



NOVEMBER  
2024

# THE COMPANION

CUU'S MONTHLY  
NEWSLETTER

ISSUE NO.  
11

## Minister's Message Grace Notes

*Written by Reverend Kimberley Debus*

### How I long for simpler days.

**Once upon a time, I had no problem writing a column for a newsletter about Thanksgiving – memories of family gatherings, the parade on tv, the table groaning with food – and talking about gratitude.**

But all of that seems... inappropriate, these few days before one of the (if not The) most important elections of our still young nation. I'm not going to sugar-coat it and suggest that our political differences don't matter to our relationships. We know that's not true, when political differences mean the survival of so many groups of people it nearly encompasses everyone. It's hard, if not impossible, to maintain relationships with people who refuse to see the inherent worth and dignity of other people, who support policies that take away safety and rights and all the things we hold dear.

Grace – our theme for the month – is so important as we navigate what can seem too hard to face; yes, we must remember that behind the anger and hate is a person feeling and experiencing things we can't imagine, and often behind the anger is fear. So we must show a bit of grace for the hurting human inside.



[minister@cedarhurstuu.org](mailto:minister@cedarhurstuu.org)

Office Hours:  
Wednesday 4:00-7:00 pm

Zoom open office hours link:  
<https://us02web.zoom.us/j/9600148952>

And we must show grace for ourselves – taking care of ourselves even as we do what we must to ensure that everyone is safe and free.

It matters.

It matters that we participate in the democratic process – something we have long held dear as Unitarian Universalists.

And it matters that we hold tightly to and vote our values: justice, equity, transformation,

pluralism, interdependence, generosity – held firm with love at the center.

It matters that you vote. If you've voted early, that is fantastic. The early voting window in Maryland closed on October 31, so those of you who have waited (like I have) must go on Tuesday, November 5. Make a plan, ensure that you have a ride. Pick a time you think won't be as busy, if you can, and if the lines are long, be patient. Remember that if you're in line, your vote must be counted.

And then... we wait. It's likely, given the last few cycles, that we won't know anything for a few days or weeks. But we'll be together on November 10, and we'll talk about what's next. And together, we will do the next right thing. And the next. And the next one after that.

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Blessings, my friends.

Rev. Kimberley

## Spirit Circles: Connecting to Our Spirits and to One Another

### November - Grace



Our theme this month looks at the spiritual quality of grace: What is grace? What are its challenges? Are some people more worthy of grace than others? Who says? How do we show grace to those with whom we disagree? Where does grace come from?

To accompany our exploration is our Spirit Circles packet ([download here](#)). As highlighted last month, each packet is organized in a typical covenant group format: a chalice lighting/opening words, a check-in question, some questions to help you think about the theme,

quotations and poetry, then an article or essay.

To accompany our exploration is our Spirit Circles packet ([download here](#)). As highlighted last month, each packet is organized in a typical covenant group format: a chalice lighting/opening words, a check-in question, some questions to help you think about the theme, quotations and poetry, then an article or essay.

Whether you dip in or use it as a focused guide, my hope is that you find something that connects you to your spirit – and to others.

To make an alternate appointment time with Rev. Kimberley, please use the following link: <https://calendly.com/kdebus/meet-with-rev-kimberley> or contact Nalina at [outreach@cedarhurstuu.org](mailto:outreach@cedarhurstuu.org) and she will facilitate the scheduling.



## President's Message

*Written by Pres. Becky Zimmerman*

**First, I am excited to announce that Holly Thompson has joined the Board as our 4th At-large Trustee, making the Board full again! When a vacancy still exists after the Annual Meeting of the congregation in June, our bylaws state that the Board votes on a candidate. We welcome Holly and the skills and enthusiasm she brings.**

This month I'm thinking about communication, one of my three areas of focus for my time as your Board President (the other two are inclusion and momentum). As much as I've been annoyed by the number of texts and emails I received from every election campaign in the U.S. over the past few months, one thing has stood out. To get my attention, they text or email repeatedly. And they call. And some send their message through the mail.

As annoying as this can be, there's a lesson here, and it is that information needs to be disseminated in multiple ways. Otherwise, we may not "get it".

