



The Companion

P.O. Box 817 Finksburg, MD 21048

February 2010

Minister's MUUsings

Thanks for the music! On behalf of many members, I wanted to thank volunteer choir directors, singers and instrumentalists for the gift of music you give to CUU. Our thanks also to our pianist for being so reliable and helpful for many years. Our thanks also to leaders of the Young People's Music Group and to the young people themselves who warm our hearts with the songs you sign and the joy you bring to so many.

Music has a power to connect us with reality at times even more directly than words. It's truly amazing to think that sound, a mere physical event, can give us chills down the spine or open our emotional life with just a few notes. I won't pretend to understand it, but understanding it is not the point. Appreciating it is! There is something glorious and joyous about music that brings the soul into touch with the mystery and reality of higher things. We describe music as "beautiful." Thanks to the choir for bringing us that beauty!!

There's a commercial currently on TV. Listening to music, a hip, happy young guy is on a train to a corporate center. He enters a building of suits. Listening to earbuds, he's sporting three days of unshaved manhood, wearing ripped comfortable jeans, disheveled hair and sneakers. He's young, happy and he bops his way to a cubicle. He then takes off his earphones. Instantly, he changes into a middle-aged, bald, bored guy in a suit. And the words come up, "It's amazing how music makes us feel."



Indeed!, we are one thing on the outside and another inside. May the gift of music be yours and may it transform your inside as you work on the outside.

In the faiths, Rev. Henry

Services

February 7, 2010: Guest: Mohamed Mughal, "Good and Bad People"

February 14, 2010: "Standing on the Side of Love," On this day that focuses on love, we will look at rights for all people to love whom they want. We will talk about the UUA's Standing on the Side of Love program.

February 21, 2010: "Politics and Preaching," What does the separation of church and state mean in our tradition? What is the relationship between political ideals and spiritual truths? What policies can and should a church support?

February 28, 2010: "Fundamentalism's Misguided Spirit," We'll delve into a more detailed look at what constitutes fundamentalism.

"What Makes CUU Tick, Part 2"

You are invited to a gathering of CUU members and friends on Sunday, Feb 28th from 3:00 pm to 5:00 pm at Barbara Brown's house. The Leadership Development & Nominations Committee will be hosting this event titled "What Makes CUU Tick, Part 2" or "How You Can Find Your Niche in CUU". "You" are an integral and necessary part of the process. We hope you will join us. Please note that attendance at Part 1 is not a prerequisite for attending Part 2. Your participation at this event does not bind you to any commitments. We are looking forward to a fun afternoon. Light refreshments will be served. Please RSVP to Sharon Kennedy skenn95@comcast.net.



Meet CUU Members And Friends

This is a new column to feature members and friends. Talk to Kristel Donner, Melissa Prosperie, June Horner, Barb Brown, Barb Bradley, Peggy Davison or Beth Schilpp if you can do a short write-up about yourself or one of us could write it with you.

Hello, I'm Melissa Murdock. I have been attending CUU since 1998. My husband and I moved to Eldersburg in 1997 with our then one year old daughter. It was important to me to find a religious community for our family. Though both my husband and I were raised Catholic and the Catholic community near our home is large, full of families and very welcoming (I attended several masses and have many friends and neighbors now that are members), I knew deep down I didn't agree with many of the teachings of the church and wouldn't be able to reinforce those teachings at home. Through some searching, I discovered CUU (my sister was attending a UU church and I checked out the UUA's website) and once I realized Finksburg, Maryland was in Carroll County and just up the road, I decided to check it out.

I started my Sundays in the nursery and have worked my way up through the grades with my daughters Emily and Mary (have I really been volunteering in RE for 12 years?). I've enjoyed volunteering in RE, mailing the newsletter years ago, helping with hospitality and working in various capacities at the annual flea market. During those early years I was a stay at home mom. After 6 years of that, I went back to work as an RN. I currently work at Carroll Hospital Center where I have been increasing my work hours and unfortunately having to decrease some of my volunteering hours in my constant quest for some balance in my life (you know: work, kids, husband, friends, family and ME).

