



AUGUST 2025
ISSUE NO. 8

THE COMPANION

CUU'S MONTHLY
NEWSLETTER



Minister's Message Grace Notes

Written by Reverend Kimberley Debus

I was at the Association for UU Music Ministries conference last week – an inspiring gathering that renewed my spirit and gave me new hope for our faith. This year was especially remarkable, as the organization has been through some challenging times, and finally we were able to rest, and care, and connect with each other on a deep level. It was healing and rejuvenating for all of us. (And yes, I have brought back some music that we'll be singing together over the course of the next year.)

Sunday ends the conference with worship at our host church (in this case, the UU Congregation of Atlanta, GA), then a closing circle. Outgoing music director Don Wilton closed worship with this amazing poem by Andrea Gibson, whose sudden passing at age 49 last month shook many of us. Please spend time with this gorgeous piece as you enjoy the warmth of August.

Blessings,
Rev. Kimberley



minister@cedarhurstuu.org

**See end of article for Office
Hours.**

"Say Yes" by Andrea Gibson

When two violins are placed in a room if a chord on one violin is struck
the other violin will sound the note
If this is your definition of hope
This is for you
The ones who know how powerful we are
Who know we can sound the music in the people around us
simply by playing our own strings
for the ones who sing life into broken wings
open their chests and offer their breath
as wind on a still day when nothing seems to be moving
Spare those intent on proving god is dead
For you when your fingers are red
from clutching your heart
so it will beat faster
For the time you mastered the art of giving yourself for the sake of someone else
For the ones who have felt what it is to crush the lies
and lift truth so high the steeples bow to the sky

This is for you

This is also for the people who wake early to watch flowers bloom
Who notice the moon at noon on a day when the world
has slapped them in the face with its lack of light
For the mothers who feed their children first
and thirst for nothing when they're full

This is for women

And for the men who taught me only women bleed with the moon
but there are men who cry when women bleed
men who bleed from women's wounds
and this is for that moon
on the nights she seems hung by a noose
For the people who cut her loose
and for the people still waiting for the rope to burn
about to learn they have scissors in their hands

This is for the man who showed me
the hardest thing about having nothing
is having nothing to give
Who said the only reason to live is to give ourselves away
So this is for the day we'll quit our jobs and work for something real
We'll feel for sunshine in the shadows
look for sunrays in the shade

This is for the people who rattle the cage that slave wage built
and for the ones who didn't know the filth until tonight
But right now are beginning songs that sound something like
people turning their porch lights on and calling the homeless back home

This is for all the shit we own
and for the day we'll learn how much we have
when we learn to give that shit away
This is for doubt becoming faith
For falling from grace and climbing back up
For trading our silver platters for something that matters
like the gold that shines from our hands when we hold each other

This is for the grandmother who walked a thousand miles on broken glass
to find that single patch of grass to plant a family tree
where the fruit would grow to laugh
For the ones who know the math of war
has always been subtraction
so they live like an action of addition
For you when you give like every star is wishing on you
and for the people still wishing on stars
this is for you too

This is for the times you went through hell so someone else wouldn't have to
For the time you taught a 14 year old girl she was powerful
This is for the time you taught a 14 year old boy he was beautiful
For the radical anarchist asking a republican to dance
cause what's the chance of everyone moving from right to left
if the only moves they see are NBC and CBS
This is for the no becoming yes
For scars becoming breath
For saying I love you to people who will never say it to us
For scraping away the rust and remembering how to shine
For the dime you gave away when you didn't have a penny
For the many beautiful things we do
For every song we've ever sung
For refusing to believe in miracles
because miracles are the impossible coming true
and everything is possible

This is for the possibility that guides us
and for the possibilities still waiting to sing
and spread their wings inside us
'Cause tonight Saturn is on his knees
proposing with all of his ten thousand rings

that whatever song we've been singing we sing even more
The world needs us right now more than it ever has before
Pull all your strings
Play every chord
If you're writing letters to the prisoners
start tearing down the bars
If you're handing our flashlights in the dark
start handing our stars
Never go a second hushing the percussion of your heart
Play loud
Play like you know the clouds have left too many people cold and broken
and you're their last chance for sun
Play like there's no time for hoping brighter days will come
Play like the apocalypse is only 4...3...2
but you have a drum in your chest that could save us
You have a song like a breath that could raise us
like the sunrise into a dark sky that cries to be blue
Play like you know we won't survive if you don't
but we will if you do
Play like Saturn is on his knees
proposing with all of his ten thousand rings
that we give every single breath
this is for saying—yes

This is for saying yes

Rev. Kimberley's Hours

Rev. Kimberley is available [by appointment via Calendly link](#), and is usually available after worship when she is in the pulpit. Unless otherwise noted, she is always available by phone for emergencies, and will respond in a reasonable time frame to texts for non-urgent matters.

