



UUCA

www.uuannapolis.org

LIFESPAN FAITH FORMATION-LIVING BOLD



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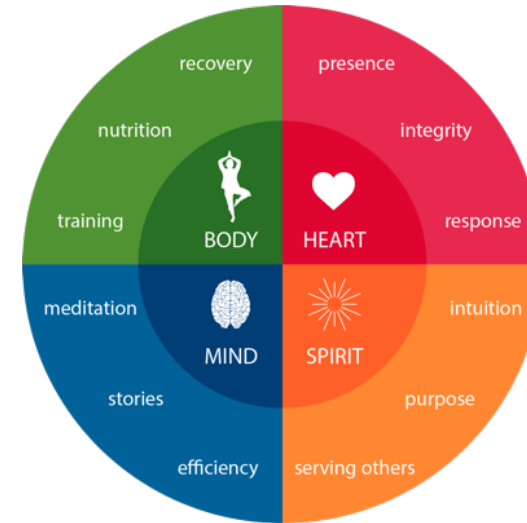


PUURL

Practicing a Unitarian Universalist Religious Life

September 2024—January 2025

LIFESPAN FAITH FORMATION-LIVING BOLD COMPASSIONATE LIVES



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 action, 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.

SOUL MATTERS THEMES
September-January

September—**Invitation**
 October—**Deep Listening**

November—**Repair**
 December—**Presence**

January—**Story**



Heart Quadrant

Awaken Your Compassion.
Renew Your Heart. Start an art practice.

7 Directions Group of ManKIND Project (men's support group)

2nd and 4th Mondays at 7:00 PM at UUCA

Contact: James Bourne, roadmanjim@gmail.com (reach out before visiting)

We believe that emotionally mature, powerful, compassionate, and purpose-driven men will help heal some of our society's deepest wounds. We support the powerful brilliance of men and we are willing to look at, and take full responsibility for, the pain we are also capable of creating – and suffering. We care deeply about men, our families, communities, & the planet.

Grief Support Group

Facilitated by Meredith Braden Meredith@wellannapolis.com

This drop-in group meets monthly for supportive conversations, to share your story. Our congregant, Meredith Braden, specializes in grief & loss, relationships and support for difficult family transitions. www.wellannapolis.com

Prison Ministry

Tuesdays from 6:30-9:30 pm (meet at UUCA and drive to Jessup together)

Contact Ted Hall to volunteer: Tedhall3304@gmail.com

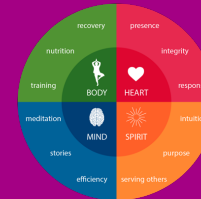
We work with incarcerated men at Maryland Correctional Institute Jessup. We facilitate two different 12 week classes inside the prison. Our purpose is to help the men deal with their past lives and their present situation. We offer two classes: Non-Violent Communication and Houses of Healing.

SURJ3A - Showing Up for Racial Justice Annapolis & Anne Arundel

The first Saturday of each month, 10 am - 12 pm, on Zoom

Contact Linda Mundy: ltmundy@gmail.com

SURJ3A organizes using a shared interest approach, emphasizing what white people have to gain in fighting racism and focusing on collective liberation. Our values include: Call people in, not out. Take risks, make mistakes, learn and make amends, and keep going. Organize out of mutual interest. Accountability through collective action. There is enough for everyone. Growing is good.



Membership

Want to Learn More About Unitarian Universalism or Interested in Becoming a Member of UUCA?

For Existing UUs who are New to UUCA and Former UUCA Members

We request that individuals who have previously been members of a different UU church still participate in *Pathway to Membership*. If you are a former UUCA member who is interested in rejoining the church, the *Pathway to Membership* class is optional, but strongly encouraged. Former members can reinstate membership simply by pledging again. Contact our Director of Congregational Administration, Linda Epps at lepps@uuannapolis.org to make your pledge.