I currently work as a community educator which allows me to do a large variety of things (anything from health screenings to teaching babysitting classes). I love that my focus can be on prevention and wellness, my hours are fairly flexible and I have a lot of autonomy.

Some things I enjoy when I'm taking care of me: yoga, reading, knitting and I'm totally addicted to my daily walks with my dog (we both get out of sorts if we miss one). Hope to meet you some Sunday!

Unitarian Universalist Legislative Ministry of Maryland - 5th Annual Meeting

Making a Difference in Challenging Times: Empowering Maryland UUs in 2010

Saturday, January 23, 2010
8:45am to 1:30pm
(Snow Date: January 30, 2010)

UU Church of Annapolis
333 Dubois Street
Annapolis, MD 21401

Registration Fees Vary. Free childcare will be provided. Please contact info@uulmmd.org by January 18, 2010 to register.

Participants will hear a panel of legislators, including Delegates Elizabeth Bobo, Heather Mizour and Doyle Niemann discuss UULM-MD's priority issues of marriage equality, health care, and climate change considering pending federal legislation, elections and budget crises. Participate in issue task force discussion groups to give input and to mobilize and organize our task forces for work in 2010



Membership

Daytimers – Wednesday, February 10th. National Museum of Dentistry

Meet at CUU at 9:30am to go the museum and then to lunch in the area. Admission to the museum is \$5. Call Beth Schilpp by February 9th if you can attend.

CUU Annual Flea Market and Flower Mart – May 1st

It may seem like we have a long time until this event, but it really is just around the corner. Things to do:

1. Over the next couple of months make sure to set aside those items you are not using any more to give to CUU for the flea market. Remember – the better your contributions, the more money we make.
2. Save the date so that you can help out, or at least attend.
3. Tell your friends about it!!!
4. Wait and buy your annuals plants (hanging baskets, flats and individual plants) vegetable plants and herbs at the flower mart!

Needed:

1. Food coordinator – we serve breakfast and lunch. Your job is to decide what to serve and get the volunteers for providing, cooking and serving the food. Melissa Murdock did this last year and Ben Garber the year before... ask them how much time and effort is involved.
2. Publicity Coordinator – Your job is to get information to any free sites – newspapers, Craig's list etc... print the flyers and get CUU members and friends to post them in the area and distribute to friends. Since we are in the Carroll Co. Activity Book now, we get automatic free notices in some publications. Kristel Donner was the coordinator last year – ask her about it.

To volunteer to be one of these coordinators or for questions or suggestions Please see Beth Schilpp or Pat Showberger.

Picture Directory

CUU is going to have a picture directory with one page for each individual or family in a loose leaf notebook. The directory will be for use at CUU. The type of picture directory we had in the past is just a snapshot in time and cannot be changed. This directory can be added to at any time so the membership committee felt it would be more useful and current. The next picture day will be February 21st during or after the monthly luncheon.

You also have the option of sending a photo to Rev. Henry.

You can also do a brief bio for your page or just have your names. Email your bio to Rev. Henry after your picture is taken or with the pic you send to him.

Monthly Luncheon – February 21 after the service

Bring your family and a dish to share for fellowship after the service. Lunch is always a great way to get to know each other better. This is the third fun-food event of the month, hope you will want to participate!!

Just for the Heck of It Dinner – February 13th – 6pm

Celebrate Valentine's Day with your CUU friends at a pot luck dinner for no other reason but to socialize and get to know each other better. Bring your family and a dish to share. Wear red if you feel so inclined. Call Beth Schilpp or any member of the membership committee with questions.

Social Justice Committee

Greetings from the Social Justice Committee! We hope your year is looking up so far! Ours has certainly been exciting. For example, at the time of this writing, we've collected \$326.08 for the Guest at your Table collection. That amount will go up, because we were just handed another box chock full of change to count. As noted previously, this collection benefits the UU Service Committee which works with grassroots groups around the globe serving issues of social justice and fighting poverty.

Our Angel Tree drive, meanwhile, brought in \$1002.00, totaling a whopping 9 tons of food for local families just when the need is greatest. Reverend Henry will deliver the check to a very grateful Crisis Center of Reisterstown. Once again, we were overwhelmed by the generosity of our congregation, including the children who so cheerfully helped create the angels for the tree and donated whatever they could.