I could write a whole column entitled "Why Doesn't Everybody Read the Weekly UUpdate and the monthly *Companion*?" But I must accept the fact that not everyone reads them. Believe me, I understand the concept of skimming through a newsletter to get some highlights and move on. I probably don't need to point out the flaw in this approach, do I?



[boardpresident@cedarhurstuu.org](mailto:boardpresident@cedarhurstuu.org)

443-789-1886

9 am – 9 pm

The Weekly UUpdate and the *Companion* are just one way that Cedarhurst information comes to us.

One new way we are communicating is by running some of the Weekly UUpdate on our “big screen” in the sanctuary before the Sunday service. Thank you, Rev. Kimberley, for nudging us to get that going! Nalina does a great job making the announcements eye-catching and colorful. And our Sunday tech crew (they rock, in case you didn't know) are already on board bringing this to you. I love that those in the building and those on Zoom can see these announcements!

What else could we do to communicate what's going on at Cedarhurst, both within and outside the congregation?

Have you looked at the bulletin board above the water cooler in the sanctuary? It displays the contact info for the Board members, Minister, and Treasurer on it, mini minutes from monthly Board meetings [I'm working on being more consistent with that – thanks for your patience], and the schedule of social events and outings that our Congregational Life Committee plans for each month.

I suspect there's more info that could be included somewhere, like social justice activities, opportunities to get involved at

Cedarhurst, regional/national UU events, and more. I don't want to add visual clutter to the sanctuary. When we complete Phase 1 and 2 of Elevate Cedarhurst! there will be room in the new entryway for displaying information.

In the meantime, I am open to any ideas you have on how to communicate more effectively, so that most people know what's going on most of the time. Progress, not perfection, is the goal I have in mind.

Please send your ideas to [boardpresident@cedarhurstuu.org](mailto:boardpresident@cedarhurstuu.org). Or call or text me between 9 am and 9 pm at 443-789-1886. I want to hear from you.







# Elevate Cedarhurst! Update

The processes of adding to and renovating a building can be disruptive. The first physical change at CUU will involve drilling a new well, which will then be connected to the building's internal water pipes. Water currently enters CUU via the boiler room, but the new water supply will be distributed from the small room outside the downstairs restrooms. To accommodate this, things that are currently stored in that room may soon have to be either relocated or discarded.

We should all be aware of the need to declutter the building in preparation for the construction. Multiple past efforts to reduce the amount of stuff in the building have been successful as far as they have gone, and we will soon need another such organized effort to reduce the quantity of stuff in the building and organize what's left. But after each such clean-up day, new stuff comes along and soon there's clutter again. So before you bring anything into CUU that isn't either consumable or an auction donation, please ask yourself, "*Does CUU really need this now?*"

To learn more about decluttering, I recommend Linnea Gustafsson's book ***The Gentle Art of Swedish Death Cleaning*** and the Netflix series with the same name. (NOTE: They're not about death; they're about living your best life.) I also recommend Marie Kondo's Netflix series ***Tidying Up***. These resources focus on tidying homes, but the same principles can be applied when it's time to tackle CUU's current clutter.

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# FEED THE HUNGRY

Thanks to your generous monetary donations and contributions of food, we provided food for 130 in September and 130 in October. We have six to eight people each month who help provide the food, some who are friends of the congregation.

We provided a lunch of grilled cheese, 5 different sandwiches, chili, chicken noodle soup and salads along with desserts and drinks at the **Loaves and Fishes** held at Westminster Church of the Brethren September 7 and a similar lunch October 5th. We served about 50 people each month, with about 30 take-outs.

We continue to provide food at the **Night-by-Night Shelter** on the third Friday of each month in Westminster, located near the Westminster Senior Center. The shelter is open to any adult who needs a meal and a place to eat. They also provide laundry and showers.

The need has grown each month, increasing from 25 to 55 dinners! Before Covid, we arrived to about 5-10 people waiting at the door. We now have about 30 people. Since we bring dinner just once a month, we have decided to simplify our efforts by alternating our menu to a variety of casseroles one month and chili the next. We add assorted sides, a donation of four dozen rolls from Texas Roadhouse and drinks.

With the increase of need, CUU has committed a donation of \$40 to support the effort. Your donations also add to the variety of food being served.

