

NOVEMBER 2026

ISSUE NO. 11

THE COMPANION

CUU'S MONTHLY NEWSLETTER

Minister's Message

Grace Notes

Written by Reverend Kimberley Debus

Thanksgiving mornings in my house always began the same way: a slice of Mom's coffee cake, warm from the oven, a big glass of orange juice, the Macy's Thanksgiving Day parade on the television, and newspaper spread out on the dining room table so we could polish the silver. The scents of cinnamon and tarnish remover blended into an oddly comforting mélange of warm tininess, made more complex by the sautéing onions that would go into the stuffing, which would go into the bird. Even now, just thinking about it, I can smell that odd combination of scents and am transported to a different time and place.

My memories of childhood Thanksgivings are positive – and I am grateful for them, because they remind me of my family and of experiences that shape who I am today. Yet not all of us are grateful for our memories of this time of year. We are entering a complex season, where messages of family and connection and tradition may bristle against memories of anger or scarcity or frustration. Some of us may encounter relatives whose ideologies are the antithesis of our Unitarian Universalist values. Some of us may struggle with loneliness or depression because of loss or simply distance. Others may



minister@cedarhurstuu.org

See end of article for Office Hours.

overload their Thanksgiving tables to make up for all the years when there wasn't enough. Others still may have to work and may have always had to work, and so the day isn't a holiday at all.

But no matter how we view the day – with all its complexities – I want to remind us to find the space to be grateful.

Our theme this month is Connection, and in our worship and Spirit Circles, we will be exploring that theme from a number of angles; but here, I want to explore Connection as it relates to gratitude. How, you might ask? Gratitude asks us to consider the people, places, things, ideas, and experiences around us. When we ask ourselves what we are grateful for, we are asking ourselves 'to what are we connected, and does that contribute positively to our lives?

Now this isn't an easy thing some days, I know. In our darkest times there seems to be nothing to be grateful for – and goodness knows as a nation we're experiencing some dark times. But I want to challenge you to look around you right now and express gratitude for what is nearby. Perhaps it is the computer you're reading this on; you can be grateful for the computer, for eyes that work well enough to see it, for the electricity to power it.

Perhaps it's the table and chair where you're sitting; you can be grateful for the hands that crafted them and their sturdiness. See? Things to be grateful for already! There's no limit to what you can be grateful for. It doesn't have to be big things; it can be the little things – the smile from someone across the pew on Sunday, the smell of the crisp fall day, the cup of coffee that fuels your morning tasks.

The key is not to stay stuck at the chair or the coffee – it is to then to be grateful for bigger things: the breaths we take, the thoughts we have, the tenderness and generosity we feel, the ability we have to help and serve others, the inspiration we get from truth and beauty, the comfort we draw from others, and the memories of places, people, and moments that make us who we are.

We can be grateful for the connections we make at our congregation, the connections we will make as the work of Elevate Cedarhurst allows us to be a beacon of hope in the community (even if the process of getting there can be messy sometimes), and the ways we still connect to each other's spirits and our own.

Let us be grateful for the abundance of connections that bring us joy, comfort, and enrichment. Let us give thanks.

Blessings,
Rev. Kimberley

Rev. Kimberley's Hours

*Rev. Kimberley will be available **by appointment only 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 and emails for non-urgent matters.*

Spirit Circles: Connecting to Our Spirits and One Another

There's always room at our Spirit Circles! While you might choose to explore the Spirit Circles packet on your own, we do encourage you to join a group, whether you've been at CUU for a long time or are just starting to explore the congregation.

Current groups:
Second Tuesdays at 7:30pm - on Zoom - with Rev. Kimberley
Third Wednesdays at 10am - in person (at CUU) - with Becky Zimmerman
Third Thursdays at 7:30pm - on Zoom - with Beth Schilpp