The Roots and Wings Series - An Opportunity to Go Deeper

Facilitated by Jim Shettel jimshettel@gmail.com and Cheryl Shettel cheryl.shettel@icloud.com

We offer one additional small cohort opportunity called Roots and Wings. This class is designed to foster "roots" within our community and the familiarity to take flight living our mission and purpose. In these 5-weekly sessions, participants will collaborate to learn more deeply about our church governance, worship and spiritual practices, social justice and activism work, faith formation offerings, and how we care for and support each other as a community. While designed to help members integrate more fully into the church, this course is a wonderful opportunity for anyone who would like to become more involved and connected.

Questions? Contact Laura Schrank

UUCA Director of Member Engagement at: lschrank@uuannapolis.org

Membership

Want to Learn More About Unitarian Universalism or Interested in Becoming a Member of UUCA?

Our Pathway to Membership Class

Becoming a member of UUCA is fun and easy! We have combined what used to be two membership classes into ONE single class. Instead of doing an Exploring UU class, which covers the history of the UU faith and our principles, we ask participants to watch these videos:

The History of UU in 15 Minutes or Less (14:32 mins)

<https://www.youtube.com/watch?v=9Yw-RdtOM8U>

Voices of a Liberal Faith - Unitarian Universalists (10 mins)

https://youtu.be/wezp1W2HKIU?si=cBu_RgnSNF8IUV-r

You're a Uni-what? (8:27 mins)

<https://youtu.be/st5Pv3lsG60?si=7IxuVxWE&wjXmDWO>

After viewing the videos, participants attend the **Pathway to Membership** class. *This minister-facilitated session focuses on UUCA — who we are, and what our history, purpose and activities are. We also explore what it means to be a member of this congregation. The session is relaxed, conversational, and centered around participant questions. So, join us and ask away!*

Directly following the Pathway to Membership session, participants have the option to immediately become members. Anyone who is interested in meeting new people and learning more about our faith and church is invited to participate, even if they aren't considering membership at this time.

Spirit Quadrant

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

Parenting Spiritually

Sundays, Oct. 27 and Nov. 17, During Middle Hour *Facilitated by Jessie Rhines*

Join in on a supportive discussion with fellow caregivers about the joys and sorrows of parenting.

Death Café

Sundays, Sept. 1, Dec. 1 and Dec. 29, During Middle Hour

Phyllis Culham & the Mindfulness Practice Group

Death Café is exactly what it sounds like. People gather for tea and coffee - no, there's not a special mortality blend - and discuss death. It's an opportunity to reflect on mortality and on life's meaning, which can appeal to any age and stage in life. There's no advice given and no hidden agenda, just a lot of listening, sharing and yes, even laughter.

Spiritual Reflection Groups

Every Wednesday, 9–10 am on ZOOM *Facilitated by Cindy Atlee*

<https://calendly.com/uucadirector/wed-spiritual-reflection-weekly-session>

2nd and 4th Thursdays, 7–8 pm on ZOOM *Facilitated by Sarah Devlin-Tremble*

<https://calendly.com/uucadirector/tues-spiritual-reflection-bi-weekly-session>

Drop-in reflection groups allow participants to explore their spiritual well being through mindfulness, check ins, and prompts (poetry, visual imagery or music). Limited spaces each week.

Soul Work

Sundays, 11/3, 11/10 and 11/24, During Middle Hour

Facilitated by Lex Robinson

Come to learn how to knit or join the knitting. This is a Multigenerational Offering. A whole range of hands-on activities — such as knitting, coloring, stitching — are associated with cognitive and emotional benefits, including improvements in memory and attention, as well as reductions in anxiety and depression symptoms. We also have these supportive offerings, our “Soul Work”, to support you during service, to help you reach “flow state”.



Heart Quadrant

Awaken Your Compassion.
Renew Your Heart. Start an art practice.

