



Cedarhurst
Unitarian
Universalists



P.O. Box 358 Finksburg, MD 21048

FROM THE MINISTER

The Soul Matter's theme for this month is **Finding Our Center**. As I contemplated what this would mean, I found a reading by Rev. Joe Cherry, called Risk to be Safe. In it he speaks of a childhood game of playing "it."

When I was a kid and we played tag, there was always something called The Safe Tree. If you were touching this temporarily magical tree (are any trees temporarily magical?) you could not be made "it," or tagged out. The challenge was getting to the tree, because surely it was guarded by the current person who was "it," and whose goal it was to tag you so you would be "it" and they would no longer be that.

To be close to the center, to The Safe Tree, meant you had to risk being vulnerable to the person who could tag you. You had to risk to be safe.

If we think of The Safe Tree as the center, the center of the game, the place of safety, we can come to realize that safety involves some risk, and like the tree, is only temporarily magical.

We light this chalice, a central symbol of our faith, knowing that while the flame of our chalice is only temporary, our faith in its meaning is endless.

This last sentence caught me, faith as the "safe tree" where we can find endless meaning and endless centering. This month consider – where are the "safe trees" in your life and consider how they connect you deeply to yourself, others, and your faith.

Grace and Peace,

Rev. Amy



30 Days of Love

Each year, Side With Love provides UUs a month of spiritual nourishment, political grounding and shared practices of faith and justice. 30 Days of Love will begin on Martin Luther King, Jr. Day (January 16) and conclude on Valentine's Day (February 14).

Each week will feature a spiritual theme representing one of Side With Love's intersectional justice priorities and a variety of activities will be offered to nourish your spirit and give gratitude and affirmation.

WEEK 1 (Jan. 16-22): **Interdependence: Democracy & Electoral Justice**

WEEK 2 (Jan. 23-29): **Embodiment: LGBTQIA+, Gender & Reproductive Justice**

WEEK 3 (Jan. 30 - February 5): **Resilience: Climate Justice**

WEEK 4 (Feb. 6-12): **Healing: Decriminalization**

BONUS DAYS (Feb. 13-14): **Blessings: Liberatory Intersections**

Each week, you can expect to receive several different kinds of offerings, each from a different voice within Unitarian Universalism. **Each week's resources will be published by 12pm ET every Monday:**

- A weekly **Side With Love message**, grounded in personal story and offered on our blog and via email and socials, reflecting on the week's spiritual and justice issue themes.
- A **Time for All Ages** grounded in the week's theme, presented in video and written form, available for free use in your congregation this week or any week which works for you.
- A video of **Body Practice**, suitable for all ages and with attention paid to accessibility for people of varying abilities.
- A thematic **Prayer**, available for use in both video and text formats.
- A thematic **Blessing**, available for use in both video and text formats.
- A **Grounding Practice** to offer at the beginning of gatherings or meetings from our Side With Love Fun & Spiritual Nourishment Squad, available for use in video and facilitator guide formats.

30 Days of Love cont.

Please go to <https://sidewithlove.org/30daysoflove2023> and use the resources. A video can be watched during a lunch break, a prayer shared at the beginning of a family meal and discussed during the meal, or a Time for All Ages story shared with a loved one. A grounding practice can be used to begin committee and board meetings. We will have a Sunday Service based on one of these themes and offerings in late January or mid-February. Enjoy this beautiful resource that Side With Love provides each year to deepen our connection to our faith and social justice issues.

Francine Hahn

Board President

What's up with all the talk about a person's PRONOUNS? The Unitarian Universalists Association (UUA) has the answers.

Why Adding Pronouns to Email Signatures Matters

At the UUA, we include personal pronouns in our email signatures for the same reason we list our names—so we know what to call one another. Just as we do not know a stranger's name until they tell us, we also do not know another person's pronouns until they let us know what they are.

Many of us were taught as children that we are supposed to assume other people's pronouns, usually based on additional assumptions about that person's gender. However, the practice of assuming another person's pronouns, as well as assuming another person's gender, does not honor that person's identity and experience. (And it's important to note that personal pronouns do not always have to do with someone's gender or lack thereof at all!)