For more information, email Rev. Kimberley at ***minister@cedarhurstuu.org***

Theme for November: Connection

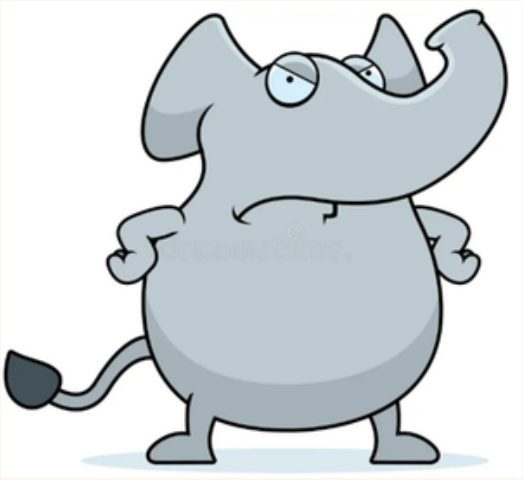
Our theme for November looks at the spiritual concept of Connection: When you hear the word "connection" what springs to mind? What connections do you prize the most? Is connection the same as community? How do they differ? Is one required for the other to exist?
To accompany our exploration is our Spirit Circles packet (**download here**). 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. Following that are more questions to ponder, and suggestions of other resources for further exploration. Finally, there is a chalice extinguishing to send you on your way.
Whether you dip in, use it as a focused guide, or share your insights at a Spirit Circle group, we hope you will you find something that connects you to your spirit – and to others.

President's Message

Written by Rich Dean

The Elephant in the Room

We are all painfully aware that our sanctuary, our sacred space, has been invaded by an Elephant, aka Elevator. Nobody is happy with this. It was a surprise to most of us. It is affecting our services, our auction, our support for the United Workers event, or rental to the Coop School and more.



So moving forward, a few things: Don't blame the elephant/elevator, we really want it here and will learn to appreciate it when it gets installed; let's focus on making things work in the midst of this mess; let's work together; let's focus our energy on getting this project done as soon as possible. We have a great team working to bring this about. I promise, we hear your concerns and are motivated to get closure so we can begin to enjoy the fruits of our labor in our renovated space.

I love you Cedarhurst

Rich



boardpresident@cedarhurstuu.org

Availability:
Monday, Wednesday, Friday 4-6pm

An alternate appointment time may be made via email request.



NOVEMBER'S THEME IS CONNECTION



November 1st
Rev. Kimberley Debus

Eat More Pie

There is something about pie that speaks to all of us – it is one of the few truly universal foods. We'll explore what pie means, what we can learn from pie, and how taking time for pie feeds our souls as well as our bodies. Please bring a pie to share after the service. Please bring a sweet or savory pie – quiches, pizzas, shepherd's pies, pot pies, tarts, fruit pies, cream pies – whatever kind of pie tickles your fancy. Leftovers are welcome! After spending an hour talking about pie, we're going to want to eat some pie!

November 22nd
Rev. Kimberley Debus

Sleeping With Bread

In this service, we consider what sustains us when times are hard or uncertain. We will also break bread together in thanksgiving.



November 29th
Rev. Lyn Cox

What is Hope?

In this service, we consider what sustains us when times are hard or uncertain. We will also break bread together in thanksgiving.



November 8th
Rev. Mike Franch

Here We Are, Together Again

Many congregations meet year round, but fall marks the beginning of a new "church year." That's a good time to celebrate congregational community, but also to think about what we want from our time together. What do we want from our religion? We want to feel at home, but what else? I look to my religion to provide both the intellectual and emotional content to help me figure out how to live and the emotional "oomph" to live that way. I look forward to sharing my thoughts and feelings and hearing yours.



November 15th
Rev. Lora Powell-Haney

What About Fun?

Author Catherine Price writes of a guitar class she took up as an adult: "During class, my shoulders were looser. My breathing was easier. My mind felt stimulated but also relaxed.... And unlike nearly everything else I did with my time, the class had no specific goal; our purpose, both literally and metaphorically, was simply to play." She tries to come up with a word to describe the fizz of connection, joy, just being and remembers, at last, "FUN."

If it's been a while since you thought of something as fun, or as Price calls it 'True Fun,' come connect through singing, art work, bubbles, modeling clay, yarn, movement. Let's put our electronics down and find time for play in the midst of all that is happening in the world.



CEDARHURST UU ANNUAL AUCTION



Our Annual Auction of Goods and Services is Saturday, November 14

It's a party!
It's a fundraiser!
It's a comedy show!
It's the social event of the year!





Don't be left out. This is our biggest event of the year and you're invited. There will be food and fun, things to bid on, sign-up events at fixed prices, and silent auction items starting at $5. Use auction events to fill up your year's social calendar! By the time you read this, you should have already received an email with a link to the catalog.