Spirit Circles: Connecting to Our Spirits and to One Another



Our theme this summer looks at the spiritual call to Joy: Is there a difference between joy and happiness? Where does joy come from? What is the relationship between joy and sorrow?

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. Following that are more questions to ponder, and suggestions of books, movies, and television shows that reflect our theme. Finally, there is a chalice extinguishing to send you on your way.

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.

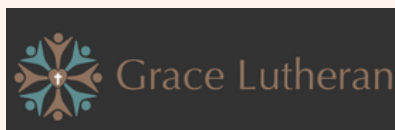
Summer - Joy

2nd Annual Interfaith Alliance Dinner

*Save
The
Date*

Grace Lutheran Church in Westminster will be hosting the 2nd Annual Interfaith Alliance Dinner on October 4th at 6:00 pm.

More information to follow as available.



President's Message

Written by Rich Dean

The Sleeping Giant

Just a month on the job and things are beginning to move. I attended the General Assembly in June. There was such a flurry of activity that no one could not get excited. It had always been a dream of mine to have GA in Baltimore, my faith community, my city. Okay, not quite true. I was born in the Bronx and brought up Catholic. But you get the idea.

GA is such a mosaic of people and things and ideas. I was struck by the theme of Meeting the Moment with a focus on being present in this political and social crisis we live in. Sometime you need to be on the streets to catch the energy from others who share your passion. I went to two rallies in Westminster recently and was amazed at all my fellow travelers on this journey we are on - amazing for conservative Carroll County. I looked around and saw like-minded people ready for the message CUU has to bring to this community.

I was also inspired by the work being done at the Annapolis UU Church. They grew by 88 members this year. They did it with a radical idea: do the basics...well. It is stuff we do, or want to do to become radically welcoming. Just put the pieces together and people will come and they will stay. I feel like my purpose here, my focus as president will be to help harmonize and focus our efforts to bring new people into our space and into our community. I hear from new members how long and hard they looked before they found us. Not any more.

I love you Cedarhurst.



boardpresident@cedarhurstuu.org

Availability:

Monday, Wednesday, Friday 4-6pm

An alternate appointment time may be made via email request.

One more thing. At the July Board meeting Sherry Dean stepped down as Vice president and Holly Thompson graciously agreed to serve as Vice President. Sherry will continue to serve as an At-Large Board member.

Rich Dean
Board President



CUU Auction Open Event

There is still one event open this year from last year's auction!

Girl's Overnight at Georgetown
September 13, 2025
2 Spaces are open.
\$50 per space



Contact Linda Joy at 410-790-5496 Linda.Joy@verizon.net or Terri Ebaugh at 443-789-2307 TerriDonEbaugh@gmail.com if you'd like to attend an event!

Your contributions support Cedarhurst operating expenses.



SPECIAL ANNOUNCEMENT

*Save
The
Date*

Mark Your Calendars for Cedarhurst's 40th Anniversary Weekend October 17-19

We will start off Friday evening with the Kickoff Celebration filled with Fun! There will be cocktails and mocktails, music and some dancing.

A catered luncheon is planned for Saturday at 1:00 PM with Rev. Nancy McDonald Ladd as the keynote speaker.

We end the weekend on Sunday with our regular service time and potluck lunch.

More details to follow about the events as well as how you can help!



Cedarhurst UU Feeds the Community



Cedarhurst UU teamed up with Shepherd's Staff to provide 150+ servings of food July 4th at Dutterer Park in Westminster. Over 17 CUU members and friends helped provide ham, hot dogs, pulled BBQ chicken, sloppy joes, three salads, chips, brownies and cupcakes and assorted drinks. Shepherd's Staff coordinated with Wetzel's Pretzels, Rita's Italian Ice and Common Ground-on-the-hill musicians for additional food and entertainment.

We continue to provide food each third Friday of the month at the Night-by-Night Shelter in Westminster. July 18th we provided 8 casseroles, three salads, fresh fruit, sliced veggies, desserts, drinks, rolls and 30 boxes filled with charcuterie items (cheese, sausages, pickles and olives and more!). Our cooks are amazing! Many provide two huge dishes to feed 8-10 people. Our shoppers provide 6-8 gallons of beverages and a wide assortment of desserts and breakfast treats.

Contact Pamela Malkin if you are able to help with the Friday August 15 dinner for 50+.



Photos of CUU volunteers serving guests at Shepherd's Staff July 4th at Dutterer's Park. (Photos by Holly Thompson.)