Covenanted Groups supported by Soul Matters Curriculum

Formerly known as Small Groups

These groups meet monthly off campus to have deep discussions prompted by our monthly theme. Contact Laura Schrank if you would like to join a Covenanted Group.
Lschrank@uuannapolis.org

Wellspring Group, Love in the Center: UU Values & Covenants

2nd & 4th Mondays, in person-beginning 10/14, 1-3pm Facilitated by Cindy Atlee & Karen Murphy-Keddell

1st & 3rd Tuesdays, on Zoom-beginning 10/15, 6:30-8:30 pm Facilitated by Jane Carrigan

A newly developed 11-session group program. Join to strengthen your UU identity while finding the inspiration to bring more love out in the world.

Register at: <https://tinyurl.com/Wellspring-LoveCenter-2425>

Soul of Aging

Oct. 4-5 AND Nov. 15-16, Friday sessions 3-8 pm; Saturday sessions 10-5:30

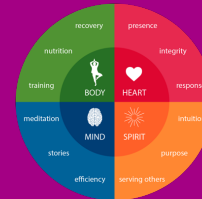
Facilitated by Cindy Atlee

Designed for participants age 55+, these sessions help participants do inner work around the challenges, joys and possibilities involved in the aging process. All food and refreshments will be catered. The retreat-like structure allows participants to experience a deeper, extended community while also finding time to retreat into Muir Woods, walk the labyrinth, and find other personal time to recharge and reflect. <https://tinyurl.com/SoulofAging-Registration-2024>

UUCA Wellness Care Team

careteam@uuannapolis.org

The UUCA Wellness Care Team is here to hear you, see you, and support you through many life issues that you face. All of our committee members are wellness practitioners who bring expertise in many holistic and modern modalities. However, we do not do therapy. This is a listening and supporting ministry. We can provide referrals if needed.



Building Community

Coffee and Conversations

Every Thursday from 11:30 am - 1:30 pm @ The Baltimore Coffee and Tea Co. in Annapolis
Everyone is welcome to join for this relaxed, social meet. The group typically checks in and then chats about a conversation starting question. No need to RSVP. Just show up! The coffee shop is located next to Anthropologie and caddy corner from Target in the Annapolis Towne Center Plaza. There's lots of parking in the garages and you can also sometimes find a spot on the street.

The Gen XYZ Meet-up

One Wednesday per month @ 49 West Coffeehouse, Annapolis, from 7 - 9 pm! (Adults only)
This is a social gathering focused on fun and getting to know each other. So, come out and grab your favorite food and drink and connect with your UUCA Community. (49 West Coffeehouse has coffee and tea, a full bar, and a full menu, so come for dinner or just a beverage.) Feel free to bring your friends that are curious about UU too!

Dinners for Eight

Organized by Bill Schnell wjsnell@att.net

A fun, informal way to bring members, newcomers, and friends together to share food and get to know each other better. We gather 3-4 times throughout the year in members homes for a potluck.

Connecting Conversations

Sundays, 9/15, 10/6, 11/17, 12/15, 1/26, Middle Hour: Sanctuary

Come feed the Mind, Body, Heart, and Spirit at our Connecting Conversations! Stay after service and join us for this hour dedicated to community building. During this session participants will break into small groups and answer icebreaker questions to get to know one another better. These sessions are filled with lots of laughter and the beginnings of new friendships.

Haunted Woods and Community Bonfire

Saturday, 10/26 at 7-9 pm

Come out to join in community around the bonfire and venture into our Haunted Woods. The woods are presented by the High School Youth Group and the Boo Crew volunteers.



Multigenerational Services

We hold a few special services each year to celebrate as a whole multigenerational community. We offer supportive practices so that our children are comfortable staying in for the whole service. Here are the special services from September –January:

Ingathering: Water Communion

Sunday, 9/8, one service at 10am followed by a **Summer’s End Potluck**

Christmas Eve, A participatory UU telling of the Nativity Story with Carol Singing

Tuesday, 12/24, at 5pm in the Sanctuary

Christmas Eve, Candlelight Service

Tuesday, 12/24, at 8pm in the Sanctuary

Wheel of Life Service

Sunday, 1/5, one service at 10am followed by a **Soup and Stew Potluck**

Please note that on these dates we are only offering ONE SERVICE at 10am: 9/1, 9/8, 12/1, 12/8, 12/29 and 1/5. Mark your calendars.

