for conviction of a crime. DuVernay examines the prison-industrial complex and the emerging detention-industrial complex, discussing how much money is being made by corporations from such incarcerations. A discussion will be held afterwards.

All Church Read Book Discussion

Led by Members of Building Beloved Community

September 22, 2019, After both services

This summer you had the choice of reading three books: "White Fragility" by Robin DiAngelo, "So You Want to Talk about Race" by Ijeoma Oluo, or for people of color, "Tears We Cannot Stop" by Michael Dyson. Three books. Three discussions. Three opportunities to reflect with your fellow church members on complex and challenging topics.

You Were Made for So Much More: Interfaith Lessons to Transform Our World

Friday, September 27, 7:00 pm

This will be a *book discussion* on Rev. John's recent book that was offered for summer reading. We will explore his personal theology and creative imagination as, together, we explore what it means to live an authentic life.

White Fragility Teach-In

October 20, after both services; 10:10 AM and 12:30 PM

In her sermon, Rev. Kathleen Rolenz will explore the reality of white fragility; a defensive move that white people make when challenged racially. We'll explore how it develops, how it protects racial inequality and what we can do to engage more constructively. After the sermon, members of Building Beloved Community will assist with congregation-wide discussion on this important topic.

Mistakes and Miracles: Congregations on the Road to Multiculturalism

Reverend Kathleen C. Rolenz & Rev. John Crestwell

November 10, 17 & 24 10:10—11:10 am.

This book looks at how five diverse congregations encounter frustrations, disappointments and wonder as they commit to the journey to create multicultural, anti-racist Beloved Community. The UU Church of Annapolis is one of those five congregations.

World Religions

Reverend John Crestwell

Monday Evenings, October 7, 14 & 21, 7:00 pm

We'll explore, learn and grow as we look at the basic teachings from some of the great world religions including, Taoism, Hinduism, Buddhism, Native American Spirituality, Christianity, and more.

Practice Groups for the Mind

Unconscious Bias Monthly Book Discussion

With Thornell Jones

Second Thursday of the Month, at 7:00 pm

A lively book discussion which explores the unconscious bias we bring to our daily lives.

September 12, 2019—*A perspective on how our government was built and some needed changes* by church member Darrell A. Nash. Available now at the UUCA Bookstore.

October 10th, 2019—*What Truth Sounds Like* by Michael Eric Dyson

UU Theists

Second Sunday of the month, before the service. UU Theists provide a forum for discussion and learning for those who believe in the possible existence of a higher power (UUs with a theistic worldview). Contact: John Fischer jwlfischer@gmail.com

Fall bUuk Swap!

Sunday, October 13th. Bring your unwanted books, videos, CDs, DVDs to the church on Sunday morning, October 13th. After each service you can browse through the books and music and take a new supply home with you. FREE. Please do not bring books before October 13th due to lack of storage space. On Sunday morning, volunteers are welcome to help setup, organize, and take down. We start setup at 8:30 and we especially need a couple people to help pack up books and put away tables 12:30-1:00. This is a church-wide event, so everyone needs to pitch in. Leftover books will be donated to a local charity. For more information, contact Eloise Hoyt at 410-768-4932 or at eloisehoyt@verizon.net



Body Quadrant

Find Your Rhythm. Have a seat. Move Your Body. Notice nature.

Chair Yoga

With Yolunda Heinen

Sunday, October 6 & 13th, 10:10—11:10 am

Interested in yoga but not in contorting yourself into a pretzel? Chair yoga is an easy and effective way to engage your body in a gentle, limbering spiritual practice. Yolunda Heinen, a credentialed instructor of vinyasa yoga, will teach body comfort & relaxation through gentle chair yoga.

Community Drum Circle

2nd Monday & 4th Tuesdays, 7:30 pm

This is an established drum circle, open to all who consider drumming as spiritual, meditative, and connective. It is a visceral, non-verbal form of self-expression, and a powerful way of connecting with others. The group meets every 2nd Monday and every 4th Tuesday at 7:30 PM in the Sanctuary. Contact [Chad Holmes](mailto:Chad.Holmes@verizon.net).

Outdoor Club

The Outdoor Club holds monthly outdoor activities and outings for nature observation, companionship, spiritual sharing, and exercise. Activities as announced. Contact: Eloise Hoyt; eloisehoyt@verizon.net



Heart Quadrant

Awaken Your Compassion. Renew Your Heart. Start an art practice.
Engage in the work of Social Justice. Become an Anti-racist.

Going Deeper: How to Apologize

Sunday, October 6, Middle Hour @ 10:10—11:10

After this Sunday’s sermon, Rev. Rolenz will facilitate a discussion about how to give and how to receive an apology.

