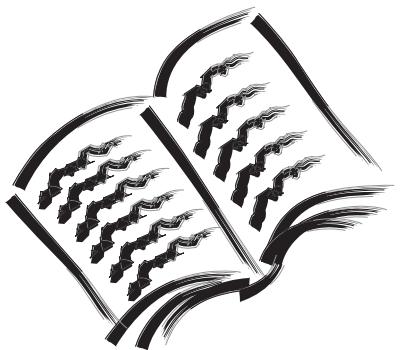


ADULT PROGRAMS

ALL CLASSES OPEN TO THE GENERAL PUBLIC

SPRING 2010



CEDAR LANE UNITARIAN UNIVERSALIST CHURCH

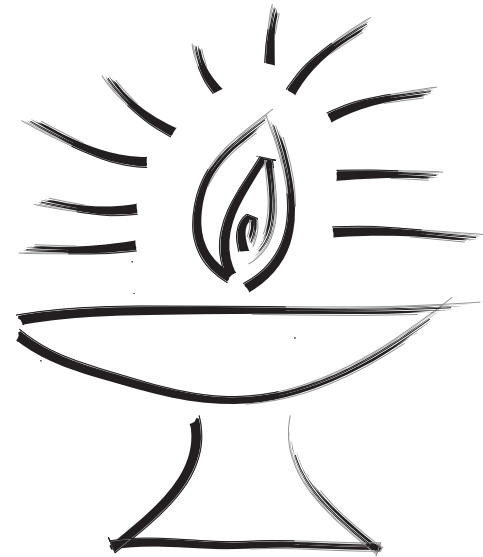
9601 Cedar Lane ■ Bethesda, Maryland 20814 ■ 301-493-8300
e-mail: office@cedarlane.org ■ www.cedarlane.org

Cedar Lane Unitarian Universalist Church

Mission Statement

- Cedar Lane Unitarian Universalist Church is a liberal religious community committed to individual freedom of belief, the search for truth, spiritual nourishment and the celebration of life.
- We honor our history by proclaiming and teaching our Unitarian Universalist principles and values.
- We seek to transform our beliefs and mutual caring into action to support our members, strengthen our community and promote social justice.

—Adopted by the Congregation April 1995



Adult Programs Committee

Co-Chairs: Helen Worth, Donna Runyan
Co-Treasurers: John and Kathleen Novak

Vice Chair: Kate Curtis
Secretary: Marilyn Hathaway

ADULT PROGRAM SUB COMMITTEES

Spiritual Search: Coordinator, Sarah Bever
 Dick Haddad, Donna Runyan, and Marilyn Hathaway

Social, Scientific and Political Issues: Coordinator, Sharon Marcus
 Helen Worth, Abe Brody, Tom Bryant

Personal Development: Coordinators, Carolyn Stelle and Betsey Haddad
 Dennis O'Keefe, and Kathleen Novak

Arts, Literature and Hobbies: Coordinator, Stephanie Simpson
 John Novak, Eileen Haley, Ed Meyer, Kate Curtis

OTHER SUB COMMITTEES

Sunday Morning Forum: Co-Chairs, Dusty Kreisberg and Marion Torchia
 Len Adler, Charlotte Brewer, Ken Jones, Frederick Knickerbocker, Karen Lerner,
 Laura-Leigh Palmer, Bob Pechacek, Carol Zachary, Sarah Bever (APC liaison)

Labyrinth: Co-Chairs, Chris Mauro and Ellen Cosgrove
 Dorothy Britt, Emily Mellgren, Susan McNelis, Miriam Pemberton

Kiplinger: Chair, Harvey Lerner
 Nancy Bliss, Dick Crout, Ken Jones, Ralph Krause, Rich Madaleno,
 Gerry Peterson, Marion Torchia, Wanda Van Goor, Bill Zellmer

Connection Circles: Chair, Michael Thoryn
 Mary Butler, Beth Cavett, Kate Harrison, Erika Morphy, Ardene Shafer,
 Tracey Stein, Dianne Tesch, Marilyn Hathaway (APC liaison)
 Staff: Heather Janules

Staff: Rev. Susan Davison Archer, Minister of Religious Education
 Jeannette Wilson and Gale Ginther Luce, Religious Education
 Administrators

Information for this brochure was prepared by Adult Programs Committee members. Bobbie Salthouse designed the layout and graphics. Jeannette Wilson did the class scheduling and data entry, and supervised the preparation, printing and distribution. Please pass along suggestions for future classes to any of the above committee members. Many thanks to our volunteers and staff.

Table of Contents

COURSE	START DATE	# SESSIONS	FEE (pledgers/ nonpledgers)
A. THE SPIRITUAL SEARCH			
1. Science and Religion	Mondays	ongoing	\$15/20
2. The Philosophy Club	February 9	6	\$15/20
3. Moral Philosophy of William James	March 1	2	\$10/15
4. Meditation	March 1	10	\$60/70
5. Voluntary Simplicity	March 4	6	\$15/20+
6. Welcome Workshop	March 20	1	No fee
7. Passover Seder	April 11	1	\$10/20
8. Intro to Buddhism	May 13	2	\$10/15
9. Letting Go (of your teen)	May 15	1	\$5/10
B. SOCIAL, SCIENTIFIC AND POLITICAL ISSUES			
10. Does God Exist, Is the Bible True?	February 3	3	\$10/15
11. Asteroid and Comet Impacts	March 17	1	\$5/10
12. Guide to Home Energy Savings	April 7	1	\$5/10
13. Crime Forensics	April 28	1	\$5/10
14. Air and Space Museum Tour	April 29	1	\$5/10
15. Hubble Telescope Secrets	May 1	1	\$5/10
C. PERSONAL DEVELOPMENT			
16. Continuing Yoga	February 1	13	\$220/230
17. T'ai Chi	February 4	9	\$70/80
18. Go Green, Get Lean	February 13	6	\$15/20+
19. Alexander Technique	February 18	6	\$105/115
20. Retreats for Women	Feb. 27 & May 1	1/1	\$45/80
21. Bicycling	April 3	4	\$10/15
22. Cedar Lane Dancers	Tuesdays	on-going	\$15
D. ARTS, LITERATURE AND HOBBIES			
23. Book Discussion	February 16	5	\$15/20
24. Photography	February 18	1	\$10/15
25. Ikebana for Beginners	March 9	1	\$20/25+
26. Singing Rounds	April 5	3	\$10/15
27. Play Reading	April 13	3	\$10/15
28. Olive Oil Tasting	May 7	1	\$10/15

COURSE	START DATE	# SESSIONS	FEE (pledgers/ nonpledgers)
D. ARTS, LITERATURE AND HOBBIES (Cont'd)			
29. Spring Bird Walk	May 8	1	\$5/10
30. Hike to Glen Echo	May 8	1	\$5/10
31. Kayaking Little Seneca Lake	June 5	1	\$5/10+
E. THE SUNDAY MORNING FORUM			
F. THE LABYRINTH			
G. CONNECTION CIRCLES			
32. Connections/Short-term Group		on-going	\$15/20
33. Attitudes Toward Living		on-going	\$15/20
34. Journeywomen		on-going	\$15/20
35. Living by Heart I		on-going	\$15/20
36. Living by Heart II		on-going	\$15/20
37. Living by Heart III		on-going	\$15/20
38. The Sharing Group		on-going	\$15/20
H. THE KIPLINGER SERIES ON ETHICS			
39. Ethical Money Matters	TBA		
I. DINNER DISCUSSION GROUPS			
40. Mixed Groups			
41. Dinners for Boomers			
42. Young Adults			
43. Dinner and Discussion Express	April 24	1	
J. SUPPORT GROUPS			
P-FLAG	Sundays		
Aging: A Time of Transition	A. Wednesdays	B. Fridays	
Living with Cancer	Tuesdays		
Living with Mental Illness	Fridays		
K. OTHER ADULT ACTIVITIES AT CEDAR LANE			
Adult Programs Committee	Flower Committee		
The Alliance	Grounds Committee		
Cedar Lane Quilters	Religious Education Council		
Cedar Lane Stage	Social Justice Council		
Choir	Wednesday Morning Group		

+ Additional costs associated with this class. See course description.