Due to the success of the Angel Tree drive and the on-going need for food in our community, the Social Justice Committee is working with Cedarhurst's board of directors to allocate a day each month for a Social Justice luncheon after service. Your donation of \$5.00 to partake in the luncheon will benefit the Crisis Center of Reisterstown so that we can "feed the community while feeding ourselves." Our first Social Justice Committee luncheon will be held after service on February 14.

The Social Justice Committee is proud to announce that Cedarhurst will participate in the "Standing on the Side of Love" campaign, which is a project of the UUA to "mobilize UUs and allies in response to identity-based violence, exclusion and oppression."

In keeping with this celebration of love, the Social Justice Committee is working with Reverend Henry and the Cedarhurst choir to produce a very special Valentines Day (2/14) service. We hope you all can join us for this unique and universal celebration of love.

We also hope you can join us for our next Social Justice Committee meeting, which is scheduled to take place after the Social Justice Luncheon on February 14.

S.J. Calendar:

2/12: Freedom to Marry Day

2/14: Standing on the Side of Love Service/Social Justice luncheon (\$5)

2/16: Presidents Day



**Imagine. Inspire. Nurture.
Believe. Create.
A Message from the Director of
Religious Education**

Happy February Folks!

With winter in full swing, our religious education classes have begun utilizing some of the curriculum designated for the last half of the year. I wanted to take a few moments to tell you about the new curricula which is being created by the Unitarian Universalists Association

The UUA is working with different churches and writers to create "Tapestry of Faith". We began using Tapestry of Faith this year, and we are waiting to acquire the new ones being written right now.

In Early Elementary, we are using "Wonderful Welcome", which explores how and why we are willing to welcome others into our lives. We are also using "Creating Home", which explores the deep sense of sacredness, the beauty of hospitality and the gift of relationships that a home can present.

In Upper Elementary, we are using "Toolbox of Faith", which reflects on our UU qualities, such as integrity, courage, and love, as tools they can use in their lives. We are also using "Moral Tales", which attempts to provide students with tools they will need to make choices that *Reflect their growing UU faith.*

In Junior Youth, we are using "Amazing Grace", which tries to help students understand right from wrong by looking at their Unitarian Universalists Identity. We also are utilizing "Families", which looks at the diversity of families, as well as the commonality and meaning of families.

Also, this year....

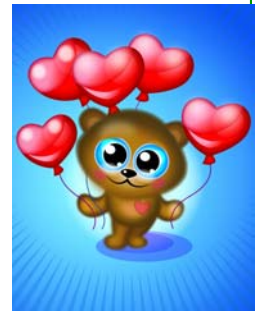
In Nursery, we are loosely using a curriculum that we have had for a while called "Celebrate Me and My World". This curriculum looks at the surroundings of a child's world with a spiritual eye using age appropriate content to introduce ideas about nature and the celebration of life.

Our Senior Youth group members have been active, this year, in attending Youth Cons. They have also decided to plan, organize, and present our Spring Religious Education Intergenerational Service. As with other years, they will be planning for a Senior Trip.

Coming of Age classes, have been investigating Unitarian Universalist ideals, beliefs, ceremonies, and worship. They will be working towards creating Credo Statements which they will present during a service at the end of the year. They, too, will also be going for a weekend getaway in the Spring.

If you have any questions, or would like to look at our curriculum, please stop and see me. I would love to hear from you.

Namaste', Jen Harvilak





RE Student Birthdays

Happy Birthday !!!!

***James
Mei-Lin
Michael***

Religious Education Calendar Of Events

2/7/2010 - The Religious Education Council will have it's monthly meeting from 12:20 - 2:15. Anyone interested is welcome to attend.

2/21/2010 - Inter-Classroom RE day - Jr Youth assisting. Theme: Fourth UU Principle: "Each Person Must Be Free To Search For What is True and Right In Life"

2/28/2010 - Jennifer Harvilak will be available for an RE volunteer team meeting after services today, from 12:20 - 1:00.