As part of our work to honor the sacred worth and dignity of every person, we are committed to referring to all people using the language they themselves determine to be most appropriate. This includes using pronoun series we may not be familiar with yet.

Many of us regularly use she/her or he/him pronouns when referring to someone in the third person. "She is talking to her friend." "He brought his bike." Singular they/them pronouns are also becoming more widely used to refer to a single individual (though the use of singular they goes back hundreds of years in English). "Their dress is cute. Ask them where they got it." Another pronoun series we might encounter is ze/hir. "Ze built that chair all by hirsself." A different variation is ze/zir. "Ze played zir best today. I'm so inspired by zir." There are more pronoun series than these, such as per/pers, xe/xem, and more. If you encounter a pronoun set you are unfamiliar with, do research on how to use them properly. Additionally, some people are referred to by no pronouns, only their name. For a person named Niki who has no pronouns, you would say, "Niki invited us over to Niki's house."

For more information on personal pronouns, we recommend visiting Shige Sakurai's website [MyPronouns.org](https://www.mypronouns.org), which includes excellent, in-depth resources and examples on how to engage with personal pronouns in intentional and welcoming ways.

Reach Out with Cedarhurst “Signature” Programs

Cedarhurst hosted four outreach booths at various festivals throughout the Summer with a two-fold purpose. Introduce people to our Unitarian Universalist denomination and Principles and invite them to come to Cedarhurst for a visit and get to know us better. Since then, new faces frequently appear for our Sunday Services. Additionally, more than forty people agreed to get on our mailing to stay in touch via the Weekly Announcements and the *Companion*. Although the numbers are positive, there is an irony as well. People coming to Cedarhurst over the Summer months discovered very eclectic topics being presented in very informal formats. These were enjoyable Summer Services, but not especially meaningful for any first time visitors. So the Outreach Design Team developed a series of programs to offer throughout the Fall and Winter in addition to Sunday Services serve as a more effective way to introduce newcomers to the people attending Cedarhurst and to our UU Faith.

This year, we are offering an array of ‘signature’ programs to be enjoyed by you and by our newest visitors. Please look them over and reserve time in 2023 to participate, learn and grow. And to welcome and connect with some of the new faces also attending the events.

1. BRAVER ANGELS – Braver Angels is a national non-profit organization that helps heal our political divisiveness by helping people step beyond Red-Blue stereotypes and seek common values. With Cedarhurst as its sponsor, Braver Angels was launched successfully on December 10th through a program at the Westminster Library’s Exploration Commons. Fifteen people attended, some from Cedarhurst and some from the wider community. Additional information programs are now being planned for other branch libraries around Carroll County. The goal is to inform more people about this resource and host the first Braver Angels “Red/Blue Workshop” within a few months. The target is in April for a “Red/Blue Workshop” at the Exploration Commons. Thereafter, we foresee sponsoring several more of the Braver Angels workshops directed to navigating family communications issues when families gather for the 2023 Holidays.

Reach Out with Cedarhurst “Signature” Programs cont.

2. SOUL COLLAGE – SoulCollage® is a fun, expressive art process of making small collages from pictures and images that catch your eye. It boosts creativity, intuition, and self-discovery using a special and unique process to nurture your well-being. It’s different than typical collages, scrap-booking or vision boarding. It invites you to give visual and poetic expression to the unique tapestry of your life experiences, and to discover and nourish the seeds of your journey. It’s a special way to give expression to your inner self.

Saturday, March 25, 2023 at Cedarhurst, 10:00 AM - 3:00 PM

Cost: \$30.00 includes SoulCollage materials and a light lunch

Pre-Registration required.

A “dona” gift may be given to our presenter who has declined any other form of payment.