Registration Information Spring 2010

REGISTRATION AND PAYMENT PROCEDURES

Class Size and Early Registration: A minimum of eight and a maximum of twenty registrants are required for most classes. Some classes may have waiting lists, so please register early.

Registration Dates: Sundays, January 24 and 31, after both services, or in the Religious Education (RE) office by mail or in person at any time.

Registration Priority: Registrations are processed in the order received; however, Cedar Lane Unitarian Universalist Church (CLUUC) members receive preference when classes are oversubscribed.

Payment: Payment, preferably by check, is due at registration as specified below.

To Register in Person: Bring the enclosed card and your payment (exact cash or check made payable to CLUUC) to either:
 ■ the Adult Programs table after Sunday services on January 24 or 31; or
 ■ the Religious Education office at any time.

To Register by Mail: Send the enclosed card and your payment (check made payable to CLUUC) to the Religious Education office at the address printed on the front of this brochure.

FEE INFORMATION

- **Fees:** Class fees are listed in the brochure and are due at registration. Fees are listed separately for pledgers* and non-pledgers. Class fees cover payments to contract teachers and other costs directly associated with adult programs (e.g., the cost of producing this brochure). Cedar Lane underwrites facility and staff costs as part of our commitment to community building and lifelong learning.
- **Discounts:** Full-time students and persons over age 65 are eligible for a 20% reduction in fees.
- **Scholarships:** Scholarships are available to enable all persons to participate in our programs. Call the Rev. Susan Archer at 301-493-8300 x206 for information.

* Pledgers are those who make an annual financial commitment to Cedar Lane via a written financial pledge and subsequent contributions.

ATTENDANCE AND CANCELLATIONS

- **If you cannot attend a class for which you are registered,** please call the Religious Education office at 301-493-8300 x207 in advance to allow someone on the waiting list to take your place.
- **All registrants are notified if a class/program is cancelled.** Registration fees are refunded.
- **In the event of inclement weather:** Weekday and evening classes will be cancelled when Montgomery County Public Schools are closed. All other times, please call the church at 301-493-8300 for a recorded message, or check the website at www.cedarlane.org. Classes will be rescheduled whenever possible.
- **If you would like to teach/lead an adult class/program of your own:** Please call the Religious Education office and ask for the "Offer to Teach Adult Program" form. Proposals received by April 15 will be reviewed by the Adult Programs Committee for inclusion in the Fall 2010 program.

The Program

A. SPIRITUAL SEARCH

Each Unitarian Universalist is on a journey to uncover answers to life's most important questions. Courses in Unitarian Universalism, Jewish and Christian heritage and other great religions of the world provide a foundation of knowledge, insight and wisdom to enrich our faith. Our classes also offer ideas and information from philosophy, science and history as other building blocks of faith.

Cedar Lane Newcomers:

If you are new to Cedar Lane, new to UU, or interested in becoming a member of the church, we welcome you to this faith community. Please direct any questions or concerns to our Membership Coordinator, Andy Streich. He can help you sign up for the latest Newcomer Workshop, help you become involved with the congregation or schedule an appointment to meet one of the ministers. Andy can be reached at 301-493-8300 x301 or astreich@cedarlane.org.

1. Science and Religion Discussion Group

We will discuss our beliefs about science and religion and explore philosophical questions with other curious, free-thinking people. Participants voluntarily present a book or article review, original report, or a video during the first hour, followed by a second hour of group discussion. Occasionally, visiting presenters bring new and different perspectives to our group. Newcomers are welcome.

LEADERS: *Dick Menzer, Bill Foster, Jim Weiffenbach, and Dick Shrager* are Cedar Laners who solicit, coordinate, publicize, and facilitate presentations to the group.

DAYS: Weekly on Mondays through May 18

TIME: 10:00 a.m. to noon

FEE: Pledgers \$15; non-pledgers \$20

2. The Philosophy Club

"Je pense donc je suis." "I think therefore I am." "Das Auge womit Gott mich sieht is eben das Auge womit ich ihn sehe." "In principio erat verbum." "Li shih wu ai Shih shih wu ai." ("In the beginning was the Word." "The eye with which God sees me is the eye with which I see Him." "There is no obstacle between the Principle and the things, there is no obstacle between things.") Many voices, one club. Join us! We will discuss several philosophers, Aristotle for sure, others TBD. Half-hour lectures will be followed by half-hour discussion, leaving half an hour for any persiflage. All are welcome.

LEADER: The initial moderator will be *Jim Ogle*, whose graduate studies included the philosophy of science and experimental psychology, and whose wide reading has covered everything from Aristotle to Wittgenstein.

DATES: Six Tuesdays: February, 9, 23, March 9, 23, April 6, 20

TIME: 7:30 to 9:00 p.m.

FEE: Pledgers \$15; non-pledgers \$20

3. Act for the Best: An Appreciation of the Moral Philosophy of William James

William James, late 19th century founder of pragmatism, insisted that "there can be no final truth in ethics . . . until the last man has had his experience and said his say." James' non-dogmatic approach was controversial when he proposed it and remains easy to misunderstand. He had some very interesting things to say about how he thought people should behave. In this class we will read two of James' essays: "The Moral Philosopher and the Moral Life" and "The Moral Equivalent of War," to see whether his moral outlook is relevant today.

LEADER: *Marion Torchia* has taught classes at Cedar Lane about ethics and about William James' religious and philosophical thought.

DATES: Two Mondays: March 1 and 8

TIME: 7:30 to 9:00 p.m.

FEE: Pledgers \$10; non-pledgers \$15

4. Meditation Class

This is an opportunity for beginners and more experienced students to deepen their meditation and mindfulness practice through instruction in sitting, walking meditation, gentle yoga, short talks, and discussion. Insight/mindfulness meditation emphasizes a calm centeredness of mind and body.

LEADERS: *Carole Rogentine* has practiced meditation for many years. She completed the Barre Center for Buddhist Studies course, Mindfulness-Stress Reduction, and Bhavana Society teacher training; she has taught meditation for several years. *Adam Asare* has been practicing meditation since 1995. He has completed the Dedicated Practitioner's Program at Spirit Rock Meditation Center and teacher training with Matt Flickstein. *Debbie Ratner Helzer* has been practicing meditation for more than fifteen years and has trained with Joseph Goldstein and other senior Vipassana teachers at the Insight Meditation Center. She was a Theravadan nun for a year in Burma.