"Cedar Seed Creativity Corner"

Seeking submissions for March 's newsletter, from our creative and talented children and youth. If you have a poem, writing, or drawing that you would like to share, which is spiritual, uplifting, or inspirational...I want to add it into our newsletter.

You can email your work to me at cuudre.jh@gmail.com, or you can hand deliver it to my mailbox or my hand, at church on Sundays.

This column is open to babies on up to 21 years old. Please include name and age.

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**Senior Youth Luncheons**

The Senior Youth Group fundraiser luncheon will take place on February 7th, directly after services. Please support our teens as they raise funds for their activities and senior trip. For more information contact Teri Ciampaglia or Melanie Ciampaglia



**Adult Religious Education News:****Tai Chi (Taiji) Study Group**

Three Treasures Taiji @ CUU will continue to meet on Mondays from 7 to 8:30 PM. The form is: Old Northern Yang form and Chi Gong as taught by Grandmaster Yin through Dr. Frances Gander. We have 3 qualified teachers who are capable of teaching beginners and continuing students during the same session. We are offering a taiji sword form training from 8:30 to 9 PM to those who are proficient in the form. The cost will remain at \$5.00 a class. For more information, phone 410-795-3117 or 410-526-0533 after 6:00 PM every day except Monday.

**Carroll Dance and Drum Circles**

Carroll Dance and Drum Circles will meet on the third Saturday of every month from 7:00 p.m. to 9:00 p.m. at CUU. The circle will be facilitated and goodwill donations will be accepted to help with the church's expenses. This event is open to the public. Bring a drum or just yourself! Some instruments are provided. All levels of experience are welcome. Dancing is encouraged. Our goal is to have fun by connecting with rhythm. For more information, contact Laurie Precht at [lprecht1@verizon.net](mailto:lprecht1@verizon.net)

**Qigong Class**

Thursday evenings from 7pm to 8:30pm at CUU! Qigong is an ancient Chinese form of subtle movements and breathing to strengthen the mind, body, and spirit. Qigong is about relaxation, grace, and harnessing the universal life energy. Classes are \$10 per person and are open to anyone, including children (with adult supervision) Bob Ciampaglia is a Qigong practitioner and certified instructor. 410-857-3569

**Yoga at CUU**

Teacher:

Joe Hahn, RYT, Certified Hatha Yoga Instructor



Winter 2009

Yoga classes at CUU continue this winter, with the first class on Tuesday, January 5. Yoga at CUU is taught by Joe Hahn, RYT, a certified hatha yoga instructor and CUU member. Joe has been teaching yoga at various locations in the Baltimore area for the past nine years. He teaches in a way that combines a playfulness with a focus on alignment, so your yoga practice is safe and fun. Classes are held in the CUU sanctuary. Beginners are welcome!

**Yoga at CUU Class schedule - starts January 5****Tuesday**

6:30 pm - Yoga for Everyone

8 pm - Meditation - FREE and open to all

**Saturday**

8:45 am - Meditation - FREE and open to all

9:15 am - Yoga for Everyone

For more information on Yoga at CUU, call Joe at 410.299.3671, or click on [www.lifeflowyoga.com](http://www.lifeflowyoga.com).

**After Copenhagen: How Should Our Chesapeake Region UU Community Take Action?**  
**A program of Unitarian Universalists for Social Justice**  
**Baltimore-Washington-Northern Virginia Region**

Saturday, February 6, 2010  
8:20am to 12:35pm

UU Congregation of Fairfax  
2709 Hunter Mill Road  
Oakton, VA 22124

Plenary Speaker: Mike Tidwell, founder and director of the Chesapeake Climate Action Network: Tidwell's most recent documentary film - "We Are All Smith Islanders" - vividly depicts the dangers of global warming in Maryland, Virginia, and D.C.

A free will offering for UUs for Social Justice will be taken.

Please register to attend at [info@uusj.org](mailto:info@uusj.org) or call 301-588-1951. Please give your name, congregation, email and phone number. Please register by Monday, February 1, 2010.

