



The UU Circle

Newsletter of the Unitarian Universalists of Fallston

You Are Welcome Here!



September 2016

A Month of Sundays

Sunday Services at 11:00 AM, 1127 Old Fallston Road, P. O. Box 258, Fallston, MD (410-877-3773)

September 04 Labor Day – No Service

September 11 “Unitarian Universalism in a Post 9/11 World ” – Rev. Kate Lehman

Much has changed in this country and the world since the events of September 11, 2001. How can our faith help us to respond to these changes? How can our faith help us to be part of the process that makes the world more whole?

September 18 “Our Worth” Rev. Terry Ellen

I keep coming back to this central question: upon what is your or my worth founded? The world has many answers, with vastly different implications. Let's look at some.

September 25 ‘What’s To Be Done?’ – Rev. Terry Ellen

We all know that climate is a central challenge of our time. Let's consider what lies beyond despair, apathy, and avoidance in how we can meet it like the people who must.

CALENDAR OF EVENTS

Wednesdays 7PM - Mindful Meditation sessions continue at UUF.

September 11:45 am Board of Trustees Meeting - In UUF Office - All are welcome to attend.

September 17 “Dinner Out” at 6:30PM – Conrad’s Seafood Restaurant- 9654 Belair Rd. Belair, MD

RSVP to Dee Brown by September 10th at 410-692-5983 E-Mail: naturelover2017@gmail.com

September 20th 7pm “Mind Full or Mindful?” A new seven week course is offered at UUF. See Mindfulness Project details below,

October 8 Book Club - The club will meet 7pm at Sherry Delgado's 3922 Greenpeak Rd, Jarrettsville. The book is "The Faith Club-A Muslim, A Christian, A Jew Three Women Search for Understanding" by Ranyu Idliby, Suzanne Oliver and Priscilla Warner group. RSVP to Sherry at sharondelgado@me.com by October 5.

Mindfulness Project

Our Mindfulness Project is off to a good start! Early in the summer Leslie Sarkin gave us an introduction to the theory and practice of Mindfulness Meditation, and Sharon Delgado shared some information describing ways a mindfulness practice may “change your brain.” On Wednesday July 13th a Mindful Meditation group began meeting at 7pm at UUF. These meditation sessions continued throughout the rest of the summer.

Starting on September 20th at 7PM a new seven week course “Mind Full or Mindful?” will be offered at UUF. Course organizer Leslie Sarkin reports that attendees will learn about “the many aspects of mindful awareness, mindfulness and the brain, mindfulness and the family, mindfulness and difficult emotions, mindful exercise, and mindfulness and the community. In addition practical exercises will be an integral part of the program.” We hope many members of our congregation will be in attendance. See the attached flyer for further information.

Outreach

HARFORD FOOD PANTRY

We are doing a good thing that is definitely appreciated. Please keep those donations coming so we can support this worthy cause. Food Pantry counts on us for the grape jelly we donate on a regular basis. They are always very appreciative of our offerings.

SHARING TABLE

UUF Sharing Table dates for 2016 are as follows:

- Saturday, October 8, 2016;
- Saturday, November 19, 2016

These dates are coming up very fast, so please get them on your calendar now.

Members are needed to prepare food as well as serve, set up, and clean up.



A SERIES OF SEVEN LECTURES ABOUT MINDFULNESS AND THE PRACTICE OF MINDFULNESS

WHEN
TUESDAY EVENINGS, 7:00 - 8:15PM
SEPTEMBER 20, 2016 - NOVEMBER 1, 2016

WHERE
Unitarian Universalists of Fallston
1127 Old Fallston Road, Fallston, MD

LECTURES/PRESENTERS

- | | |
|---------------------|--|
| September 20 | Introduction to Mindfulness: Learning how to become a human being instead of a human doing
Jacqueline Stilling, LCPC |
| September 27 | Mindfulness: What's the Brain got to do with it?
Sharon Delgado, MEd |
| October 4 | Mindful Awareness: Waking up from the sleepwalking through life
Jacqueline Stilling, LCPC |
| October 11 | Yoga - Mindful Movements
Meghan Charles. RYT 500 |
| October 18 | Mindfulness and the family: Enriching family relationships through mindfulness practices
Jaqueline Stilling, LCPC |
| October 25 | "IT IS WHAT IT IS" Accepting the present moment
Jacqueline Stilling, LCPC |
| November 1 | Loving Kindness
Jacqueline Stilling, LC |

Participants may attend any number of lectures from 1 to all 7. To obtain the best understanding of mindfulness; however, one is encouraged to attend as many of the lectures as possible.

\$10.00 donation per class suggested

For more information email: leelamae11@gmail.com