DATES: Ten Mondays: March 1, 8, 15, 22, April 5, 12, 19, 26, May 3, 10

TIME: 7:30 to 9:00 p.m.

FEE: Pledgers \$60; non-pledgers \$70; Single class \$8

5. Voluntary Simplicity

The Northwest Earth Institute produces courses designed for personal reflection and group discussion. This course, which was recently revised, addresses the difficult problem of gearing down in a busy world. Topics covered include: common misconceptions about a simple life, material possessions that add meaning and those that detract from our lives, the conflict between making more money and enjoying a more relaxed lifestyle, and alternatives to the fast paced mainstream culture. Each session will focus on the readings and questions from a workbook (\$20) purchased by the class participants.

LEADER: *Marney Bruce* is co-founder of Simplicity Matters Earth Institute in Bethesda. She has lead many courses for the Northwest Earth Institute.

DATES: Six Thursdays: March 4, 18, April 1, 15, 29, May 13

TIME: 7:30 to 9:00 p.m.

FEE: Pledgers \$15; non-pledgers \$20

6. Welcome Workshop

Four times a year we offer a class and lunch especially for new members, although visitors and current members are invited to attend as well. The class is led by the ministers as an interactive forum to learn about Unitarian Universalism, our spiritual community, how we operate, what we offer, and ways to get engaged. It is also an opportunity for us to learn about you and for you to meet other new members.

LEADERS: *The Revs. Roger Fritts, Susan Archer, Heather Janules and Membership Coordinator Andy Streich, with members of our Member Services Committee.*

DATE: Saturday, March 20

TIME: 10:30 a.m. to 1:00 p.m.

FEE: No Fee

7. Passover Seder

Join your fellow Cedar Laners for an evening of warmth, tradition, reflection, and even a little bit of humor. Cedar Lane has a long tradition of celebrating Passover with a Seder that is influenced by Unitarian Universalist principles, the traditional Passover story, family rituals, and community spirit (not to mention great food!). You do not have to come from a Jewish religious background to participate in and enjoy the compelling story of freedom from slavery. This event is suitable for young and old, so bring your family and join in the celebration.

LEADERS: The Passover Seder is jointly sponsored by the RE Council and the Adult Programs Committee.

DATE: Sunday, April 11

TIME: 5:00 p.m.

FEE: \$10/person; \$20/family

The fee will cover the main dish and the foods that are part of the Seder service. Participants are asked to bring side dishes and desserts. Suggestions and recipes for traditional Seder dishes will be available.

8. Introduction to Buddhism

The course will primarily cover the life and teachings of Buddha, the developments of Hinayana and Mahayana Buddhism, and the teachings of Zen and Pure Land schools in China. It will be a brief history of Buddhist thought analyzing its basic teachings about ultimate reality, the universe, human life, the ideal world, and the causes of and solutions to evil, suffering and death.

LEADER: *Dr. Sung-Peng Hsu* has a Ph.D. in Religious Studies from the University of Pennsylvania. He has taught religion and philosophy in various universities and has published a book on Chinese Buddhism. Last fall he gave a class here at Cedar Lane on Lao-Tzu.

DATES: Two Thursdays: May 13 and 20

TIME: 7:30 to 9:30 p.m.

FEE: Pledgers \$10; non-pledgers \$15

9. Letting Go

It might be hard to believe that your child is about to leave your nest! Or you may wonder what's going on with your young person already in college, or what is involved in your role as a parent in this new stage of life. Susan Archer will facilitate this conversation for those who have a high school senior about to go to college or a young person already in college. It will focus on the developmental needs of this age group, potential college experiences and issues, and, most importantly, the needs and concerns and wonderings YOU bring with you as you begin this new stage of YOUR life. We will use as a resource *Letting Go: A Parents' Guide to Understanding the College Years* by Karen Levin Coburn and Madge Lawrence Treeger (Fifth Edition), but reading/having the book is not a prerequisite. There will be an option for additional sessions, or a Connection Circle, if there is participant interest.

LEADER: *Susan Davison Archer* is the Minister of Religious Education at Cedar Lane.

DATE: Saturday, May 15

TIME: 10 a.m. to noon

FEE: Pledgers \$5; non-pledgers \$10



B. SOCIAL, SCIENTIFIC AND POLITICAL ISSUES

We seek to promote awareness of the relevance of the principles of Unitarian Universalism to contemporary domestic and global social, scientific, and political concerns. We look beyond the concerns of the individual to address the problems of the larger society.

10. Does God Exist and Is the Bible True?

It is a commonly held belief that it's impossible to give a proof for the fundamental teachings of Western religions that does not contain one or more logical flaws. At the same time, many people who hold this belief would find it difficult to repeat any of these "flawed" proofs except in a metamorphosed form that could be answered by astute religious apologists. In this class the instructor will try to present proofs such as Anselm's Ontological Argument, Hugo Meynell's proof from intelligibility, and the "Kuzari Principle" in their best light, prior to offering his thoughts on them and encouraging group discussion.

LEADER: *Tom Goldring* has a Ph.D. in mathematics and currently works as a research mathematician for the Department of Defense. On the philosophical side, he likes to listen to courses by the Teaching Company and attend lectures on Jewish biblical studies which are given from the perspective of modern scholarship.

DATES: Three Wednesdays: February 3, 10, 17

TIME: 7:30 to 9:00 p.m.

FEE: Pledgers \$10; non-pledgers \$15

11. Protecting the Earth from Asteroids and Comets

While the probability of a devastating asteroid or comet impact with the Earth is low during our lifetime, these impacts still represent the greatest natural threat to the continued existence of mankind. This talk will help separate myths from realities. It will show the results of some previous impacts and the relationship between the size of an impactor and the potential number of fatalities that would result. It will also show what we have learned about these objects and lay out some of the steps for mankind to mitigate the threat from future impacts.

LEADER: *Dr. Rob Gold* is a specialist in space plasma physics and spacecraft instrumentation at The Johns Hopkins University Applied Physics Laboratory. He developed the SHIELD system to protect the Earth from asteroid and comet impacts, worked on the Near Earth Asteroid Rendezvous mission, and has his own asteroid.

DATE: Wednesday, March 17

TIME: 7:30 to 9:00 p.m.

FEE: Pledgers \$5; non-pledgers \$10



12. A Guide to Home Energy Savings

Are you about to buy a new appliance? Remodel your house? Upgrade your heating or cooling system? If you are like most of us, you don't do these things very often. When you do, you want to make good choices, both for your pocketbook and for the environment. But who has time to become an expert? Come to the workshop and learn the best ways to tighten up your house so that your heating and cooling systems won't have to work as hard or use as much energy. Learn some new tips on operating new and existing appliances to reduce energy use and improve performance. Learn about energy-saving upgrades. We'll focus on the top energy-wasters.