Day of Love and Meditation

Reverend John Crestwell

September 21, 2019

We have an ongoing spiritual crisis in our state from opioids, gun violence, and hatred. What if we could negate some of what ails us by joining with hundreds (even thousands) for three hours to intentionally focus and do only loving things? From where you are for 3 hours on 9-21, think, pray, meditate, be generous, love. It is proven that collective and positive prayer, meditation and thoughts when focused on social issues have been proven to decrease violence in studies, including terrorism.

Life Coaching for Emotional Literacy

Reverend John Crestwell

November 4, 2019 — April 27, 2020

ZOOM call online weekly; in-person monthly

In cohorts of 5-7, groups will meet with their facilitator by video conferencing weekly; and in-person monthly with the entire group. Right-relationship, emotional literacy or emotional intelligence are buzz words that are at the cutting edge in corporations, non-profits and churches, alike. In this class you will spend 26 weeks learning what makes you tick. This is a class to develop your self-awareness and interpersonal skills. It will enhance every relationship you have.

Practice Groups for the Heart

Anne Arundel Connecting Together (ACT) is the local chapter of a larger, community-based organizing group known as the [Industrial Areas Foundation](#) (IAF). IAF partners with religious congregations and civic organizations at the local level to build broad-based organizing projects, which create new capacity in a community for leadership development, citizen-led action, and relationships across the lines that often divide our communities. ACT was formally launched as an organization in 2018 with other 1100 members of individual churches, synagogues, and mosques in attendance. Contact Linda Mundy

Arthur L. Hansen Prison Ministry Program is an emotional/social literacy program that provides healing and coping skills to inmates at the Maryland Correctional Institute – Jessup (MCI-J, a medium-security men’s prison. These 16-week in-depth programs are transformative for both the participants and the volunteers who facilitate. Contact: [Rev John Crestwell](#) Lead; Houses of Healing class: [Caroline Hadley](#).

Coming to the Table is a local chapter of this group, facilitated for the understanding of racism; its’ trauma and harms; and the healing needed. Meets on the third Monday of each month at 7:00 PM. Contact: [Jane Carrigan](#)

Fiber Arts Fellowship is a fellowship of needlecrafters and other fiber artists sharing and supporting each other in our craft and serving the community through our work. Contact: Ginger Parsons; ginparsons@aol.com

Habitat for Humanity. International’s goal to eliminate poverty housing throughout the world and make decent shelter a matter of conscience and action. Along with other local congregations, our church works with the Chesapeake chapter of Habitat for Humanity, where we seek to raise money to build a home every two to three years. Contact: [Patrick Fleeharty](#).

The Light House, A Homeless Prevention Support Center, has been steadfast in its mission of rebuilding lives with service and compassion by providing shelter, preventing homelessness and empowering people in Anne Arundel County as they work to become self-sufficient for over two decades. Our UUCA congregation makes and serves dinner on the 2nd Saturday each month. Also, each year, during the month of March, we are responsible for keeping the shelter’s food pantry stocked. We also assist with fundraising events, as well as arranging in-kind services from specialists from our congregation (doctors, dentists, tradesmen, etc.). Contact: [John Fischer](#).

Sanctuary Commitment

In April 2017, UUCA voted to become a Sanctuary Congregation, which means that as a church we are committed to supporting the work of immigration justice. UUCA currently partners with local organizations such as Annapolis Justice Immigration Network, OLA and others to extend our network of caring to those who need help navigating our broken immigration system. For more information about how to become involved in this important ministry, contact Stephanie Anderson.

Small Group Ministry (Neighborhood Groups)

Soul Matters Small Group Ministry are location based groups that meet once a month, either at the church or in each other’s respective homes. The goal of each group is for participants to build long lasting relationships with those in their neighborhood. Members celebrate their joys together and support each other through tough times. Each group uses the Soul Matters

Sharing Circle Materials. The curriculum included exercise, questions, quotes, readings, music, and movies related to the monthly theme. It is a chance for spiritual development as well as fostering close relations with one another. Groups must have 5 members and once they reach 12 are asked to birth a new group. The trained facilitators are there to ensure everyone gets a chance to share and that meetings are run in a timely fashion. Contact **Joshua Long** at jlong@uuanapolis.org



Spirit Quadrant

*Find a stillness. Hold the quiet. Find your balance.
Count Your Breaths. Listen more.*

The 8th Principle Practice Series

Led by Members of Building Beloved Community (BBC)

During Middle Hour, 10:10—11:10 am.

The 8th Principle Practice series is an ongoing series of middle hour sessions that provide opportunities for members of our congregation to practice and live UUCA’s resolution in support of the 8th Principle. We understand this work to be a spiritual practice. Our goal? EVERY member of the congregation will complete the series.