Budget some funds to spend on great dinners, creative events, services and must-have goodies. The members and friends of Cedarhurst UU have given of themselves to provide these many goods and services, and we need to show them our support. In doing so, we support the work of our beloved congregation. This is our most important fundraising event of the year and your generosity is needed to help this wonderful congregation pay its bills. It's a win-win proposition for us all.

You can bring your non-perishable donations starting at **noon on Sunday 11/08**, after the service has concluded and the receiving tables have been set up (we could use a little help with the tables). If you will not be at church on Sunday 11/8, someone will be at church to receive your donations on **Wednesday 11/11 at 11:00 am-2:00 pm , Thursday 11/12 at 6:30-7:30 pm** , and **Friday 11/13 at 10:00 am - 1:30 pm** as well. If none of those times work for you, contact Sherry Dean (443-244-0219 or **sherrydeann21@gmail.com**) to make other arrangements.

Doors open at 11:30 with food available shortly thereafter. The silent auction opens at 11:45 and closes promptly at 12:45. The live auction begins at 1:00.

The elevator parts will take up a lot of the space in the sanctuary, so we are working on a revised auction layout. It will probably be cramped and possibly spread out onto the porch or into the elevator space. Even if it's a tad awkward, we will have fun anyway!

It feels great to contribute to the success of our annual auction. Everyone who participates is a necessary and valued contributor.

See you there!





SPECIAL ANNOUNCEMENTS

United Workers Arts and Culture Showcase
November 6 from 4:00-7:00pm at CUU
November 7 from 10:00am-5:00pm at CUU

All are invited to attend a statewide United Workers Arts and Culture Showcase. Members will be sharing their stories through creative expression, including poetry, drawing, quilting, and other art.

There will also be interactive art stations where all can participate.

Light refreshments will be served.

Sharing the Plate



On fourth Sundays we share our gifts with the larger community, and help lift up the work already being done by others.

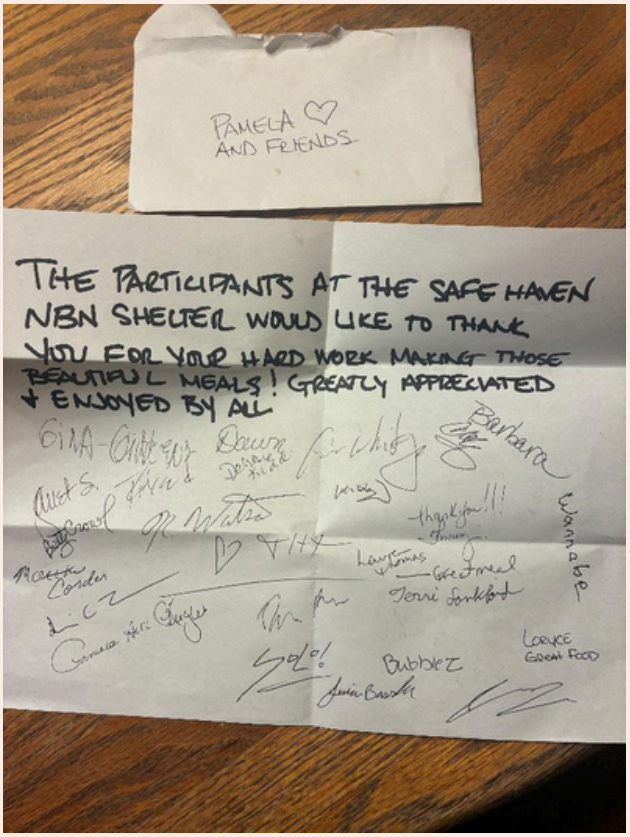
In November and December, we dedicate our plate to The Shepherd's Staff, whose mission is to serve those in crisis in Carroll County. They strive to effectively respond to people in their time of need, particularly when they find themselves in situations where they may have nowhere else to turn. They focus on providing temporary assistance to resolve short-term problems, while empowering people to seek more permanent solutions for social and economic self-sufficiency.

Your donations to these worthy community partners are always welcome; while we dedicate the offering on the fourth Sundays of the month, your gifts can come in anytime. Make checks out to CUU and put the organization name and/or 'share the plate' in the memo line.