If you are interested in helping, please contact Pamela Malkin at 443-487-1299.

## Feeding the Hungry



Thank-you for your continued support of our efforts to feed the hungry in Westminster. Each month we serve over 50 people at the Night-by-Night Shelter in Westminster. Friday, November 15th we will provide a variety of casseroles with sides, rolls and drinks. December 20 will be chili night, both with meat and without, sides of rice and potatoes, salad and drinks. Any help with either food or donations of money are appreciated. Contact Pamela Malkin 443-487-1299 for more information.

# SPECIAL NOTICES



## RE Volunteers Needed!

Our mission for life-long learning begins with RE-Religious Education.

We have a Nursery Aide and now are seeking Volunteers to work with our youngest participants.

Please consider volunteering in our RE program. Right now, we are looking for help on the 2nd and 4th weeks of the month. Volunteers must have a "Background Check."



Interested in getting on the Schedule? Let Jan know by emailing [Jan.Pennington@comcast.net](mailto:Jan.Pennington@comcast.net). We Need You!!!

## HELP WANTED

### Part-Time Companion for Roman

Our pianist Esther Shumatskaya is looking for a part-time companion for her son Roman who is 34 years old and autistic.

Possible activities could be to take him for a walk, to the movies, out for lunch, etc.

If anyone knows of such a person who might be able to help, Esther can be reached at (410) 790-0937 or by email

[estersh66@gmail.com](mailto:estersh66@gmail.com)



# ENJOYING COMMUNITY AT CUU

## CUU's Choir

## Westminster Fall Fest



Photo by Becky Zimmerman

Kids went "fishing" and got candy or fruit snacks when they caught a fish.

Cindy Hirshberg is pictured here helping the kids.



Photo by Jan Pennington

## Halloween Dress Up Party!



Photo by Jan Pennington

Brenda, Linda, Sharon, Beth, Jan and Denise dressed up for the party!



# ENJOYING COMMUNITY AT CUU

## Banned Books Week at CUU





# CEDARHURST'S ANNUAL AUCTION IS HERE!

Saturday November 2nd  
starting at 11:30 AM



The Auction has finally arrived! On Saturday November 2nd, doors will open at 11:30 for a delicious luncheon provided by our many volunteers. From 11:45 to 12:45 you can participate in the silent auction while enjoying good food and friendship (and a little competitiveness as you bid higher and higher to get the item you covet). The live auction will begin around 1:00 and should prove to be lively.

**[CLICK HERE FOR UPDATED\\* AUCTION CATALOG!](#)**

\*Updates include prices of the nine Fixed Price Sign-up Events, a change to item A2, and a special thanks for business donations.

If you notice that the bottom of each page will be cut off when you print the catalog, in the "Print" menu, click "More Settings", then "Scale", then select "Fit to Printable Area". Check the appearance again and it should be good to print. If you still need help, call Linda Joy 410-790-5496

While the profits from the auction will benefit the general operating fund as always, this year the Committee has decided to recognize "Elevate Cedarhurst!", the Cedarhurst congregation's recent decision to remodel our building and install an elevator to improve access to our lower level. Decorations will reflect the upcoming construction project.

A special "Thank You" goes out to the 2 area businesses who donated to our Auction. "The Perfect Cut" at 2027 Suffolk Road, Finksburg (410-861-8000) donated a cut & blow dry service valued at \$60

"Elements of Style Hair Salon" at 1115 Liberty Rd., Eldersburg (410-795-9465) donated 13 door prizes of goods and services worth over \$300

Doors open at 11:30 AM on Saturday November 2. See you at the Auction!

**Thank you,**

### **The Auction Committee**

Barb Bradley  
Terri Ebaugh  
Beth Schilpp

Cindy Hirshberg  
Linda Joy  
email: [auction@cedarhurstuu.org](mailto:auction@cedarhurstuu.org)

Sherry Dean  
Sharon Kennedy

# NOVEMBER SPECIAL CUU EVENTS

## Cakes for the Queen of Heaven Sunday, November 3rd and 17th at 12:30 pm

Cakes curriculum continues in November and will begin with members who signed up sharing a meal together at noon. The class will start at 12:30 and will be approximately 2 hours long.

