

The Cedar Lane Unitarian Universalist Church
Religious Education Council

presents

Spring B 2011

Four Sundays, May 1 through May 22, 11:00 a.m. to 12:15 p.m.

WELCOME TO SPRING B! Spring B is our amazing 4-week period of classes for all ages, allowing young ones, teens and elders to intermingle as they wish, or join with peers in an amazing array of offerings! As in the past, we have designed the schedule so that people have the opportunity to attend Spring B AND Sunday worship; we hope that you choose both experiences! Our worship services will be from 10:00 - 10:45 a.m., using themes accessible to all ages, with lots of music. We will end worship in time to see friends in the lounge and get to Spring B classes, which run from 11:00 a.m. - 12:15 p.m.

10:00 - 10:45 a.m.: Worship together for all ages; childcare available for age 5 and younger.

11:00 a.m. - 12:15 p.m.: Spring B

May 1 - 22: classes

May 22 at 12:15 p.m.:

Our Annual All-Church Picnic, complete with comradery, fun, performances and demonstrations from several of our classes!

Cedar Lane's **Spring B** is 39 years old!
We invite you to experience worship,
classes, new connections, and possibility!



About Spring B

Classes/Activities for Children, Youth and Adults begin at 11:00 a.m. and end at 12:15 p.m. Some of these are designed for multi-age participation. Others are planned for a more age-limited enrollment.

All-Church Picnic:

Spring B culminates in a church-wide celebration on May 22. As always, our picnic promises a good time for all. Bring a picnic lunch for your family and a dessert to share. Drinks will be provided. The fun begins at 12:15 p.m., when we will gather in the sanctuary immediately following Spring B activities. We hope to share many of the creations that were completed during Spring B. Watch the newsletter for details.

Attendance at Spring B: Teachers spend time, energy and effort organizing their classes. If you choose to register for Spring B, your commitment to attend all sessions is expected and appreciated by our teachers, assistants and fellow participants. **Class locations will be posted in the Chalice House and at the RE administration table downstairs.**

To Register: Complete the registration form on the next to last page of this brochure by listing a first and second choice for each family member. Grade refers to the grade children are in this year, not next fall. Attach a check for materials as necessary. Registrations will be accepted on Sundays, April 10 and 17 after both services, and in the RE office at any time, in person or by mail. Registrations will be processed in the order in which they are received. Some classes fill, so register early!

Outdoor Classes: We have many good reasons for even outdoor class participants to come to Spring B each Sunday, even when the weather is inclement. On arrival, check at the administration desk in the lower lobby for these options:

- Your class might meet anyway. Class cancellation is up to each leader—different weather conditions apply for each activity.
- Join the Rainy Day Movie Theater showing a different classic for all ages on rainy days.
- Sip coffee or tea with friends or read your newspaper.
- Attend the regular worship service at 10:00 a.m. for inspiration from words, music, meditation, quiet space, flowers, friends and fellowship.
- Visit another class—but first stop by the Administrator's desk downstairs to find out which classes are accepting visitors.

Note: All of the information in this brochure is also available at www.cedarlane.org.

If spring came but once a century
instead of once a year,
or burst forth
with the sound of an earthquake
and not in silence,
what wonder and expectation
there would be
in all the hearts
to behold the miraculous change.

- Henry Wadsworth Longfellow

2011 Spring B Classes and Activities

Please register for all classes. Some groups may fill and some cannot accommodate "drop ins." However, if you are new to Cedar Lane and want to try out a class, please stop at the RE desk in the downstairs lobby to see what classes are open! We want to welcome you into this very enjoyable experience!

FOR OUR YOUNGEST ONES

PRESCHOOL GROUPS

Loving adults care for our youngest children, engaging them in fun activities, indoors and out! Please make sure to register your youngest children so we can provide excellent care for them. If registration is large, an additional class will be added and age groups will be reconfigured.

(Parents of preschoolers may be asked to contribute snacks. Watch for sign-up sheets on the bulletin boards outside the classrooms.)

A. BABIES, TODDLERS and PRESCHOOLERS

Leaders to be determined (TBD)

Adults care for our youngest children, engaging them in activities stimulating for babies and tots: playing inside and out, naps, snacks, stories and toys. Cupboards full of puzzles, toys and blocks add to their enjoyment.

ESPECIALLY FOR CHILDREN & TEENS

(For additional opportunities for children, look under "Multi-Generational")

1. ARTS AND CRAFTS AND OUTSIDE PLAY

Leaders TBD

Grades K-2

Play inside and out in this versatile class. Inside, we will be playing with Legos, blocks and other games, as well as creating crafts - windsocks anyone? Outside, join us in Exploring the Secrets of the Church Grounds! Join us for this marvelous class with something for all.