LEADERS: *Ann Suydam* has been the Director of Development at the American Council for an Energy-Efficient Economy (ACEEE) for the past three years. *Amanda Lowenberger* is an energy-efficiency researcher at ACEEE and will lead the discussion and presentation. Her research includes emerging technologies and best practices for residential and commercial buildings and appliances. *Mike Kennedy*, from the Maryland Energy & Sustainability Co-op, will join the panel and will contribute from his research on consumer trends and the recent formation of a co-op that provides major discounts on energy saving and sustainable products and services.

DATE: Wednesday, April 7
TIME: 7:30 to 9:30 p.m.
FEE: Pledgers \$5; non-pledgers \$10



13. CSI Crime Forensics: What's Behind the Hype?

This class is designed for anyone who wants to understand how DNA technology is used in everyday life to solve crimes, or maybe understand the methods shown on the CSI television show. Do you know what PCR is? It was used to produce the dinosaur in the movie Jurassic Park. The same technology is used to fingerprint people using their DNA. This technology is responsible for exonerating the innocent and convicting the guilty. Come learn how we are moving toward better scientific tools that will help improve our justice system.

LEADER: *Dr. Sufian Al-Khaldi* is a principal investigator in the DNA Microarray Lab in FDA's Center for Food Safety and Applied Nutrition. He completed his Masters Degree in microbiology and molecular genetics and his Ph.D. in the field of microbiology, cell, and molecular biology from Oklahoma State University.

DATE: Wednesday, April 28
TIME: 7:30 to 9:00 p.m.
FEE: Pledgers \$5; non-pledgers \$10

14. A Private Tour of the Air and Space Museum

Seize this unique opportunity to tour the National Air & Space Museum (NASM) with a space pioneer as our personal guide. From the Wright brothers to the moon missions, you'll hear the stories behind the historic milestones and have an opportunity to get an insider's perspective on what it takes to leave this Earth for the unknown in space. Meet at noon at the National Gallery of Art's West Garden Court for lunch (cost is your responsibility). The NASM tour will run from 1:30-3:00 p.m., starting at the Wright Brothers gallery.

LEADER: *John Dassoulas* was a pioneer in space exploration, working for more than 40 years on dozens of space missions at The Johns Hopkins University Applied Physics Laboratory. Now retired, he's a docent at NASM and also a classical pianist.

DATE: Thursday, April 29
TIME: Lunch at noon, tour at 1:30 p.m.
FEE: Pledgers \$5; non-pledgers \$10



15. The Hubble Space Telescope Reveals Its Secrets

According to some, the Hubble Space Telescope (HST) is the most productive telescope ever built, furthering the science of astronomy more than any other with the possible exception of Galileo's spy glass. This seminar will cover some of those discoveries. Dark Energy, an accurate Hubble constant, the fabulous deep field, first details of an extra solar planet—these advances and a few others will be carefully explained, with stories and pictures.

LEADER: *Tom Bryant* has a Master's degree in astronomy, and has taught freshman astronomy off and on since 1978. He worked ten years on the Hubble Space Telescope, and he's been a star gazer from the age of six up until the present.

DATE: Saturday, May 1

TIME: 10:00 a.m. to 1:00 p.m.

FEE: Pledgers \$5; non-pledgers \$10

C. PERSONAL DEVELOPMENT

We seek to enhance the physical and psychological well-being of Cedar Laners with personal development courses that address the relevant needs of members and their families throughout the life cycle. These courses offer specific guidance, enrichment, and support in the broad areas of mental health, physical fitness, and financial and practical counseling.

16. Continuing Yoga

Yoga is an ancient and complete system of therapy designed to bring us closer to becoming and living who we are meant to be. This class is for yoga students with some previous experience in yoga and ability in the basic yoga postures who wish to deepen their awareness. Elaboration of the breathing and meditation practices is included. This class is attentive to, and supportive of, individual body needs. Wear comfortable clothing and bring a "sticky" mat and a blanket.

LEADER: *Kathleen Thomas* is a RN, a masseuse and an acupuncturist. She has been teaching yoga for 38 years.

DATES: Thirteen Mondays: February 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 5, 12, 19, 26

TIME: 6:30 to 8:00 p.m.

FEE: Pledgers \$220; non-pledgers \$230



17. T'ai Chi

In today's hectic world, we all try to project a sense of harmony to those around us. Spend an hour a week in a relaxing, healing atmosphere to nurture the peaceful right side of the brain. Balance and reverse the busyness of life with the deep-breathing practices of T'ai Chi. It regulates heart and blood pressure, lessens pain, and speeds recovery from illness or surgery. It also lessens the fear of falling as it improves balance and increases stamina as we become aware of our own healing energy. The slow, satisfying movements increase gracefulness, bring a sense of spirit and closeness to nature, and an awareness of the beauty and serenity we want in life.

LEADER: *Judith Duerk* has taught T'ai Chi for more than twenty years, helping students bring to life the healing energy of their own bodies.

DATES: Nine Thursdays: February 4, 11, 18, 25
March 4, 11, 18, 25, April 1

TIME: A. Beginners: 10:30 to 11:30 a.m.
B. Advanced: 11:45 a.m. to 1:00 p.m.

FEE: Pledgers \$70; non-pledgers \$80

18. Go Green, Get Lean

Want to shed a few pounds before Easter? Want to reduce your carbon footprint? If you answered yes to both questions, this class is for you. Together we will explore the health and environmental advantages of eating more plant foods and fewer animal foods. Discussion will be based on the book *Go Green, Get Lean* by Kate Geagan which will be available for purchase (\$15) at the first class. This course is in keeping with the Ethical Eating focus of the Unitarian Universalist Association.

LEADER: *Donna Runyan* is a former Registered Dietitian and nutrition educator. She is chair of the Ethical Eating Study Group at Cedar Lane.

DATES: Six Saturdays: February 13, 20, 27, March 6, 20, 27
(No class March 13)

TIME: 9:30 to 11:00 a.m.

FEE: Pledgers \$15; non-pledgers \$20



19. Alexander Technique

The Alexander Technique helps you tap into the balance and ease of movement for which you are designed. You will learn to intercept the habits of thought and movement that interfere with coordination. When we prevent these habits, we become more comfortable, flexible and poised. The experience of surprising lightness and effortlessness is characteristic of the Alexander Technique. It applies to everyday activities—sitting, reaching, walking, bending—and skills ranging from playing the violin, hitting a golf ball, and exercise to singing. Dress for comfort. This course includes one private lesson by appointment.

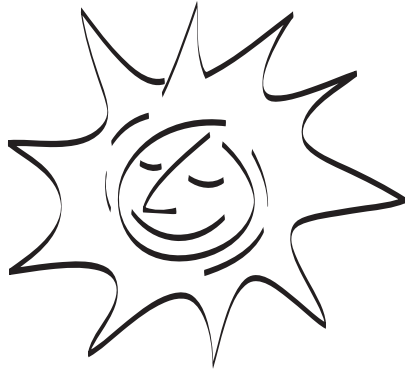
LEADER: *Antoinette Kranenberg*, a certified Alexander Technique teacher, has taught students of all ages and backgrounds since 1988. Her experience includes injury prevention and recovery, physical challenges, and performing arts. Dance and voice are her particular interests.

DATES: Free Introductory Class: Thursday, February 4 (see below)
Six Thursdays: February 18, 25, March 4, 11, 18, 25

TIME: 7:30 to 9:30 p.m.