3. CAKES FOR THE QUEEN OF HEAVEN – This UU Curriculum provides an historical look at the earliest origins of faith and religion and the role that women and the ‘female divine’ played in those early, pre-Judeo-Christian beliefs. This in-person course will be offered at Cedarhurst in two phases. The first 6 sessions of this 11-session program will be offered in the Fall of 2023, probably in October. The final 5 sessions will be offered in the Winter of 2024. A more extensive description of this popular Adult RE program appears in the December issue of the Companion. Mark your calendars and plan on joining Sherry Dean for this insightful and empowering series.

4. BUILD YOUR OWN THEOLOGY – For many of us, the faith we were raised in is not what we believe today. But it’s easy to dismiss those old beliefs; it’s much harder to sort through and express what you DO believe. Participate in this UU curriculum that will guide you and other Seekers through exercises that help explore and clarify important parts of the innermost spiritual you.

Each session will focus on inward topics like:

- How has your concept of “god” changed since your childhood?
- What is human nature and my personal nature?

Allow yourself this opportunity to get reacquainted with the really deep parts of yourself.

BYO Theology is an in-person discussion program to be held at Cedarhurst after our Sunday Service beginning in February. Reverend Amy Williams Clarke will lead and guide the group discussion.

WHAT'S HAPPENING AT CEDARHURST UU

Calendar is subject to change. Check the website calendar [here](#) for most current schedule.

1 Jan	Sunday	In-Person & Online Quaker Service	10:30AM
2 Jan	Monday	CUU Get Together at Bistro 91	12:00 PM
3 Jan	Tuesday	Religious Services Committee	7:00 PM
4 Jan	Wednesday	Ladies Who Lunch	12:00 PM
4 Jan	Wednesday	No Minister Office Hours This Week	
8 Jan	Sunday	In-Person & Online Sunday Service	10:30AM
8 Jan	Sunday	Congregational Life Committee	12:00 PM
8 Jan	Sunday	Book Club	12:00 PM
10 Jan	Tuesday	Caregivers Support Group	5:30 PM
11 Jan	Wednesday	Ladies Who Lunch	12:00 PM
11 Jan	Wednesday	Minister Office Hours	3:00 PM
11 Jan	Wednesday	Board of Trustees Meeting	7:00 PM
14 Jan	Saturday	CUU Virtual Game Night	7:00 PM
15 Jan	Sunday	In-Person & Online Sunday Service	10:30AM
16 Jan	Monday	Monday Musings	7:00 PM
18 Jan	Wednesday	Ladies Who Lunch	12:00 PM
18 Jan	Wednesday	Minister Office Hours	3:00 PM
20 Jan	Friday	Night to Night Shelter Dinner	6:15 PM
22 Jan	Sunday	In-Person & Online Sunday Service	10:30AM
25 Jan	Wednesday	Ladies Who Lunch	12:00 PM
25 Jan	Wednesday	Minister Office Hours	3:00 PM
25 Jan	Wednesday	CUU Get Together at Paradiso's	6:00 PM
27 Jan	Friday	Drinks & Dessert	7:00 PM
28 Jan	Saturday	CUU Annual Auction Party	11:30 AM
29 Jan	Sunday	In-Person & Online Sunday Service	10:30AM
29 Jan	Sunday	Early Auction Event—Wreath Making with Pamela Malkin	12:00 PM

ANNOUNCEMENTS AND UPCOMING PROGRAMS AT CEDARHURST UU

CUU Get Together at Bistro 91 – Monday, January 2nd at noon

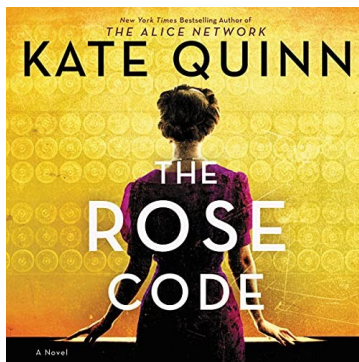


Since this is the actual holiday for New Year's Day, it looks like a good day to have lunch together. Hopefully folks will be available to participate!

The Bistro 91 is in the Finksburg Plaza - new name for J&P restaurant.