2. IMPROV FOR KIDS

Mike and Chris Black and Nicolette Stearns

Grade K-10

A wonderful class for kids who enjoy using their imagination. Using short-form improvisational games similar to those seen in "Whose Line is it Anyway?," we will allow kids the opportunity to have fun and challenge themselves through acting and humor.

3. SUPER SECRET SPY SCHOOL

Barbara Falcigno

Grades 3-5, Maximum 8

Fee \$3

Do you have what it takes to be a spy? We will look at secret communications (writing/decoding messages, invisible inks), fingerprint analysis, as well as surveillance and secret meetings. Shhh - don't tell anyone you have signed up!

19, 5, 5; 25, 15, 21; 19, 15, 15, 14!

4. BREAK-DANCING

Zander Robinson-Gabel, Hannah Hayward

and Adam Rosenbaum

Grades 3-7

Love hip-hop music? Ever want to try the coffee grinder, popping, or toprock? Don't know what these things are? Come join the Cedar Lane Crew and learn how to B-Boy with the best of them! Wear comfortable clothes you can move in and enjoy learning the basics of breakdancing.

5. CREATIVE WRITING FOR TEENS

Vanessa Steck

Grades 7-12

Come and have fun with a variety of writing activities and prompts. We'll talk technique and learn a little about the craft of writing--but mostly we'll enjoy each others work and the fun of writing! Burgeoning novelists and those who've never written so much as a short story are equally welcome.

MULTI-GENERATIONAL

6. CARD GAMES FOR ALL AGES

Coralie Adler

Ages K and up (Children Grade 3 and under need to be accompanied by an adult; preschool children may be admitted if they are able to sit and concentrate and can identify cards)

Coralie will share the card games that have unified the generations of her family for years. This class is for you if you want to see how children of all ages -- younger, older, and in between -- can return to the simple fun of playing cards together.

7. HAND DRUMMING

Chris Mauro

All Ages (children in grade 2 and younger with a parent)

This class will cover the basics of hand drumming and playing percussion instruments. Understanding rhythms and playing together will be emphasized. Some instruments will be available, but please bring your own if you have them.

8. GREAT WALKS

Bruce Hebbard

All Ages (children in Grade 4 and younger with an adult; older children alone require a parental permission form.)

Experience springtime in the great outdoors. Each Sunday we will take a brisk walk in an area near the church, including the Rock Creek Park Hiker-Biker Trail. Walks will be designed to last only as long as Spring B classes, so you can enjoy the great outdoors while your family takes other classes.

9. KNITTING

Pam Yarrington

Grade 3 and up

Come and learn to knit; it's not hard, and it's fun! If you're already a knitter, bring in your current project (or the one you put aside a few years ago) to work on and share your experience with others. Bring your favorite knitting needles; beginners should start with #8s or larger, 10 inches maximum length, and light colored knitting yarn, worsted or acrylic.

10. GREEN SUSTAINABILITY

Charlotte Brewer and Molly Hauck

Grade 3 and up (grade 7 and younger with a parent; permission forms required for youth)

Learn ways to sustain our interdependent web of life through visits to gardens and green buildings and through hands-on work around the church. Our visits away from Cedar Lane will extend beyond class time, see the draft schedule below.

May 1: - Either visit a local school where a garden is being planted, or be weed warriors at Cedar Lane - Lariapi needs to be weeded out from around redbuds and ferns on the north side of the Church grounds.

May 8 - Mothers Day: Clean Mother Earth's ROCK CREEK.

May 15: Visit a small residential garden's fish pond in Chevy Chase. Learn how it has been constructed and maintained, and the fish varieties which inhabit it.

May 22: Visit Sidwell Friends' platinum-LEED Middle school. We will take a guided tour, and learn about it's efficiencies.

11. SOFTBALL

Bob Ratcliffe

Grade 3 and up

Be an angel in our outfield! Here is a chance to improve your playing skills and get a great workout. Bring a bat and mitt if you have them (we'll have extras to share.), and some water. Softball is just plain fun, and you can't strike out!

12. HANDBELLS 101

Dr. Henry Sgrecci

Grade 5 and up. Requirements: Basic note reading skills, ability to stand for 45 min.

What is a handbell? Is it like the bell in a bell tower? Is it loud or soft? What is a handbell choir? Where did handbell choirs originate? What kind of music does a handbell choir perform? Is a handbell choir loud? Do your arms get tired playing handbells? We will answer all these questions while helping you learn how to ring in a handbell choir. The class will need a minimum of nine people. More are welcome.