2025 Summer Service Schedule

Date	Speaker	Topic	Description
8/3	Lydia Dundon	Cults and Belonging	
8/10	Roderic Hooks	Thoughts and Meditation	
8/17	Alan Bogage	Logical Fallacies How We Get Things Wrong	
8/24	Sande Bihlmaier	Humanism and UU	
8/31	Lisa Miller	Psychodrama	Psychodrama is an experiential form of therapy. Lisa has several hundred training hours and is certified in a form of psychodrama used specifically to treat trauma called the Therapeutic Spiral Model.

Thank you to all who have signed up for a Sunday Service. Please contact Maria Warburton if you would like to add a description of your service and it can be included in the weekly announcements and later newsletters.



Small Wins



We've had more great Small Wins! Lots of folks are signing up for various tasks, and more are being completed. Summer is a great time to get tasks done, so check out the list and find a partner and a date to score a win!

Want to see what's still unclaimed? [Find the complete list here!](#) Please sign up in person (or ask a friend to help).

JULY OUTREACH

Cedarhurst UU Booth at PRIDE Event

Teams of Cedarhurst volunteers staffed our PRIDE booth in 2-hour shifts from 11 AM until 7 PM on Saturday, July 26th. The teams informed booth visitors about our UU faith and invited them to come get acquainted by visiting us. After chatting a bit with visitors, the booth volunteers gathered more than a dozen names and email addresses of people interested in knowing more about CedarhurstUU and the activities we offer. Be sure to say hello and welcome these new friends when they come to see us.



Cindy Hirshberg, Roderic Hooks and Alan Bogage were afternoon Volunteers at the PRIDE Booth in July.

CHALICE LIGHTERS



Chalice Lighters A Welcome Resource

Chalice Lighters is a well-established financial grant resource available to UU congregations to help them accomplish important goals and milestones. Many of our longer-term members will remember it well, including at least one past grant to Cedarhurst UU in years past. Our institutional memory is foggy, but the consensus is that a Chalice Lighter grant helped accomplish our past Lifelong RE successes.

As we look ahead to our future, Cedarhurst could gain significant financial advantage from Chalice Lighters as we implement our visions of growth. To help assure that we can apply for grants ranging from \$20,000 to \$40,000, at least 20% of our membership should contribute regularly. And the amount is fairly small — \$30.00 contributed three times each year.

If you are willing to join forces with the other congregations in the Central East Region to pool our financial resources, please use the link below to sign up and become a Chalice Lighter donor.

[Chalice Lighter Sign Up Page](#)

In preparation for starting the grant request process, we need to know who is already enrolled. If you are already a participant, kindly send a text or email to our President, Rich Dean at

boardpresident@cedarhurstuu.org





TUNING UP FOR GROWTH

CedarhurstUU is entering an exciting chapter in our story. Already we have new faces attending services and stepping up to join our activities, committees and Board. Plus "Elevate Cedarhurst!" our exciting building update, is on the horizon.

Please give a listen to the effective approach used at UUCA. We'll need your suggestions to design a similar system to help assure for the future growth of CedarhurstUU. Now is a great time to refresh our ways of staying connected in support of attracting and welcoming newcomers.

Of the many inspiring workshops offered during GA, one of the most energizing was entitled "Growing Membership through Creating Connection." The presentation covered each step by the UU Church of Annapolis (UUCA) to successfully add 88 new Members within a year.

Cedarhurst is already performing many of the activities UUCA recommends. The difference is that UUCA uses clear ways to connect and coordinate. We have relied on a more informal approach in recent years, especially since COVID isolated us. Now, however, we are well on our way to refining how we capture contact info, exchange and follow up on our visitors so they are known and welcome.

One of the most valuable UUCA activities is to be sure that a newcomer encounters a consistent welcoming message from everyone they encounter. Consequently, they host tune-up training sessions for the entire congregation each year.

We are invited to attend their next "Radical Welcome Training" on August 3rd and August 10th as noted below. Here is the registration information.

Radical Welcome Training

You're warmly invited to join us for this year's training:

- **Sunday, August 3rd: Creating a Culture of Connection**
- **Sunday, August 10th: Subtle Acts of Exclusion**

Both sessions run from **11:15 AM – 1:15 PM ET** and are available via Zoom.

These trainings are collaborative and draw on work by Rev. Taryn Strauss, Shay Stewart-Willis, Kelly Greene, and our own Building Beloved Community team here at UUCA. I'd love for you to join us!

Zoom Link for both Radical Welcome Trainings

<https://zoom.us/j/9691712043>

(Problems with Zoom Link? Check the Weekly Announcements or the CUU website calendar for a working link.)

SPECIAL NOTICES

Congregational Life - Future Plans



Shared Meals at Home - In late September we plan to have lunches and/or dinners in our homes. The host usually provides the main course and asks the guests to bring the sides and dessert. If you are a host, keep it simple - the idea is to get to know a few people a little better in a home setting. You do not need a mansion to be a host. Sign up sheets to be a host or guest or either will be available the beginning of September. The Congregational Life Committee will assign guests to hosts.