Please call or text Beth Schilpp at 443-904-1304 **no later than 4pm on December 31** so that a reservation can be made. Hope to see you then!

CUU Book Club – Sunday, January 8th at noon on Zoom



The book is *The Rose Code* by Kate Quinn about code breakers in World War Two - fiction based on fact. People say they cannot put it down. Participants will also select books for the rest of the year. If you did not get list of book suggestions, please contact Pamela Malkin. Love to have new folks participating in this group.

Join Zoom Meeting

<https://zoom.us/j/91037023644?pwd=Kzk4KzNhZWdzeTFYOSStXTUpUYUcyZz09>

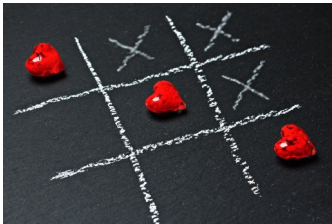
ANNOUNCEMENTS AND UPCOMING PROGRAMS AT CEDARHURST UU

Caregivers Support Group –

Tuesday, January 10th

at 5:30pm on Zoom

On the Second Tuesday of the month at 5:30pm is the Cedarhurst Caregiver Support group. If you are or have been a physical or emotional caregiver, please Zoom in to share your experiences, vent a bit or just listen. Our goal is to support each other. Call Beth Schilpp at 443-904-1304 if you have trouble getting onto Zoom. Follow Zoom link on CUU Calendar.



Game Night –

Saturday, January 14th

at 7pm on Zoom

Each time we pick a game to play that works well on Zoom and allows everyone to play including the person who has the game. It is all for fun – we do not even keep score and we usually laugh a lot. Contact Beth Schilpp if you have trouble with the Zoom link. Follow Zoom link on CUU Calendar.

Monday Musings –

Monday, January 16th

at 7pm on Zoom



Monday musings is always on the 3rd Monday of the month and is open to everyone for discussing quotes on specific topics from Soul Matters which we get from the Unitarian Universalist Association. Each month Soul Matters suggests a topic and provides materials related to that topic. Beginning with this December gathering, the group will be facilitated by Rev. Amy Williams Clark. No prep work required – come give it a try. Follow Zoom link on CUU Calendar.

Night to Night: Food Program – Friday, January 20th at 6:15pm

Every third Friday on the month we provide dinner for approximately 30 homeless. Interested in helping provide food or drinks? Contact Pamela Malkin.

ANNOUNCEMENTS AND UPCOMING PROGRAMS AT CEDARHURST UU

2023 UULM - MD—The Annual Legislative Kick Off

Saturday, January 21st at 8:30am - 1:00pm

Please join us and UU's around the state as we get ready for the upcoming legislative session. Learn about legislation our Issue Teams and coalition partners are working on and how you can be an advocate, too. UU Church of Annapolis, 333 Dubois Road, Annapolis, MD.

UULM-MD is pleased to announce that Delegate Eric Luedtke will be our Keynote Speaker at the 2023 UULM-MD Kick Off on January 21st!

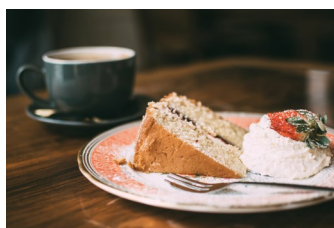
Who better to help us understand the legislative landscape than the man recently recruited by Governor-Elect Wes Moore to serve as his Chief Legislative Officer?

CUU Get Together - at Paradiso's – Wednesday, January 25th - 6:00pm



This is the first of the Congregational Life Committee's goal to have an evening get together every other month. The restaurant is located at 20 Distillery Dr., Westminister 21157. Come and enjoy a nice evening with CUU friends. Please call or text Beth Schilpp at 443-904-1304 no later than 4pm on January 24th so reservations can be made.