CUU PROVIDES FOOD FOR THE COMMUNITY

Meals provided for the Hungry by CUU



Whew! We did it! So much food was provided, no additional purchases (i.e. fried chicken) were needed to feed everyone at the Night by Night Shelter for both Friday and Saturday October 16 and 17. Some unique offerings in October were shrimp fettuccini and red fruit Jell-O and chocolate pudding cups. All of the food was a BIG hit! Attached is the note I received a few days later. Everyone who cooked and shopped was truly appreciated.

As always, we strive to have an assortment of items served each month. Anything that can be put on a plate and eaten from a lap is good (soup and runny dishes are not good). One work around is to put the food in individual serving cups. Items can also be put on a stick-like veggies or ham and cheese cubes. Let your imagination wander!

Unfortunately, the shelter again has several nights where there is no group signed up to provide food. The nights before and after our night are not covered (Nov. 19 and 21).

Let's consider collecting a donation so the shelter can order items to be served.

Contact Pamela Malkin if you'd like to contribute.



NO KINGS DAY AT CEDARHURST

CUU's No Kings Day













NO KINGS DAY AT CEDARHURST

CUU's No Kings Day













NOVEMBER SPECIAL EVENTS

UNITED WORKERS ARTS AND CULTURE SHOWCASE

Friday, November 6th 4:00-7:00pm
Saturday, November 7th 10:00am-5:00pm

All are invited to the United Workers Arts and Culture Showcase.

Members will be sharing paintings, drawings, poems, songs and more.

There will also be interactive art stations for all to participate in.

Light refreshments served.

CUU 38th ANNUAL AUCTION

Saturday, November 14th at 11:30am



Don't be left out. This is our biggest event of the year and you're invited.

There will be food and fun, things to bid on, sign-up events at fixed prices, and silent auction items starting at $5.

Use auction events to fill up your year's social calendar!

Doors open at 11:30 with food available shortly thereafter. The silent auction opens at 11:45 and closes promptly at 12:45. The live auction begins at 1:00.



NOVEMBER SPECIAL EVENTS

THANKSGIVING DINNER with Your Friends from CUU

Thursday, November 26th

Would you like to have Thanksgiving dinner with friends from CUU?

Becky Barbour will reserve a table at the scrumptious buffet held each year at Carroll Lutheran Village (CLV). Feast on turkey and all the trimmings plus salads, additional entrees, and a vast array of decadent desserts.

Details on this year's party aren't available yet. The cost will be about $30 or less (no tipping).

Interested? Call or text Becky Barbour at 443-564-4033 or email her at Becky@TecSolutions.com. We'll firm up plans as the holiday draws closer.

NOTE: Several months ago, about 15 folks from CUU went to have lunch with Becky – we had a great time and the food was excellent.



NOVEMBER EVENTS

CONGREGATIONAL LIFE COMMITTEE MEETING

Monday, November 2nd at 7:30pm on Zoom

We are always looking for activities that bring us together for fun and/or learning. If you cannot come to the meeting please stop by the Welcome Table with your ideas.



All are welcome to attend on Zoom.

Follow Zoom link on CUU website Calendar to join.

CUU BOOK CLUB

Sunday, November 8th at 12:00pm in-person and on Zoom

The book for November is ***Solito: A Memoir*** by Javier Zamora.



A young poet tells the story of his harrowing migration from El Salvador to the United States at the age of nine in this memoir.

Javier's adventure is a three-thousand-mile journey from his small town in El Salvador, through Guatemala and Mexico, and across the U.S. border. He will leave behind his beloved aunt and grandparents to reunite with a mother who left four years ago and a father he barely remembers. Traveling alone except for a group of strangers and a coyote hired to lead them to safety, Javier's trip is supposed to last two short weeks. ~Goodreads

Please come and participate even if it is your first time....would love to have more people participating. Call Beth Schilpp with questions. Follow Zoom link on CUU website Calendar to join.



NOVEMBER EVENTS

CAREGIVERS SUPPORT GROUP

**Tuesday, November 10th at 7:00pm on Zoom

****Please note new time for monthly meeting**



If you are or have been physical and/or emotional support for another person, this could be the group for you. We have no experts, just people that are willing to share their experiences.