There is still room for other women to join the class. We will welcome those who would like to join us. Just a reminder that this curriculum was developed for women to explore the pre Judeo-Christian religions focusing on the reverence for the different Goddess religions.

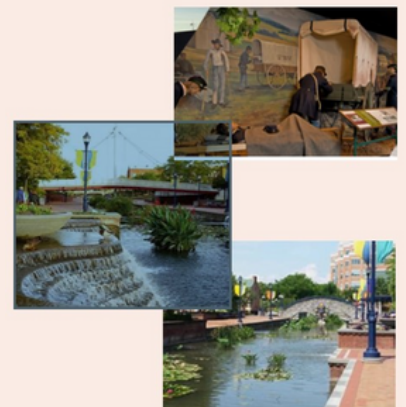
These two dates conclude the first part. The second part will consist of 6 classes that will pick up again in February for a total of 11 classes between both sessions.



## DAY TRIP TO FREDERICK Thursday, November 7th at 9:30 am

There are many museums, galleries and shops to visit, so the group can decide on the way over how to spend the day. We will have lunch at one of the many restaurants there.

Call Beth Schilpp at 443-904-1304 with any questions.





# NOVEMBER SPECIAL CUU EVENTS

LUNCH AT TIM THAI RESTAURANT Monday, November 11th at 1:00 pm

This restaurant comes highly recommended by Pamela!

Join us for lunch at 17 E. Main Street in Westminster. We hope you can attend!

Contact Beth Schilpp with any questions.





# NOVEMBER EVENTS

## **LADIES WHO LUNCH** every Wednesday at noon on Zoom

LADIES WHO LUNCH is a social Zoom gathering 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 to join.



## **CONGREGATIONAL LIFE COMMITTEE MEETING** Monday, November 4th at 7:00 pm on Zoom

The Congregational Life Committee sponsors a variety of activities for friends and members of the congregation. Check the "CUUpdate" weekly announcements or the CUU website calendar for details. Everyone is welcome to attend.

Follow Zoom link on CUU Calendar to join.



## **CUU VIRTUAL GAME NIGHT** Friday, November 8th at 7:00 pm on Zoom

Zoom in to play games just for fun. We do not really keep score. The games we have usually played are Scattergories, Tribond or Taboo - mainly because the owner of the game can also play. However, if you have another game that you think will work on Zoom, please come and we can try it. Call Beth Schilpp at 443-904-1304 with questions.

Follow Zoom link on CUU Calendar to join.



# NOVEMBER EVENTS

## CUU BOOK CLUB Sunday, November 10th at noon on Zoom

November's book is *Death with Interruptions* by Jose Saramago.

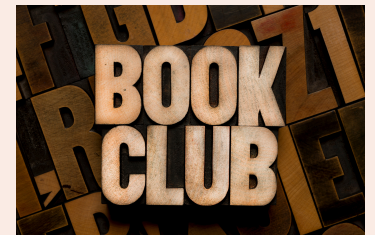
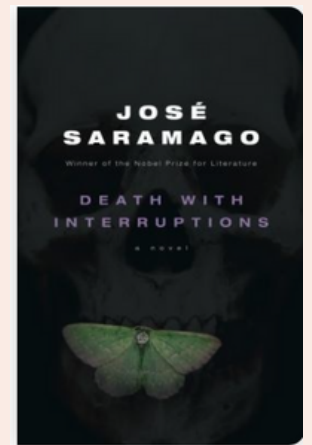
Nobel Prize-winner Jose Saramago's brilliant new novel poses the question what happens when the grim reaper decides there will be no more death?

On the first day of the new year, no one dies. This, of course, causes consternation among politicians, religious leaders, morticians, and doctors. Among the general public, on the other hand, there is initially mass celebration. Then reality hits home—families are left to care for the permanently dying; life-insurance policies become meaningless; and funeral parlors are reduced to arranging burials for pets.

Death sits in her chilly apartment, where she lives alone...and contemplates her experiment: What if no one ever died again?

We'd love to have new folks participating in this group.  
Call Beth Schilpp with questions.

Follow Zoom link on CUU Calendar to join.



## CAREGIVERS SUPPORT GROUP Tuesday, November 12th at 5:30 pm on Zoom

Please Zoom in if you are or have been the physical or emotional caretaker for a loved one. We have no experts – this is just a place to share your issues and experiences.