FEE: Pledgers \$105; non-pledgers \$115

Note: Antoinette will offer a free introductory class on Thursday, February 4, 7:30 - 9:30 p.m. Come find out about the Alexander Technique and how you can benefit. Register on your Adult Programs card.



20. Two Retreats for Women

A. Mid-Winter Exploration—When it's bleak and dormant outside, experience a nurturing of spirit and personal exploration in the warmth of this peaceful retreat. Be guided on a personal journey to know yourself more deeply—to experience the “weather” not only outside yourself but inside as well. We will explore through readings, guided meditation, sharing into the silence and being witnessed.

B. Winter Melts into Spring—Winter is coming to an end, and we think we must spring into action and force ourselves into early flowering. But wait, it is still far too early. The frost can nip the new growth and, if we burst forth too soon, we cut short the darkness and dormancy so needed to nourish the fruitfulness that will come in its own good time. We deprive ourselves of the rest and quiet we so long for. Why do we push ourselves so hard and so constantly? Can we let the darkness and quietness of nature Herself bless our own tired inner nature until a real thaw comes and the tiredness within us truly melts? Come share and be nourished by other women as we all wait for “the melting.”

LEADER: *Judith Duerk* is the author of several books including the beloved and classic *Circle of Stones*. She is a psychotherapist, music therapist, and master T'ai Chi instructor. She has led retreats for over 1400 women in many places here and abroad.

DATES: A. February 27 B. May 1
TIME: 10:30 a.m. to 3:30 p.m.
FEE: \$45 each or \$80 for both retreats.

21. Recapture Your Youth through Bicycling

Have fun, discover your community and return to your youthful fitness through bicycling. We'll meet the first Saturday, indoors, for a 2-hour session to discuss the benefits, opportunities and challenges for cycling in the CLUUC area. We'll review bicycle maintenance and why today's bikes have no relation to the bikes of our youth. We will bike the next three Saturdays on routes suitable for adults returning to bicycling who want to be able to enjoy cycling in spring, summer and fall. Helmets and bikes in good working order are required, but there is no need for fancy bicycling clothes. Attendance at the first session is important because the leader needs to learn what the participants are able to do, what they most need to learn and what they want to get out of the next three sessions.

LEADER: *Bill Michie* has been an avid biker for decades. He is active in the Potomac Peddlers Touring Club, serving on the Executive Board and leading many club rides. Bill has taught bicycling safety for children and is very involved in Montgomery Bicycle Advocates and many other cycling organizations.

DATES: Four Saturdays: April 3, 10, 17, 24
TIME: 10:00 a.m. to noon
FEE: Pledgers \$10; non-pledgers \$15

22. Cedar Lane Dancers

The Cedar Lane Dancers have existed for 50 years under the leadership of Joan Shannon and Marcy Kraft. This is a warm, congenial class where minimal dance experience is required. A year or two of modern or ballet at some point in your life would suffice. This class hopes to benefit both body and soul. Please come join us as we dance, create and share a warm accepting class experience. For further information call either Joan, 301-564-0740 or Marcy, 301-299-5960.

LEADERS: *Joan Shannon* has been teaching the Cedar Lane Dancers for 50 years and was joined by Marcy Kraft 20 years ago. Marcy has been teaching for 30 years and teaches in several venues as well as Cedar Lane.

DAYS: Tuesdays through May
TIME: 7:00 to 8:30 p.m.
FEE: Pledgers \$15; non-pledgers \$15

D. ARTS, LITERATURE AND HOBBIES

The arts enrich the spirit, engage the mind, and stimulate growth and greater awareness. We offer programs in art, literature, music, theater, cinema, and hobbies that lay a foundation for increased understanding of ourselves and our culture. Course leaders use guided discussions, participatory activities, audiovisual aids, and judicious use of lectures to provide a grounding in the subject and evoke the special joy that comes from shared cultural experience.

23. The Book Discussion Group

The Book Discussion Group meets in the church library on the third Tuesday evening of every month. Members select fiction and nonfiction books and serve as discussion leaders on a rotating basis. Updates and assigned books are posted in the *Cedar Lane News*.

LEADER: *Marilynn Smith*, longtime Cedar Lane member, has been the Book Discussion Group leader for many years. She is a retired professor of sociology.

DATES: Third Tuesdays: February 16, March 16, April 20, May 18 and June 15

TIME: 7:15 to 9:00 p.m.

FEE: Pledgers \$15; non-pledgers \$20



24. Photography: Composition and Style

A decade of technological advances in high-end digital cameras and post-production software has drawn many "closet" artists to the field of photography. However, understanding DSLR capabilities and the latest version of Photoshop does not ensure the production of a compelling photograph. Many new and intermediate photographers "plateau" after mastering the technology and struggle with composition, creativity and the development of a personal style. Spend an evening with a master photographer as he discusses and displays examples of contemporary ideas in photography that may open the creative pathway to your inner Adams, Weston or Avedon.

LEADER: *Mark Power* was a professor of photography at the Corcoran School of Art for 27 years, retiring in 1998. His work has been featured in a number of galleries and museums in the US and Europe as well as in many major collections. In 2008, he was awarded a Fellowship grant by the Franz Bader Fund. He currently teaches photography at Photoworks at Glen Echo Park.

DATE: Thursday, February 18

TIME: 7:30 to 9:00 p.m.

FEE: Pledgers \$10; non-pledgers \$15

25. Ikebana for Beginners

Celebrate the coming of spring with an Ikebana workshop. Ikebana is the art of Japanese flower arrangement. Sheila Advani will demonstrate a basic Ikebana arrangement of the Sogetsu School of Ikebana, after which students will make an arrangement with the teacher circulating to offer assistance. Flowers and branch materials will be provided, and participants can take their arrangements home after class.

LEADER: *Sheila Advani* has been a student of Sogetsu Ikebana since the early 1980s. A teacher of many Cedar Laners, she has been teaching regularly since 1994. She currently teaches four classes a week with students at all levels of expertise. A member and past president of both Ikebana International, Washington, DC and Sogetsu, Washington, DC, she has held various offices in both organizations. Sheila regularly exhibits, demonstrates and runs workshops both in the area and outside of the immediate Washington, DC area, and internationally in Tokyo and New Delhi.

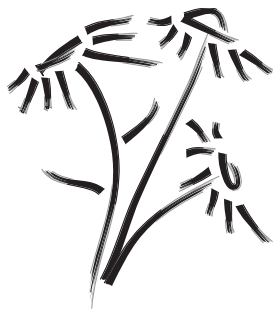
DATE: Tuesday, March 9

TIME: 7:30 to 9:30 p.m.

FEE: Pledgers \$20 plus materials; non-pledgers \$25 plus materials

MATERIALS Teacher will make these available for purchase.

NEEDED: Costs will vary depending on what each person needs. The total is about \$13.00 for the needle point holder and the dish. Teacher will have flower clippers for use during class or you may bring your own garden pruners.



26. Round and Round We Go . . . Singing Rounds

All voice types and talents welcome to the joy of singing rounds together. Songs will range from funny to movingly beautiful, and from simple to somewhat complex. Bring your own favorites to share!