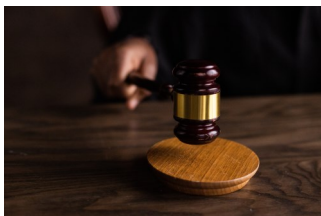
Drinks and Dessert – Friday, January 27th on Zoom



This is our no agenda social time – come with or without drinks and dessert to chat and enjoy each other. Maybe share your holiday stories or whatever you wish. Follow Zoom link on CUU Calendar.

ANNOUNCEMENTS AND UPCOMING PROGRAMS AT CEDARHURST UU

CUU Belated Annual Auction Party— Saturday, January 28th



Now a daytime event (with a snow date of Feb. 4), the food/drink and Silent Auction will begin at 11:30am with the live auction starting at 1:00pm. Every CUU member and visitor should plan to be at the Auction—it's our party of the year and our second major source of funding.

Our auction is more than an essential fundraiser. It's how we meet others and connect with old and new friends while providing vital donations to our beloved congregation. Pay to Play, in the best possible way. Participation is the point: attend the auction, bid and buy events and items, and offer up something to be auctioned, usually with yourself included at the party/event/dinner.

Early Auction Event:

White fuzzy Snow Themed Wreath with miniature birdhouse and bird accents.

Sunday, January 29th at 12 noon, immediately after service at Cedarhurst UU.



Bring a lunch, or we can order pizza.

Each person will make a wreath with a variety of accents, perfect for the long days of winter. Glue guns are encouraged to be brought, if you have one. This is an easy wreath to make, good for anyone eight and over! Bring a friend. Should take about an hour to make. (up to 8 seats) \$35 includes all supplies. Note: This event is the day after the auction. All are invited to attend, even if you can't attend the auction. Call Pamela (443-487-1299) to reserve your spot no later than Jan. 21.

ANNOUNCEMENTS AND UPCOMING PROGRAMS AT CEDARHURST UU

Ladies Who Lunch – Every Wednesday at Noon on Zoom

LADIES WHO LUNCH is a social Zoom that is open to ANY woman who is a member or friend of CUU. We invite you to drop in any Wednesday between 12:00-1:00 pm. Whether you have 10 minutes to spare, or the full hour, you are welcome here! Follow Zoom link on CUU Calendar.

Grief Group –

Grief Group will reconvene again in the new year. If you are interested in attending, please contact Rev. Amy at minister@cedarhurst.org

Minister Office Hours—Zoom and In-Person

Rev. Amy's Office Hours are 3-5 PM on Wednesdays.

NOTE: There will be no ministry hours on Wednesday, January 4th. However, Rev. Jane Smith will be available for any urgent pastoral matters on that day and can be reached by contacting Francine at boardpresident@cedarhurstuu.org.

Rev. Amy's office hours will take place at CUU and on Zoom. Looking forward to seeing you in person!

You can also make appointments with Rev Amy on Tuesdays or Thursdays. She is always available for urgent pastoral matters and can be reached at minister@cedarhurstuu.org.

[Zoom Link](#)

Meeting ID: 980 9298 0551

Passcode: 121055

CONTACT

Telephone: 410-861-8820

Email: Info@CedarhurstUU.org

Web address: <http://www.cedarhurstuu.org>

Minister Rev. Amy Williams Clark Minister@cedarhurstuu.org

President Francine Hahn BoardPresident@cedarhurstuu.org

At Large Board Members

Sherry Dean sherrydeann21@gmail.com

Rebekah Waters rlwaters422@gmail.com

Cindy Hirschberg cdh2010@aol.com

Treasurer David Pittman Treasurer@cedarhurstuu.org

Committee Chairs:

Communications Communications@cedarhurstuu.org

Congregational Life congregationallife@cedarhurstuu.org

Operations operations@cedarhurstuu.org

Religious Exploration religiousexploration@cedarhurstuu.org

Social Justice socialjustice@cedarhurstuu.org

Worship Services WorshipServices@cedarhurstuu.org

Outreach Coordinator: Nalina White outreach@cedarhurstuu.org

Cedarhurst Unitarian Universalists
P.O. Box 358
2912 Club House Road
Finksburg, Maryland 21048-0358