Goals: To learn basic posture, hand position, and ringing techniques. Music will be fairly easy and fun, focusing on familiar melodies in simple accompaniments, and will advance in complexity as the ringers are able.

13. GUITAR FOR ABSOLUTE BEGINNERS

Liz Brinker

Ages 13 and up (Limited to 10)

If you have never played the guitar before, but have one sitting around, this is the class for you! We will cover the absolute basics for getting started playing chords and strumming. No book required. Please bring a guitar to all class sessions. A pitch pipe or tuner would also be helpful, but is not mandatory.

14. BEADING CLASS FOR BEGINNERS AND INTERMEDIATES

Barbara Mazer and Ginger Sullivan

Ages 12 and up (Limited to 10)

MATERIALS FEE: \$15

Create something special for yourself and/or loved ones. You can also bring in a favorite piece of jewelry that needs to be repaired. The goal for each class is to finish one project. Projects will include necklaces, bracelets, ankle bracelets, earrings, and bookmarks. Lots of beads will be provided by the instructor, but you are also welcome to bring your own. Basic stringing techniques, fastening clasps, and working with metal findings for earrings will be discussed. This class will be great for parents and children to work on projects together. Barbara and Ginger are Cedar Lane members who love to make jewelry when time allows. Ginger especially enjoys working with colorful beads.

15. MAHJONG

Vivian Yao

Ages 12 and up

Anyone up for a game of skill, strategy, and luck? No, not Yahtzee, but the ancient Chinese game of Mahjong! All skill levels are welcome. Come have some fun and learn some Chinese while you are at it.

16. INTRODUCTION TO JUGGLING

Brent Garland

Grade 6 and up

If you're dreaming of running away with the circus, this class will help you get ready by teaching you how to juggle 3 balls. Juggling is an excellent way to reduce stress, develop hand-eye coordination, and make a spectacle of yourself. As an added bonus, we're going to throw in some basic lessons on making simple balloon animals, too! Each juggler will need three beanbags to learn to juggle. Instructions on how to make beanbags out of socks, as well as where to buy them, will be sent out to those who register. If you

can find your bathroom light switch in the dark, you can learn to juggle!

17. YOUR AMAZING DIGITAL CAMERA!

Len Adler and Paul Mink

Grade 6 and up

Hook a digital camera to a computer and the internet and soon you may delight yourself and others with media which previous generations could only dream of. We'll play with ways to get more from digital cameras, computers and the internet. In four sessions we'll cover how to use your camera to copy old photos or documents, crop and edit photos, take better shots and be in them too, make great short movies, use various software, and share your works online. Paul and Len are Cedar Laners and hobby photographers. Bring your camera and curiosity. Windows and Mac users welcome.

18. ULTIMATE FRISBEE

Keith Levchenko

Grade 7 and up

Ultimate frisbee is similar to soccer, but played with a frisbee. There is lots of running, laughter and an invigorating workout in this multi-generational group. Wear comfortable clothing and athletic shoes. No prior experience is necessary.

19. BEGINNING YOGA

Rebecca Bond

Grade 7 and up (Limited to 18)

Here is a yoga class for those who have thought about doing yoga, but did not seek a class; started awhile ago and stopped; or have yoga experience, but are not yet comfortable in an advanced class. Students will acquaint themselves with primary poses, yoga basics and breathing techniques. Poses move from the floor to kneeling to standing postures. Bring a mat and a strap, if you have one, and wear loose, comfortable clothing.



20. TREE OF LIFE COFFEEHOUSE

Steve Jones, Susan Clark and the Tree of Life
Coffeehouse Committee

Sponsored by CLARITY (Cedar Laners Against
Racism Inspired by Togetherness Yes)

All Ages (children in Grade 3 and younger with
an adult)

We are encouraging musicians, singers, poets, and
dancers to come and take part. We especially
encourage offerings related to the theme of
"welcoming diversity", and the struggle against racism.
When you register, let us know if you'd be willing to
perform. It is OK to "drop in" as well. There will be
some invited guests, including the DC Labor Chorus,
and the NB Alumni A Capella Chorus. There will also be
opportunities for performers to sign up each Sunday
on a first-come, first-served basis. Or just come,
listen and enjoy!

21. EVERYTHING AUTOMOTIVE

Martin Franke

Grade 10 and up

If you have always wondered what the
green/brown/orange puddle under your car was, this is
the class for you. Would you like to learn how to
change a tire, or know what the guys at the Quickie
Lube really do to your car for \$29.95? During the first
two Sundays, we will cover basic car care; the last two
we will cover subjects the class would like to focus on.