UUCA Playgroup

Contact: Amanda Sikora, Aleightsikora19@gmail.com

This is an opportunity for people with children to meet for a weekly play date. We have the option of meeting at the Outdoor Classroom (playarea). Let’s Build Community Together!

Oaks and Acorns

Contact: Sarah Devlin-Tremble, sdevlintremble@uuannapolis.org

This is the return of a beloved program as an updated version. The “Oaks” of our congregation, (the congregation elders) and the “Acorns” of our congregation, (our 1st-4th grade children) participate in a month and half long program in January through February. They are matched and they exchange letters through the “UUCA postal box”. Parents and Acorns open the letters together and Oaks can receive letters too! Then everyone meets over cupcakes during Middle Hour on 2/16. Applications to be Oaks and Acorns will be out this fall.



The Mindfulness Practice Group

mpg@uuannapolis.org, www.mpgannapolis.org

MPG 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.

Morning Meditative Practices

Sundays, 9:00 am—10:00 am: UU Sisterhood Rm. Feel free to go to the service following our time together.

Evening Meditative Practices

Thursdays, 6:30 pm—8:00 pm: Sanctuary

All Mindfulness Practice Group Sessions are offered in Noble Silence with designated periods for questions & discussion. Please dress comfortably & arrive 5 min. before the designated start time for handling coats, boots, purses, etc. & settling.

Full Circle UUCA

Fullcircleuuca.org, fullcircleuuca@gmail.com


Full Circle is faith based program of Unitarian Universalist Church of Annapolis (UUCA) that integrates a variety of earth-based traditions with the principles of Unitarian Universalism. Full Circle has been evolving since December 1996. Our monthly full moon celebrations provide an opportunity for women and female-identifying individuals to re-establish their connection to the earth, delve into their own souls, find their voices and to explore their own power.

Samhain celebration, Saturday, 11/2 at 7:30pm

Outdoor labyrinth & memorial garden on the UUCA grounds, adults only.

If you wish to add to the communal ancestor altar, please bring something recyclable or compostable. Also, please bring a small/easy to eat sweet or savory food item for shared feasting afterwards.

Our All Ages Samhain celebration will be Sunday, 10/27 during Middle Hour



Mind Quadrant

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

Building Beloved Community Education Group

The purpose of this group is to provide learning opportunities for the congregation to lean into and practice being anti-racist.

—8th Principle Practice & Reflection Series

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. These sessions do not need to be taken in order.

Sunday, 10/27, Middle Hour, Session 7: Micro-Aggressions

Sunday, 11/10, Middle Hour, Session 8: Tools for Being a White Ally

—Widening the Circle *Led by Nicole Bruno*

Sunday, 9/22 During Middle Hour in the Sanctuary

This is an introduction to the published report, *Widening the Circle*. This was a commissioned report that investigated UU congregations and UU general history in regards to racism and harm that has been caused to People of Color community within the faith.

UUCA Humanists & Free Thinkers Group

Online on the 2nd Monday at 7pm and in person 2nd Sunday noon, in alternate months.

Contact: *Peter Morse* peterjmorse@icloud.com

We are a group of UU's who meet regularly for sharing of potluck dinner, videos, book discussion, free and open exchange of ideas, including law, politics, philosophy and ethics. Our meetings are open and we welcome newcomers.

Unitarian Universalist Theist Group

Contact: *John Fischer* jwlfischer@gmail.com and *Bill Bennett* john_30201@msn.com

Purpose of the UU Theist Group: We meet to consider the sources of our faith that derive from Jewish and Christian teachings which call us to love God and our neighbors as ourselves. We seek to accept one another's beliefs and learn from each other while collectively fostering our individual spiritual growth and understanding.