- #1 - September 15 Color Blindness and the Good/Bad Binary
 September 22 8th Principle Book Read after both services
- #2 - September 29 Historical Foundations of White Supremacy
- #3 - October 6 Unconscious Bias and White Privilege
 October 20 White Fragility Teach-In (see page 4, after both services)
- #4 - November 3 Race and Ethnicity
- #5 - November 10 What is Racism?
- #6 - November 17 Cycle of Oppression?
 November 24 All church mixer (social time and conversations)
- #7 - December 1 Micro aggressions
 December 8 – *Congregational Meeting at 10:30 am—No Middle Hour*
- #8- December 15 Tools for Being a White Ally

Making the Invisible Visible

With Reverend Kathleen Rolenz & Leika Lewis-Cornwell, Intern Minister

Saturday, December 7, 9:30 am—11:30 am

Have you ever wondered what makes “worship work?” Have you considered applying to become a Worship Leader for 2020? If so, consider taking this workshop that will give you the “behind the curtains” entrée to the worship we create here at UUCA. Purchase a copy of Rev. Rolenz “Worship that Works” book in the UUCA Bookstore. Register for this class by Friday, December 6.

Songwriting as a Spiritual Practice

With Joshua Long

Sunday, December 1, 2019—10:10—11:10 am

A workshop exploring how we can all find creative expression in our lives. This is a class open to all levels of musicality: novice to expert.

Practice Groups for the Spirit

UUCA Choir

The UUCA Choir sings for Sunday services twice each month from September through May. The choir sings in harmony, and explores music from a wide variety of styles, cultures, and theological perspectives. In addition to singing for services, the choir sings for retirement communities and participates in UU choral festivals. Rehearsals are Wednesday evenings, 7:00-9:00 PM in the sanctuary.

Worship Band

This is a group of musicians and singers that perform during the morning worship services several times throughout the year. If you would love to play more contemporary or modern styles of music or would like to sing outside of a choral setting, then this may be the group for you. Must have some experience on an instrument or singing publicly. Vocalist and Instrumentalist welcome, emphasis on guitars, bass, drums, keys, and popular music vocal stylings. Contact [Joshua Long](#) to sign up or for more information.

Full Moon Women's Circle

Monthly earth-based ritual celebrating the full moon. Focused on women's spirituality and open to all adult women. Held on the Friday on or closest to the full moon every month from 7:30 – 9:30 pm. Visit the [Full Circle website](#) for more information. Contact: Keely Longo; kelongo705346@gmail.com

Visit the UUCA Bookstore!

Many of the books we'll be exploring this year can be found in our very own UUCA Bookstore! Stop by any Sunday morning and browse the collection of books, pick up ones for your class, and chat with other book lovers! Peter Morse is currently the lead volunteer to run the bookstore; however, he would be glad to talk to you about volunteering as well!



Mindfulness Practice Group

Every Thursday at 7:00 pm & Sunday mornings at 8:30 AM

The Mindfulness Practice Group is a community- a sangha – supporting each other in meditative practices. We are peer-led and lay-led: We are all each others’ teachers. All are welcome to sit with us; our group practices are mainly Buddhist, yet we respect all meditative practices and celebrate the diversity of practice among us. We are a proud affiliate of the UU Buddhist Fellowship. The group meets every Thursday at 7:00 PM for extended meditation and programs and hosts “Introduction to Mindfulness and Meditation ” on Sunday mornings at 8:30 AM. Visit the [Mindfulness Practice Group’s website](http://www.mpg@uuannapolis.org) for more information. Contact: mpg@uuannapolis.org

Mindfulness Practice Group Activities in Middle Hour

Sun. Oct. 6	Yolunda Heinen (credentialed yoga instructor) leads gentle chair yoga
Sun. Oct. 13	Yolunda Heinen leads gentle chair yoga
Sun. Oct. 27	Death Café
Sun. Dec. 29	Death Café

Dates of special Mindfulness Practice Group Sessions

Book Series: Ch’an Master Daniel Odier’s *The Book of Joy*:

Sun. Sept. 1: Valuing the body **Thurs. Sept. 5:** Authenticity/Spontaneity

Sun. Sept. 8: Reality **Thurs. Sept. 12:** Presence

Thurs. Sept. 26:	Joint practice & discussion w/Humanists of <i>Lessons for the 21st Century</i>
Sun. Sept. 29:	Rosh Hashanah: Community via Meditation & Cognitive change
Sun. Oct. 6:	Yom Kippur program: Sacred words &/Or Silence
Sun. Oct. 13	Sukkot: Desolation, Journeys, Nation-States
Thurs. Oct. 24	Annual Recitation of Ikkyu’s <i>Skeletons</i>
Sun. Oct. 27	Hungry Ghosts Ceremony
Thurs. Oct. 31	Meditation on the Dissolution of the Body
Sun. Nov. 3	Chanting American Documents
Sun. Nov. 22	Gratitude Practice for Thanksgiving
Sun. Dec. 1	Meditation on the Five Remembrances of Death & Loss
Sun. Dec. 22	Hanukkah starts: Texts, Rituals, Zoroastrianism
Thurs. Dec. 26	Annual Recitation of <i>The New Year Comes & Takes His Seat</i>
Sun. Dec. 29	Meditation on the Five Remembrances of Death & Loss
Tues. Dec. 31	Mindfulness Practice Group chants at Greater Annapolis Interfaith New Year’s Eve service at Eastport United Methodist Church.
Thurs. Jan. 2	Beginning Anew Ceremony



Get Connected!

Opportunities for you to engage with members of UUCA

Faith Formation for All Ages

Parenting Faithfully - A community of parents meet to offer support to one another, usually held during Middle Hour. (See UUCA website and weekly publications for the most up to date information.)

Volunteer Fair

Sunday, September 29, 2019 after both services

Are you the leader of a group at UUCA? Would you like to let other members know about your group? Tables will be set up around the sanctuary and in the narthex and your group will have an opportunity to invite members to learn more about your program. Each group is asked to bring food/snacks for our after hour.

All Church Mixers

Sunday, October 25, November 24, January 26, February 23, March 29, April 26, May 31 after Sunday service All church mixers are an opportunity for members, visitors to connect with one another over a potluck meal and some simple, but engaging questions.

Fall Fest Silent & Live Auction

Saturday, November 9th, 5 – 8:30 pm

Raffle, light supper, drinks and fun!

Get ready for a fantastic fall festival in the form of a Live and Silent Auction! For this year's auction consider what you'd like to contribute, a dinner, a piece of pottery, a basket of goodies, etc. This is a great opportunity to enjoy one another's company and to raise funds for the church as well. Check website and weekly In the Know for updates. Forms available now!

Giving It Away

Share the Plate

Each month, UUCA shares the offering plate with community organizations chosen by UUCA members. On the first Sunday of the month, a representative of the organization is invited to tell the congregation about their organization.

September 1 - Anne Arundel Connecting Together - ACT -IAF (Linda Mundy)

October 6 - Centro de Ayuda and OHLA (Anita Ramundo)

November 3 -- AA Conflict Resolution Center (Don Patterson)

December 1 - Charting Careers (Jessica Snell-Johns)



Inquirer's Series

Especially for the visitor, newcomer and seeker to UUCA.

These are our classes designed for newcomers and prospective members. Whether you are visiting for the first time, are interested in getting to know more about the church, or would like to become a member, these sessions are meant to give you answers so you can decide if UUCA is going to be your spiritual home. There are a total of 8 classes and they run on a rotating cycle through out the entire year. In order to officially become a member of UUCA, we ask participants to take 6 classes, 2 of which are required. If you have been a member at a UU congregation before, you are only asked to take 3 of the sessions. At the end of 8 weeks, there will be a new members Ceremony in the library during the middle hour. Below is a summary of the classes and the dates for the fall.

Sunday Morning, 10:10 am in the Library with Joshua Long, Membership Coordinator

Minister Q&A: A chance to meet a UUCA minister and ask any question you would like.

Principles & Sources: Learn about Unitarian Universalist beliefs, theology, and values (Required Course)

Campus Tour: Take a guided tour of our building and grounds while learning some of the history embedded in the walls and gardens of our congregation

Faith Formation: Learn about Faith Formation for all ages, primary focus on children and Families.

UU history: A deep dive into centuries of Unitarian Universalist History.

Social Justice: Learn about all the ways UUCA is involved in putting our faith into action.

Care & Connections: How UUCA cares for each other, engages in relationship through small groups, and offers support through our ministers.

Membership 101: What does it mean to be a person of faith and make a commitment to a community? Come learn about the tenants of UUCA membership (Required Course)

Dates of the Inquirer's Series

October 13	Minister Q&A
October 20	<i>White Fragility Breakout Sessions (No Class but counts toward membership requirements)</i>
October 27	Principles & Sources
Nov 3	Campus Tour
Nov 10	Faith Formation
Nov 17	UU History
Nov 24	Social Justice
Dec 1	Care & Connections
Dec 8	<i>Congregational Meeting No Class</i>
Dec 15	Membership 101
Jan 5	New Member's Ceremony