22. TOUR OF AREA UU CHURCHES

Susannah Vesey

Grade 9 and up (Under 18 needs parent permission)

Like snowflakes and flowers, no two UU congregations
are alike. Have you ever wondered what makes this
congregation unique or what traditions and
observances other UU congregations have developed?
Now is your chance to find out. We will meet at CLUUC
each Spring B morning, carpool to an area church, and
then have a discussion group over coffee or breakfast.
Class hours are subject to the variation in church
schedules and travel times. All registrants will be
given the final class schedule prior to the first
meeting. Thoughtful adventurers are welcome.

23. QUILTING

David Yano

Grade 9 to Adult

Join other quilters and would-be quilters to learn the
skill of piecing quilt blocks. Make a quilt of your own
or help with the quilt for the 2012 auction.

26. UNFINISHED BUSINESS

Debbie Goodwin and Gerry Peterson

Grade 7 to Adult

We give you 75 minutes of uninterrupted bliss
to work on a craft project you began in 1972, a
model freight car you started in 1983, your
youngest child's baby book, the box of photos
under your bed, or your garden plan. Join us
for lively chat and the opportunity to meet
other Cedar Laners.

ADULTS ONLY

(For additional opportunities for adults, look under "Multi-
Generational")

24. ORGANIZING YOUR SPACE

Silvia Balderas-Saari

Fee \$3

Have you been putting off your organizing project
because you don't have the time for it, or you are not
sure how to tackle it? Well, this class is for you! We
will go over reasons why we accumulate so much stuff
and then learn how to let go of it. Participants are
asked to submit a picture of a particular organizing
project, i.e. kid's room, kitchen, closet, garage or
home office. Each week we will go over your projects
and discuss strategies that you can use to organize
your space. You may even be inspired to tackle your
project when you get home! Photos may be sent to:
sbalderas@hotmail.com, or hard copies to the RE
office by April 30.

25. ADULT OWL

Kathleen Reedy, Christiane Graham, Rick Lohmeyer,
Stephen Colgan

Part of the UUA Curriculum, *Our Whole Lives for Adults* is a series of workshops addressing many aspects of human sexuality. Sexuality is presented as a good, creative force with enormous potential to enrich as well as to generate life. There is time to learn about this extraordinarily complex area of human behavior, an opportunity to better understand sexuality and the self, and a space for growth. This rewarding experience will:

- Advance communication about sexuality
- Promote safer sexual practices
- Build understanding of healthy sexual relationships and activities
- Help participants accept, understand and affirm their own sexuality
- Advance the causes of tolerance and justice



Hold April

Hold onto April; never let her pass!
Another year before she comes again
To bring us wind as clean as polished glass
And apple blossoms in soft, silver rain.
Hold April when there's music in the air,
When life is resurrected like a dream,
When wild birds sing up flights of windy stair
And bees love alder blossoms by the stream.
Hold April's face close to yours and look afar,
Hold April in your arms in dear romance;
While holding her look to the sun and star
And with her in her faerie dreamland dance.
Do not let April go but hold her tight,
Month of eternal beauty and delight.

— Jesse Stuart

Spring B 2011 Registration Form

FAMILY SURNAME(S) _____ HOME PHONE _____

Please fill out a separate registration for each person registering. **Grade refers to the grade child is in this year, not next fall.** If a parent and a child will be taking a class together, please complete a separate registration for each of them. Attach your check for materials fees, if necessary. Thank you and have fun!

NAME _____ HOME PHONE _____

CLASS PREFERENCE: 1st # _____ 2nd # _____

If a registrant is a child/youth: GRADE: _____ PARENTS' NAMES: _____

EMAIL _____ MATERIALS FEE (IF APPLICABLE) _____

NAME _____ HOME PHONE _____

CLASS PREFERENCE: 1st # _____ 2nd # _____

If a registrant is a child/youth: GRADE: _____ PARENTS' NAMES: _____

EMAIL _____ MATERIALS FEE (IF APPLICABLE) _____

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EMAIL _____ MATERIALS FEE (IF APPLICABLE) _____

NAME _____ HOME PHONE _____

CLASS PREFERENCE: 1st # _____ 2nd # _____

If a registrant is a child/youth: GRADE: _____ PARENTS' NAMES: _____

EMAIL _____ MATERIALS FEE (IF APPLICABLE) _____

CEDAR LANE UNITARIAN UNIVERSALIST CHURCH

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The Rev. Roger Fritts, Senior Minister

The Rev. Susan Archer, Minister of Religious Education

The Rev. Heather Janules, Associate Minister

The Rev. Kenneth Torquil MacLean, Minister Emeritus

The Rev. Roberta M. Nelson, Minister Emerita

Dr. Henry Sgrecci, Director of Music

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