LEADERS: *Kate Curtis* is an Adult Programs committee member who loves to sing and participates in several small choruses, including one directed by *Mairi Rothman*. Mairi, who is a practicing nurse-midwife, was raised in the folk music tradition and has been singing and harmonizing with her family for as long as she can remember. She is a Washington Ethical Society member and, for a time, served as interim music director there. She has always loved round-singing and knows an untold number and variety of rounds.

DATES: Three Mondays: April 5, 12, 19

TIME: 7:30 to 9:00 p.m.

FEE: Pledgers \$10; non-pledgers \$15

27. Play-Reading

Join us for play-reading and discussion of contemporary one-act plays that raise important issues such as war and peace, life and death, and coming to terms with the past. The plays will be *Playland* by Athol Fugard, *The Shewing-Up of Blanco Posnet* by George Bernard Shaw, and *No Exit* by Jean-Paul Sartre.

LEADER: *Fredericka Berger* is an emerita professor of Religion and Drama at Wesley Theological Seminary. She also founded the Side Door Coffee House at Riverdale Presbyterian Church and has directed plays there for thirty years, giving her extensive knowledge of one-act play literature.

DATES: Three Tuesdays: April 13, 20, 27

TIME: 7:30 to 9:00 p.m.

FEE: Pledgers \$10; non-pledgers \$15

28. Olive Oil Tasting

Explore the history and flavors of olive oil and learn some of the modern marketing gimmicks surrounding this noble but little understood fruit—a major component of the Mediterranean diet. The class will cover what makes an olive oil “extra virgin,” and what to look for the next time you are shopping for olive oil. Participants will taste and compare the four broad flavor categories of real, extra virgin olive oil—mild and delicate, fragrant and fruity, olivey and peppery, and leafy green and grassy—and learn how to match the right olive oil to whatever dish you are cooking. Just as grapes and apples have different flavors, you will discover that real, extra virgin olive oil does too.

LEADER: *Keith Voigt* is a fixture at the Saturday Kensington Farmers' Market and enjoys sharing his love of real, extra virgin olive oil. A trip to Paris in 2004 and a visit to a shop dedicated to olive oils from around the world planted the seed that has grown into All Things Olive.

DATE: Friday, May 7

TIME: 7:30 to 9:30 p.m.

FEE: Pledgers \$10; non-pledgers \$15

29. Spring Bird Walk

Enjoy a spring bird walk led by birder extraordinaire, Pete Givan, owner of the Wild Bird Center in Rockville. Wave goodbye to winter! See the blue bird of happiness! She's out there looking for you! No prior experience necessary. We will meet at 8:00 a.m. at the Wild Bird Center at the lower level behind Federal Plaza (1776 E. Jefferson St, Rockville MD). Dress for the weather and bring binoculars if you have them, otherwise Pete has offered to supply. We expect to return between noon and 1:00 p.m.

LEADER: *Pete Givan* is the owner of the Wild Bird Center in Rockville, MD. He has been birding since he can remember. On last year's bird walk he showed delighted Cedar Laners over 30 species!

DATE: Saturday, May 8 (raindate May 15)

TIME: 8:00 a.m. to 1:00 p.m.

FEE: Pledgers \$5; non-pledgers \$10

30. Hike to Glen Echo Carousel

Join Ed Meyer and Paul Elliott for a mountain-free and early spring hike of 5–6 miles in Montgomery County to explore historic Glen Echo (14 streets, 250 residents); walk across the old and still one-lane Aqueduct Bridge (1860s), follow a section of the old C&O Canal through wildflower bestrewn woodlands, and then drift through Glen Echo's former amusement park to ride its restored 90-year-old Denzel carousel to the sounds of an authentic Wurlitzer organ (\$1.50/ride). Bring lunch, water, sun screen and insect repellent, if you're the type bugs adore. We will meet in the church parking lot and arrange carpooling.

LEADERS: *Ed Meyer* enjoys a nice afternoon on a pleasant hiking trail. *Paul Elliot* is an accomplished author, judicious editor and experienced leader of hikes around the region. The 2nd edition of his book *60 Hikes Within 60 Miles - Washington, D.C.* was published in 2007.

DATE: Saturday, May 8 (raindate May 15)

TIME: 10:30 a.m.

FEE: Pledgers \$5; non-pledgers \$10

31. Kayaking on Little Seneca Lake—2nd Annual Adventure

Explore Black Hill Regional Park's 505-acre lake. Its many small coves are troves of wildlife—birds, beavers, turtles, fish and beautiful vegetation. Paddling on the lake is calm and leisurely, perfect for all levels of experience. Kayaks, paddles, and life preservers will be rented at the park's boat rental area. Meet at CLUUC at 9:00 a.m. to carpool to the park. Wear comfortable clothes which you would not mind getting wet. Bring a picnic lunch to enjoy after paddling!

LEADER: *Kate Curtis* is an Adult Programs Committee member and a lover of the outdoors.

DATE: Saturday, June 5 (raindate June 12)

TIME: 9:00 a.m.

FEE: Pledgers \$5; non-pledgers \$10



E. THE SUNDAY MORNING FORUM

The Sunday Morning Forum offers Cedar Lane members and friends an opportunity to discuss a broad range of contemporary issues and explore their ethical and religious dimensions with experts from within and outside the church. Topics for the Winter/Spring 2010 program include: Ethical Eating; the UUA Statement of Conscience; National Organization for Women with Terry O'Neill, President; and the military policy "Don't Ask; Don't Tell."

DAYS: Sundays through April 18
TIME: 10:10 a.m. to 10:55 a.m.
NO FEE: Contributions to cover costs are welcome.

Forum presentation dates and speakers are announced in advance in the *Cedar Lane News*, posted on the church website at www.cedarlane.org; and listed on fliers and posters distributed throughout the church and in the Sunday Order of Service.

F. THE LABYRINTH

A tool for meditation and prayer, walking a labyrinth fosters spiritual refreshment, fellowship, and inner peace. Cedar Lane's Labyrinth Committee works to make our canvas labyrinth available to the congregation and the wider community.

Labyrinth Walks

Watch the *Cedar Lane News*, the bulletin board and the literature table for further information about the following walks:

- Spring Equinox: Sunday, March 7, 2:00 to 4:00 p.m.
- Summer Solstice: Monday, June 21, 7:00 to 9:00 p.m.



G. CONNECTION CIRCLES

Our Vision

A Cedar Lane community strengthened by small groups which create firm, supportive connections among members in a safe and caring environment in the context of Unitarian Universalist principles.

Our Purpose

A Connection Circle is a small group of people meeting together to share their lives, explore their spiritual journey together, nurture face-to-face connections, and develop caring relationships. Thus they strengthen the Cedar Lane community while ministering to each other and the larger world.

Led by a trained facilitator, each meeting includes a candle lighting, opening words, participant check-in, topical discussion, participant check-out and closing words.

Each group's covenant addresses how members will relate to each other and to the larger world, and may include an agreement to perform church or community service.

In the course of ministering to each other, group members may:

- create, build and strengthen relationships
- nurture each other's spiritual lives
- learn about themselves and others through telling stories
- explore social, ethical and spiritual issues
- render service to the church or the larger community

The groups listed below are ongoing and open for new members. We will be forming new groups when we have sufficient registration. Register using your Adult Programs registration card or call the R.E. office at 301-493-8300 x207.