**UUMAC**

Unitarian Universalist  
Mid-Atlantic Community

July 18 - 24, 2010  
DeSales University, Center Valley PA

Theme Speaker:  
**Bruce Knotts, Director UU-United Nations Office**

- o "There are lots of vacations that are fun, but not many that can change your life. Magical things happen at UUMAC."
- o "It is an intentional, intergenerational community. People remember watching my son when he was three, and now he is a teen. I watched teens as they played, now I attend workshops with them as young adults."
- o "I come to UUMAC because for 51 weeks a year my family lives in a big, anonymous city. For one week each year we live in the small, united community of UUMAC... we learn together, play together... and grow together."
- o "I've never seen people of all age groups interacting so effortlessly with one another."  
"Summer camp for UU families, what could be better!"

To learn more, and get on the mailing list for our 2010 brochure, visit <http://www.uumac.org>

# FEBRUARIE



## February 2010

### Cedarhurst Unitarian Universalists

| Sun                                                                                                           | Mon                                              | Tue                                                               | Wed                                                                      | Thu                   | Fri                                          | Sat                                                                                                            |
|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------|----------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|                                                                                                               | <b>1</b><br>Tai chi 7-830                        | <b>2</b><br>6:30 Yoga for ALL<br>8 Meditation - FREE and for all  | <b>3</b><br>6:30 Worship Committee<br>7pm CCCCL<br>7:45 Silverbacks      | <b>4</b><br>7 Finance | <b>5</b><br>7 Bridge Club                    | <b>6</b><br>8:45 Meditation - FREE and for all<br>9:15 Yoga for ALL<br>Auction: Soup, Sandwiches and           |
| <b>7</b><br>Guest: Mohamed Mughal, "Good and Bad People"<br>Sr. Youth Group Luncheon<br>RE council mtg 12:20  | <b>8</b><br>Tai chi 7-830                        | <b>9</b><br>6:30 Yoga for ALL<br>8 Meditation - FREE and for all  | <b>10</b><br>Membership 6:15<br>CUU Board 7:30<br>7pm CCCCL<br>Daytimers | <b>11</b><br>7 Qigong | <b>12</b><br>7 Bridge Club                   | <b>13</b><br>8:45 Meditation - FREE and for all<br>9:15 Yoga for ALL<br><br>Just for the heck of it dinner 6pm |
| <b>14</b><br>"Standing on the Side of Love"<br>Social Justice luncheon                                        | <b>15</b><br>Tai chi 7-830<br>Companion Deadline | <b>16</b><br>6:30 Yoga for ALL<br>8 Meditation - FREE and for all | <b>17</b><br>7:45 Silverbacks<br><br>7pm CCCCL                           | <b>18</b><br>7 Qigong | <b>19</b><br>7 Bridge Club<br><br>M.A.T.E.R. | <b>20</b><br>8:45 Meditation - FREE and for all<br>9:15 Yoga for ALL<br>CCDC 7-9                               |
| <b>21</b><br>"Politics and Preaching,"<br><br>Picture day for directory<br>Monthly potluck-Luncheon           | <b>22</b><br>Tai chi 7-830                       | <b>23</b><br>6:30 Yoga for ALL<br>8 Meditation - FREE and for all | <b>24</b><br>7pm CCCCL                                                   | <b>25</b><br>7 Qigong | <b>26</b><br>7 Bridge Club                   | <b>27</b><br>8:45 Meditation - FREE and for all<br>9:15 Yoga for ALL<br>CCCCL movie                            |
| <b>28</b><br>"Fundamentalism's Misguided Spirit"<br>What Makes CUU Tick, Part 2 3-5<br>RE volunteer mtg 12:20 |                                                  |                                                                   |                                                                          |                       |                                              |                                                                                                                |

## The Companion

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|---------------------|-----------------|
| President:          | Ben Garber      |
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|                          |                           |
|--------------------------|---------------------------|
| Minister                 | Rev. Henry Simoni-Wastila |
| Dir. Religious Education | Jennifer Harvilak         |
| Administrative Assistant | Dawn Doran                |
| Pianist                  | Doug Morgan               |

To Reach Us—  
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