For Children & Youth

Faith Formation Offerings

Spirit Play

Sundays, Middle Hour for our PreK-K Children

Spirit Play is based in story and ritual, play and creativity. It gives children the tools to make meaning of their lives and questions such as "Who am I, Where did I come from, and What is my purpose?" within the container of Unitarian Universalism. The first month will focus on Love, because Love is at the center!

Lego ValUUES

Sundays, Middle Hour for our 1st-4th grade Children

This curriculum introduces our values through storybooks, discussion, and play activities. Each session includes an opening circle with an opening question and centering exercise, a story with discussion prompts, and a choice of play activities that carry out the theme of the day (including at least one simple LEGO build)

Crossing Paths

Sundays, Middle Hour for our 5th-8th grade Children

These interfaith sessions embrace our UU value of Pluralism. We will explore and visit many different faiths this upcoming church year. This year's faiths include: UUism, Hinduism, Quakerism, Buddhism, Christianity, Judaism, and Earth Based Practices.

O.W.L. (Our Whole Lives)

Sundays, Middle Hour for our preregistered 7th-8th grade Youth

Honest, accurate information about sexuality changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives. For these reasons and more, we are proud to offer Our Whole Lives (OWL), a comprehensive, lifespan sexuality education curriculum.

High School Youth Group

Sundays, Middle Hour for our 9th-12th grade Youth

A youth-led, advisor supported program including worship, learning, games, social action, field trips, and planning a service.

Mind Quadrant

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

UUCA Brain Balance Interest Group

Contact: Scott Eden, seden4100@gmail.com

We are interested in the left brain / right brain balance concept as a lens through which to view our selves and our community.

UUCA Book Club

At UUCA on the third Wednesday of each month from 2:30pm - 4:30 pm.

Contact: Jackie Dutton, jacqueline.m.dutton@gmail.com

We read and discuss books that have UU themes. Come build community through discussion and reading.

UUCA Poetry Pals

At UUCA, every other Monday from 6 PM - 7 PM

and every other Wednesday on Zoom 7 PM - 8 PM on the off weeks.

Contact: Liza Roe, Lroe1@live.com

Poetry Pals is an open writing group. Every meeting includes a writing prompt and quiet time during which one may write to the prompt or about whatever is on their heart. At the end of each meeting, there is the opportunity to share anything that was written whether it be a complete poem or thoughts that are unfinished.

How to Reinterpret the Scripture

3 Sessions in the evening on Zoom this Fall, Facilitated by Rev. John

Join Rev. John as he looks at the scripture through a different lens. Discuss how biblical scripture can be relevant for modern use.

Tough Terms

3 Sessions in the evening on Zoom this Winter, Facilitated by Rev. John

Many words such as “worship”, “faith”, “prayer”, “amen” can have connotations due to our past religious experiences. Let’s explore a new way to look at these words and what meaning they could now hold for you.

Body Quadrant

Move your body. Breathe. Feel rhythm.

Chair Yoga

Sunday, 9/15 & 11/10, Middle Hour; Black Lives Matter Room

Lee Weimer

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.

Mindfulness & Floor Yoga

Sundays, 9/22, 10/6 & 12/1, Middle Hour; Black Lives Matter Room

Jessie Rhines

This gentle practice is supportive for all people. Jessie Rhines, a certified Yoga Therapist will focus on breath work and meditation as part of the spiritual practice of awakening to greater self-awareness.

Beginner Tai Chi & Qi Gong

Sundays, 9/29, 10/20 and 11/24, Middle Hour; Black Lives Matter Room

Jackie Dutton

Moving Meditations are easy, purposefully slow and are particularly helpful for arthritis sufferers.

Qi Gong

Sundays, 10/13, 11/3 and 11/17, Middle Hour; Black Lives Matter Room

David Hartless

Qi Gong is a series of easy moving meditations designed to move Qi -or vital life force- throughout the body and thereby promote health and well-being.

Walking the Labyrinth

The Labyrinth is always open for your mindful, contemplative walking.

Wandering in Muir Woods

The woods are always open to wandering and wondering.