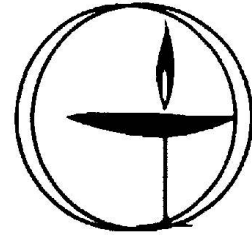


ALLIANCE NEWSLETTER



**Cedar Lane Unitarian Universalist Church
9601 Cedar Lane, Bethesda, Maryland 20814-4099**

Martha Lisle, *president*

March 2009

Robin Larkin, *editor*

The Alliance of Cedar Lane Unitarian Universalist Church is an affiliate member of the church open to all interested women and men. Its purpose is to promote programs and activities of a cultural and community nature that support Unitarian Universalist principles. In furtherance of these purposes the Alliance raises its own funds and establishes its own budget.

Alliance Day Thursday, March 12, 2009

The Cheapest Medicine You Can Buy!



Cody Triplett, MS, will speak on obtaining *A Better Body at Any Age*.

Cody is a Clinical Exercise Physiologist at Suburban Hospital's Cardiac Rehabilitation

Center in Bethesda, Maryland.

Cody works closely with patients to help them return to normal activity after experiencing a heart attack, angioplasty, CABG (coronary artery bypass grafting), stenting, and/or valve repair/replacement. She also works one-on-one with diabetes patients, evaluating and prescribing exercise specific to diabetes management. In addition, she is certified to teach Cardiac Yoga. This discipline is a gentle and modified form of yoga, which facilitates physical, mental and emotional healing after a cardiac event.

Cody will present on Thursday, March 12, 2009. Bring your questions regarding exercise and learn how it's the cheapest form of medicine you can buy!

The Schedule for Alliance Day

- 11:30 a.m.** A relaxed time for socializing.
- 12 noon.** Potluck lunch. Please bring a main dish, salad, or dessert to serve six or eight.
- 1-2 p.m.** Business Meeting and Program

President's Message

The auction benefit concert planned for April 26 has been cancelled. Instead, the Alliance will donate \$500 to the auction.

The Alliance Board approved a donation of \$1,000 to SOME (So Others May Eat). See additional donations from the Alliance Social Responsibility Committee, reported by Chair Jean Thompson, on the reverse side of this newsletter.

The Alliance has received a bequest of \$5,000 from the estate of former Alliance member Nancy Galbraith.

Martha Lisle

Hospitality Assignments for Alliance Day

<i>Greeters:</i>	11:15	Laudie Baer
<i>Curb Assistant:</i>		Edith Confehr
<i>Set-up:</i>	10:30	Marion Carlson, Sarah Reese
	11:00	Mary Gaskill, Margaret Levchenko
<i>Clean up:</i>		John Giovanelli, Warren Thompson
<i>Tablecloths:</i>		Sue Mathias, Phyllis Richter
<i>Beverage Table:</i>		Norm Lauben, Beryle Lednicer

Choose your hospitality tasks!

Sign up for your favorite hospitality task for next month as you check in at the monthly Alliance luncheon. Each of us should volunteer for at least two tasks during the year, as we are able.

If you have signed up for a hospitality task and you find you will not be able to fulfil the assignment, please do your best to find a substitute. If you cannot find a substitute, call Terry Tretter, 301-622-3976.

First Friday Book Club 📖 11 a.m. Rooms 1 & 2 Everyone is welcome!

Our book for March 6 is ***Brick Lane*** by Monica Ali.

Notes from Amazon.com: Monica Ali's debut novel chronicles the life of Nazneen, a Bangladeshi girl so sickly at birth that the midwife at first declares her still-born. At 18 her parents arrange a marriage to Chanu, a Bengali immigrant living in England. . . . Nazneen accepts her fate, which seems to be the main life lesson taught by the women in her family. "If God wanted us to ask questions," her mother tells her, "he would have made us men." Over the next decade-and-a-half Nazneen grows into a strong, confident woman who doesn't defy fate so much as bend it to her will. . . *Brick Lane* combines the wide scope of a social novel about the struggles of Islamic immigrants in pre- and post-9/11 England with the intimate story of Nazneen, one of the more memorable heroines to come along in a long time.

Jean Schaible will provide refreshments. Bring your sandwich and socialize.

Jackie Burge and Diane Wallenmeyer

Fourth Thursday Classic Film Series – 10:30 a.m. in the Library

Our film on March 26 is ***Gosford Park*** (2001). When Sir William is found dead soon after his guests arrive at his English estate, his guests try to make sense of what has happened. Gossip flies among the household staff. The cast includes Maggie Smith, Kristin Scott Thomas, Helen Mirren, Jeremy Northam, as well as many other well known English actors. Directed by Robert Altman.

Sarah Reese

Alliance Bridge Every Tuesday – 10 a.m. in the Library. \$2 donation

All Bridge players are welcome! No partner needed. Bring a sandwich and play through lunch.

Social Responsibility

Donations of \$500 each will be sent to the following charities:

Sofia House Assessment Center for Women. – Sofia House is a 30 bed short-term emergency shelter for homeless women in Rockville. It provides housing, medical, mental health and social services that enable women to work towards recovery and self-sufficiency. Over 150 women are served each year.

Mobil Med provides primary and some specialty health care services to low-income, uninsured and homeless people in Montgomery County. It operates in Rockville and Germantown. It is connected with Adventist Hospital.

Crossways Community located in Kensington provides low-income single mothers with accommodations, child care and general education. There is a sports field, thirty housing units, ten classrooms and a security system on the campus. It serves up to 1,500 families per year living on the campus. It also provides educational and care services to over one hundred individuals living off the campus.

Jean Thompson

Alliance Membership Directory

Please add a new member to the Alliance Directory:

Laudie Baer
198 Halpine Rd., Apt. 1255
Rockville, MD 20852
Tel. 301 395-1916
laudie_baer@yahoo.com

Arlene Goldman and Virginia Weise

Next Alliance Board Meeting: March 19, 10 a.m., Rooms 1&2

Next Alliance Newsletter Deadline: March 19

Leave items for the newsletter in the church Alliance mailbox
or e-mail to robinlarkin@comcast.net
or call 240-669-6300. Thanks!