Survey – In September the Congregational Life Committee will be sending out a survey - to find out several things:

- 1- What have you liked to do at CUU besides attending services?
- 2- What social or intellectual activities would you like to attend at CUU if provided?
- 3 – If Sunday mornings do not work for you to participate at CUU, what times would meet your needs?
- 4- anything else you would like to say - good or bad.



CUU T-Shirts Are In!



You may pick your shirt up beginning this Sunday, August 3, before or after service. Please pay \$20 in check or cash at time of pickup. Extras were ordered in large and extra large, if you didn't preorder yet.

Question? Ask Pamela Malkin or Cindy Hirshberg.

AUGUST SPECIAL CUU EVENTS

Suessical the Musical at McDaniel College

Sunday, August 10th at 1:00 pm

The Glyndon Area Players are performing at the Alumni Hall at McDaniel College, which is a new location for them.

The tickets are \$12/adults and \$10/seniors if gotten in advance at scsl.booktix.net. Adults are \$15 at the door - no discounts.

We can carpool from CUU and have lunch first or bring our own lunches and eat after service.



“Oliver” a musical by Players on Air at Coppermine Pantherplex

Sunday, August 24th meet at noon

Tickets for the play are \$20. The play begins at 2:00 pm.

The plan is to leave CUU soon after the service and have lunch at Fratelli's Italian Restaurant, 2315 Hanover Pike A. Hampstead Md 21074.

Fratelli's is the place that Sharon Kennedy went to dinner with her former coworkers and employers, so we can continue our memories of her. As always, you can choose to just have lunch or just attend the play.



AUGUST SPECIAL CUU EVENTS

CONGREGATIONAL LIFE COMMITTEE MEETING

Monday August 4th at 7:30 pm on Zoom

The Congregational Life Committee sponsors a variety of activities for friends and members of the congregation.

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

Follow Zoom link on CUU Calendar to join.



CUU VIRTUAL IN-PERSON GAME NIGHT

Friday, August 8th at 5:30 pm

Join CUU friends to play games. Bring your favorite games and your own dinner. This will not be a potluck dinner - just bring food for yourself or eat before you come. The games will begin at 6pm so folks can get home before it is dark. All are welcome.

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



AUGUST EVENTS

CUU BOOK CLUB

Sunday, August 10th at noon on Zoom and In-Person at CUU

The book for August is **Weyward** Emilia Hart.

*"Weaving together the stories of three extraordinary women across five centuries, Emilia Hart's **Weyward** is an enthralling novel of female resilience and the transformative power of the natural world." ~Goodreads*



We'd love to have new folks participating in this group!

September's book is *Night Watch* by Jayne Anne Phillips.

Call Beth Schilpp with questions.

Follow Zoom link on CUU Calendar to join.



CAREGIVERS SUPPORT GROUP

Tuesday, August 12th at 5:30 pm on Zoom

If you currently or in the past have been a physical or emotional or both to a loved one, this may be the group for you. We do not have any experts – just folks who are willing to share their experiences and feelings without worrying about judgement from the others.

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

Follow Zoom link on CUU Calendar to join.



AUGUST EVENTS

BOARD OF TRUSTEES MEETING Wednesday, August 13th at 7:00 pm on Zoom

August's 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, August 15th at 6:15 pm

Night-by-Night Shelter in Westminster provides casseroles and assorted sides (we seek to provide a variety of food items).

Could you help provide a dish, drinks or desserts?
Donation?

Contact Pamela Malkin at 443-487-1299 for more details.



WORSHIP COMMITTEE MEETING

Monday, August 27th 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.





CONTACT

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Minister: Reverend Kimberley Debus minister@cedarhurstuu.org

Treasurer: Lisa Miller Treasurer@cedarhurstuu.org

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Header and calendar photos by Mark Pollitt

AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 4pm Private Offsite Auction Event
3 10:30am Lay-led Sunday Service	4 7:30pm Congregational Life Committee Mtg.	5	6 Rev. Kimberley's Office Hours by appt.	7	8 5:30pm In-Person Game Night	9
10 1:00pm Seussical the Musical 10:30am Lay-led Sunday Service 12 pm Book Club	11	12 5:30 pm Caregivers Support Group	13 Rev. Kimberley's Office Hours by appt. 7pm Board of Trustees Mtg	14	15 6:15pm Night-by-Night Shelter Dinner	16
17 10:30am Lay-led Sunday Service	18	19	20 Rev. Kimberley's Office Hours by appt. 7:30pm Worship Committee Mtg	21	22	23
24 10:30am Lay-led Sunday Service 12pm Lunch and Oliver the Musical	25	26	27 Rev. Kimberley's Office Hours by appt.	28	29	30
31 10:30am Lay-led Sunday Service	NOTES:					