Call Beth Schilpp at 443-904-1304 with any questions.

Follow Zoom link on CUU Calendar to join.



# NOVEMBER EVENTS

## BOARD OF TRUSTEES MEETING

Wednesday, November 13th at 7:00 pm on  
Zoom

Board meeting will be on Zoom for all who wish to attend.

Board meetings are open to all unless otherwise noted.

Follow Zoom link on CUU Calendar to join,



## NIGHT-BY-NIGHT: FOOD PROGRAM

Friday, November 15th at 6:15 pm

Every third Friday of the month we provide dinner for approximately 40+ homeless in Carroll County, a community service CUU has provided for over ten years.

See **“Feeding the Hungry”** on page 6 of this edition of the *Companion* for upcoming meals and help needed!

Contact Pamela Malkin at 410-857-5071 if you’d like to help.





# NOVEMBER EVENTS

## **MONDAY MUSINGS** Monday, November 18th at 7:00 pm on Zoom

Monday Musings is facilitated by Beth Schilpp. Ideas from *Spirit Circle* are discussed, as they relate to the theme of the month.

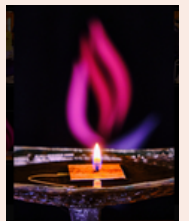
Follow Zoom Link on CUU Calendar to join.



## **WORSHIP COMMITTEE MEETING** Wednesday, November 20th at 7:30 pm on Zoom

Interested in helping to create the Sunday worship services? Then this is the committee for you! All are welcome.

Follow Zoom link on CUU Calendar to join.



## **DRINKS AND DESSERT** Friday, November 22nd at 7:00 pm 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 summer stories or whatever you wish.

Follow Zoom link on CUU Calendar to join.







# CONTACT

Telephone: 410-861-8820

Email: [Outreach@CedarhurstUU.org](mailto:Outreach@CedarhurstUU.org)

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

President: Becky Zimmerman [BoardPresident@cedarhurstuu.org](mailto:BoardPresident@cedarhurstuu.org)

Vice President: Sherry Dean [sherrydeann21@gmail.com](mailto:sherrydeann21@gmail.com)

At Large Board Members:

Steve Hirsch [steveh46@yahoo.com](mailto:steveh46@yahoo.com)

David Pittman [d.s.pittman@verizon.net](mailto:d.s.pittman@verizon.net)

Holly Thompson [holly.thompson.2016@gmail.com](mailto:holly.thompson.2016@gmail.com)

Minister: Reverend Kimberley Debus [minister@cedarhurstuu.org](mailto:minister@cedarhurstuu.org)

Treasurer: Lisa Miller [Treasurer@cedarhurstuu.org](mailto:Treasurer@cedarhurstuu.org)

Outreach Coordinator: Nalina White [Outreach@cedarhurstuu.org](mailto:Outreach@cedarhurstuu.org)

*Header and calendar photos by Mark Pollitt*

## NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 11:30 am CUU ANNUAL AUCTION!
3 10:30am Sunday Service 12:30am Cakes for the Queen of Heaven	4 7 pm Congregational Life Committee Meeting	5	6 12pm Ladies Who Lunch 4 pm Rev. Kimberley's Office Hours	7 9:30 am Day Trip to Frederick	8 7pm CUU Virtual Game Night	9
10 10:30am Sunday Service 12 pm Book Club	11 1 pm Lunch at Tim Thai Restaurant	12 5:30 pm Caregivers Support Group	13 12pm Ladies Who Lunch 4 pm Rev. Kimberley's Office Hours 7pm Board of Trustees Mtg	14	15 6:15pm Night-by-Night Shelter Dinner	16
17 10:30am Sunday Service 12:30am Cakes for the Queen of Heaven	18 7 pm Monday Musings	19	20 12pm Ladies Who Lunch 4 pm Rev. Kimberley's Office Hours 7:30 pm Worship Committee Mtg	21	22 7pm Drinks and Dessert	23
24 10:30am Sunday Service	25	26	27 12pm Ladies Who Lunch 4 pm Rev. Kimberley's Office Hours	28	29	30
NOTES:						