32. Connections—a Short-term Group

This is a group for new members, and those seeking new connections in the Cedar Lane community. It started last fall and is going strong. If you are interested in starting a new group, please contact the RE office or email the Connections Committee Chair, Michael Thoryn at michaelthoryn@verizon.net.

FACILITATORS: Shared Leadership

FEE: Pledgers \$15; non-pledgers \$20



33. Attitudes Toward Living

This friendly group's name, Attitudes Towards Living, reflects the awareness that happiness may depend on your attitude toward living. Members choose topics in rotation, reflecting important issues in each member's life. Discussions often lead to insights about one's attitude toward living.

FACILITATORS: *John Gubbings and Pat Karlsen*

DAY/TIME: Second and fourth Sundays, 8:30 to 10:00 a.m.

FEE: Pledgers \$15; non-pledgers \$20

34. Journeywomen: Women Connecting With Their Spiritual Journeys

Women meet to experience silence and share what is important in their lives. Candles, readings and music focus our attention and promote our inward reflections. Each person is free to "speak into the silence." No advice is offered; rather, we witness and offer nonverbal support. We welcome new people.

FACILITATOR: *Barbara Gressman* with shared leadership

DAY/TIME: First and third Sundays at 10:45 a.m.

FEE: Pledgers \$15; non-pledgers \$20

35. Living by Heart I

We explore and deepen our spiritual lives through biweekly group meetings. Individual daily devotional practice will be accompanied by related exercises, such as sharing deeply-felt poetry and discussing our progress at our next meeting. Our reference is the video and workbook, *Living by Heart*, by Rev. Laurel Hallman, First Unitarian Church, Dallas.

COORDINATOR: *Mary Beth Nowinski*

DAY/TIME: First and third Saturdays, 8:00 to 10:00 a.m.

FEE: Pledgers \$15; non-pledgers \$20

36. Living By Heart II

By sharing favorite poetry and personal experiences, we deepen our relationship with one another and better understand what gives meaning to our lives. We will also adopt some kind of daily devotional practice as described in the Unitarian Universalist-developed *Living by Heart* workbook and video.

COORDINATOR: *Frances Dearman*

DAY/TIME: Second and fourth Tuesdays, 7:00 to 9:00 p.m.

FEE: Pledgers \$15; non-pledgers \$20

37. Living By Heart III

Deepen your own spiritual journey in community with others. Together we identify and explore topics through guided discussion, using poetry to expand and deepen our conversation. We pledge confidentiality and mutual respect.

COORDINATOR: *Bob Harrison*

DAY/TIME: Second and fourth Saturdays, 8:00 to 10:00 a.m.

FEE: Pledgers \$15; non-pledgers \$20

38. The Sharing Group

This group meets year-round on the third Monday of every month to promote sharing as a spiritual experience. Group leadership rotates alphabetically and requires the selection of meeting topic and opening/closing words, keeping participants informed, and sending reminder email announcements. Members relate significant developments in their lives at "check-in" and their feelings after each session at "check out." Topics emphasize significant life issues.

FACILITATOR: *Len Adler* with shared leadership

DAY/TIME: Monthly on the third Monday, 7:15 to 9:00 p.m.

FEE: Pledgers \$15; non-pledgers \$20

New Connection Circles will be formed as we gather enough participants. Please call the RE office at 301-493-8300 x207 or the Rev. Heather Janules at 301-493-8300 x204 to express your interest.

H. THE WILLARD M. KIPLINGER SERIES ON ETHICS IN CONTEMPORARY SOCIETY

39. Ethical Money Matters

What (if anything) do my personal ethics have to do with budgeting? With vacation plans? With college (or other) savings plans? The Kiplinger Committee will sponsor a two-session class on Sunday afternoons dealing with such questions—details to be announced in the *Cedar Lane News*.

I. DINNER DISCUSSION GROUPS

Groups of eight to twelve adults meet in each other's homes for dinner, discussion and fellowship. Some groups have been meeting for many years. Group members determine the nature of the group, number and frequency of meetings, and discussion topics. To join a group, or to recruit new members for an existing group, please sign up at registration.

40. Mixed Groups

41. Dinners for Boomers: For members born between 1946 and 1965.

42. Young Adults: For further information about this group, please contact Lisa Helmer at: platanos_2000@yahoo.com

43. Dinner and Discussion (D & D) Express

The D & D Express provides an opportunity to get to know others at the church. We will have a potluck dinner followed by discussion. This time you will use your 20/20 hindsight. Have you ever wished that do-overs were available in life? If you could go back, what action or decision would you change? This can be a biggie—a major life decision—or something small like a clever retort you wished you had thought of at the time. Go ahead—Take 2, Action!

DATE: Saturday, April 24

TIME: 6:30 to 10:00 p.m.

FEE: Food contributions for the potluck dinner.

COORDINATOR FOR DINNER DISCUSSION GROUPS: *Donna Runyan*,
301-493-8463

J. SUPPORT GROUPS

Parents, Families and Friends of Lesbians and Gays (PFLAG)

PFLAG is a national non-profit organization with over 200,000 members and supporters and over 500 affiliates in the United States. PFLAG's support efforts provide encouragement and resources to parents, families, friends, and to LGBT (Lesbian, Gay, Bisexual and Transgender) people themselves. Two PFLAG support groups (a general group and one focused on transgender concerns) meet regularly and simultaneously at Cedar Lane on the third Sunday of each month from 2:00 to 3:30 p.m. All are welcome.

INQUIRIES: *Marge Dimond*, 301-933-2877; margeryjd@aol.com

Information about PFLAG: www.pflag.org

Aging: A Time of Transition

Although all of us age, some have been doing it longer than others. Two support groups provide opportunities for older church members and friends to talk about the joys and challenges of the aging process. Every month, one group meets on the first and third Wednesdays and a second group meets on the second and fourth Fridays. Please contact Heather at 301-493-8300 x204 or at hjanules@cedarlane.org if you have questions or would like to join one of these groups.

LEADER: *Rev. Heather Janules* is Associate Minister and Minister for Pastoral Care at Cedar Lane.

A. DAYS: First and Third Wednesdays of the month

TIME: 1:15 to 3:30 p.m.

B. DAYS: "Friday Friends," Second and Fourth Fridays of the month

TIME: 1:30 to 3:30 p.m.

Living with Cancer

This bimonthly support group is for those who are receiving, or have been receiving, treatment for cancer. Participation in the group is open; individuals share events, questions and concerns that arise in their lives related to a cancer diagnosis . . . and beyond. Gatherings are co-facilitated by a Cedar Lane cancer survivor and our Associate Minister.

LEADER: *Rev. Heather Janules*, Associate Minister and Minister for Pastoral Care at Cedar Lane. Please contact Heather at 301-493-8300 x204 or hjanules@cedarlane.org if you have questions or would like to join the group.

DAYS: First and Third Tuesdays

TIME: 6:30 to 8:00 p.m.

Living With Mental Illness

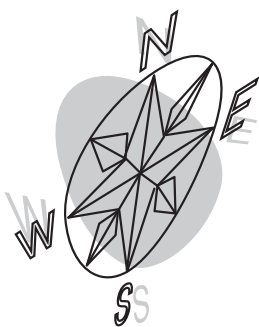
This support group offers an opportunity for those living with mental health issues to share their experiences and learn from the experiences of others. Our conversations are guided by a group covenant which helps the group in creating and maintaining a safe environment for participation. To join, one must be under the care of a mental health professional—therapist, psychiatrist or other trained clinician. Discussions may include reflections on many aspects of health and personal growth from a liberal religious perspective.

LEADER: *Rev. Heather Janules, Associate Minister and Minister for Pastoral Care at Cedar Lane. Please contact Heather at 301-493-8300 x204 or hjanules@cedarlane.org if you have questions or would like to join the group.*

DAYS: First and Third Friday

TIME: 1:00 to 3:00 p.m.

FEE: No fee, but regular participation is expected.



OTHER ADULT ACTIVITIES AT CEDAR LANE

Adult Programs Committee

This committee is responsible for putting together the Adult Programs offerings for this and other semesters. It is fun and creative work! If you want to learn more about being a committee member or program leader, please contact a committee chair.

CO-CHAIRS: *Donna Runyun, 301-493-8463, jndrunyun@msn.com
Helen Worth, 301-596-2213, helen.worth@verizon.net*

The Alliance

The Cedar Lane Alliance invites men and women to come together for social, cultural, and community service opportunities. Activities sponsored by The Alliance include: a monthly potluck luncheon and program (second Thursday of each month), a Great Decisions discussion group, a weekly Tuesday bridge group, a marathon bridge group, a monthly book group, and a monthly film series. Membership is open to all who wish to join.

PRESIDENT: *Helen Pechacek, 301-384-2415;
hpechacek@comcast.net*

Cedar Lane Stage

This active, talented group welcomes members from the church and the larger community. Performers, stage managers, directors, prop persons, people to work on publicity and public relations, and designers are needed for our community theater group. If you love any aspect of theater, come and join us.

INQUIRIES: *Richard Messalle, 301-681-5069; rmcedarlane@verizon.net*

Cedar Lane Quilters

For many years, a group of Cedar Laners has joined together in a traditional American activity—quilting. Their annual product has been a handmade quilt raffled at the Cedar Lane Auction. The group usually meets on Tuesday mornings at 10 a.m. and Wednesday evenings at 7:30 p.m. in Room 119. New and experienced quilters are always welcome.

INQUIRIES: *Martha Lisle, 301-942-4398*

Choirs

The Cedar Lane Adult Choir provides glorious music on Sunday mornings. The ensemble sings a rich repertoire of renaissance motets, Latin masses, gospel, southern harmony, contemporary, and world music. Selections are both sacred and secular, accompanied and a capella. The choir welcomes those who love to sing and who find making music a spiritually stimulating and rewarding experience. Rehearsals are held on Wednesday evenings at 7:30 p.m. and Sundays prior to services.

The Ad Hoc Choir is for all those who love to sing but don't have the training, experience, or time, to sing on a weekly basis. The hour-long sessions focus on singing selections from our two hymnals that will be sung at some point in future services, combined with tips on music and sight reading. We meet in the chapel on the first Sunday of the month, following the second service.

INQUIRIES: *Dr. Henry Sgrecci, 301-493-8300 x314 or
hsgrecci@cedarlane.org*

Flower Committee

Members of this committee design and arrange flowers year-round for Sunday morning services and memorial services for church members. New members who wish to help and enhance their own skills through classes and work in flower arranging are most welcome.

CHAIRS: *Lois Delaha, 301-942-7643
Dorothy Koltnow, 301-598-1233*

Grounds Committee

Members of this committee joyfully care for our church grounds and share their expertise. Learners and masters are invited.

CHAIR: *Helen Pechacek, 301-384-2415; hpechacek@comcast.net*

Religious Education Council

Adults interested in the growth and enrichment of our children and youth may call Susannah Vesey or Herma Dupre, co-chairs of the R. E. Council, or Susan Archer, Minister of Religious Education, about opportunities to teach or otherwise assist in our religious education program.

CHAIRS: *Susannah Vesey, 301-493-9455; spvesey@gmail.com
Herma Dupre, 301-681-8356, duprehome11@aol.com*

Social Justice Council

The Social Justice Council (SJC) coordinates various projects and activities related to social justice, and sponsors several task forces: Children, Environment, Martha's Table, LGBT, Hunger/Homelessness, Global Affairs, Environmental and Legislation. Church members are invited to serve on task forces and raise their own social concerns with the SJC, which also responds to related community needs, such as social justice, shelter and poverty. The SJC meets on the first Thursday of each month.

CO-CHAIRS: *Betsy Devlin-Foltz, 301-681-0904,
betsy@devlin-foltz.com
Sandy Shaw, 301-986-8435, alexandersha@gmail.com*

Wednesday Morning Group

This group meets for a lecture or discussion on a wide variety of topics each Wednesday morning from 9:30 to 11:00 a.m. during the school year (September through June). While parents enjoy a stimulating morning out, their babies and preschoolers participate in play groups supervised by members and paid baby sitters. Currently, child care is at capacity; please e-mail for further information.

INQUIRIES: *newmember@wmgroup.org*



Worship Services

Sundays, September 13 to April 18

9:00 a.m. and 11:00 a.m.

Religious education for children during both services.

Sundays, April 25 to May 23: Spring B

Adult Worship Service 10:00 a.m.

Spring B classes and activities 11:00 a.m. to 12:15 p.m.

Sundays, May 30 (Memorial Day) to September 6 (Labor Day)

10:00 a.m.

Child care for children up to five years of age.

UU Activity Program for children in Kindergarten through Grade 5.

Hang-Out for children in Grades 6 through 8.

Visitors are always welcome. Check our visitor center for additional information and literature, or our website at www.cedarlane.org

See the *Cedar Lane News* monthly newsletter and weekly *E-News* for sermon topics, and schedules for special services.



Cedar Lane Staff

Rev. Roger Fritts

Rev. Susan Davison Archer

Rev. Heather Janules

Rev. Archene Turner

Henry Sgrecci

Thom Guthrie

Sara Deshler

Pedro Diaz

Lucy Dubinsky

Gale Ginther Luce

Bruce Marquette

Mickey Sigsbee

Andy Streich

Jeannette Wilson

Corinne Woodward

Senior Minister

Minister of Religious Education

Associate Minister and Minister for Pastoral Care

Coordinator of Youth Ministry

Director of Music

Organist

Church Administrator

Custodian

Membership and Database Assistant

Religious Education Administrator

Church Accountant

Building and Grounds Manager

Membership Coordinator

Religious Education Administrator

Administrative Assistant

Board of Trustees

Bonnie Beavers

Kathie Bryant

Val Carter

Nancy Derr, *Secretary*

Duncan Ferguson, *Chair*

Martin Franke, *Assistant Treasurer*

Mary Karimi, *Chair Elect*

Frederick (Knick) Knickerbocker

Dusty Kreisberg

Jim Laursen

Karen Lerner

Bob Pechacek, *Treasurer*

Laurie Richardson, *Assistant Secretary*

CEDAR LANE UNITARIAN UNIVERSALIST CHURCH

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