Follow Zoom link on CUU website Calendar to join.

SPIRIT CIRCLES

Tuesday, November 10th at 7:30pm on Zoom

Spirit Circles groups offer connection, companionship, and spiritual deepening. Tuesday's group is led by Rev. Kimberley Debus. Contact Rev. Kimberley if you are interested in joining.

Follow Zoom link on CUU website Calendar to join.

BOARD OF TRUSTEES MEETING

Wednesday, November 11th at 7:00 pm on Zoom

November'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 website Calendar to join.



NOVEMBER EVENTS

SPIRIT CIRCLES

Wednesday, November 18th at 10:00am in-person

Spirit Circles groups offer connection, companionship, and spiritual deepening. Wednesday's group is led by Becky Zimmerman and will be held at Cedarhurst.

Contact Rev. Kimberley if you are interested in joining a Spirit Circles group.

SPIRIT CIRCLES

Thursday, November 19th at 7:30pm on Zoom

Spirit Circles groups offer connection, companionship, and spiritual deepening. Thursday's group is led by Beth Schilpp. Contact Rev. Kimberley if you are interested in joining a Spirit Circles.

Follow Zoom link on CUU website Calendar to join.

CUU IN-PERSON GAME NIGHT

**Friday, November 20th at 6:00 pm in-person

**Note date change due to auction

Our monthly game night will begin at 6pm to enjoy dinner together with each person bringing their own food and drink (no potluck). Games begin at 6:30. Please bring a game or games you love. As always, folks are welcome to just come and eat or just come to play games.



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



NOVEMBER EVENTS

NIGHT-BY-NIGHT: FOOD PROGRAM

Friday, November 20th at 6:15pm

As always, we strive to have an assortment of items served each month. Anything that can be put on a plate and eaten from a lap is good (soup and runny dishes are not good). One work around is to put the food in individual serving cups. Items can also be put on a stick- like veggies or ham and cheese cubes. Let your imagination wander!

Unfortunately, the shelter again has several nights where there is no group signed up to provide food. The nights before and after our night are not covered (Nov. 19 and 21).
Let's consider collecting a donation so the shelter can order items to be served.

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

WORSHIP COMMITTEE MEETING

Wednesday, November 25th at 7:30pm 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 website Calendar to join.





CONTACT

Telephone: 410-861-8820
Email: Outreach@CedarhurstUU.org
Web address: http://www.cedarhurstuu.org

President: Rich Dean BoardPresident@cedarhurstuu.org

At Large Board Members:
Lydia Dundon lmillike42@gmail.com
Maria Warburton mariawarburton@comcast.net
Roderic Hooks autumnlover@me.com
Jan Pennington jan.pennington@comcast.net

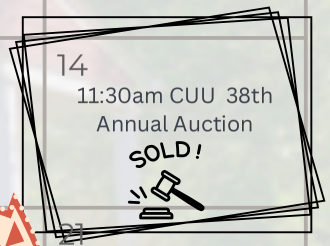
Minister: Reverend Kimberley Debus minister@cedarhurstuu.org
Treasurer: Terri Ebaugh Treasurer@cedarhurstuu.org
Bookkeeper: Susan Blevins bookkeeper@cedarhurstuu.org

Outreach Coordinator: Nalina White Outreach@cedarhurstuu.org

Header and calendar photos by Mark Pollitt

CEDARHURST UU

NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30am Sunday Service	2 7:30pm Congregational Life Committee Mtg.	3	4	5	6 4pm UW Arts & Culture Showcase	7 10am UW Arts & Culture Showcase
8 10:30am Sunday Service 12pm CUU Book Club 	9	10 7:00pm Caregivers Support Group 7:30pm Spirit Circles on Zoom	11 7pm Board of Trustees Meeting	12	13	14 11:30am CUU 38th Annual Auction 
15 10:30am Sunday Service	16	17	18 10:00am Spirit Circles in-person	19 7:30pm Spirit Circles on Zoom	20  6pm In-Person Game Night 6:15pm Night-by-Night Shelter Dinner	21
22 10:30am Sunday Service	23	24	25 7:30pm Worship Committee Meeting	26  Thanksgiving Dinner w/ friends from CUU	27	28
29 10:30am Sunday Service	30	31				

NOTES: