



CEDAR LANE

WHERE LOVE WORKS

Monthly Program Booklet

*Learn about ongoing programming
at Cedar Lane.*

June 2020

Cedar Lane Unitarian Universalist Church

9601 Cedar Lane, Bethesda, MD 20814 // cedarlane.org // Sunday Worship Live Stream 11 am

*Please see website for full and updated listing of programs
and link to Live Stream
www.cedarlane.org*

EXPLORE THE ETERNAL

Worship

Sundays, 11AM (except as noted)

Live Stream at www.cedarlane.org and join in the Live Chat to connect with fellow Congregants followed by Coffee Hour chats for newcomers and long time Cedar Laners alike!

June 7, 2020

Wake Now, Compassion

Abhi Janamanchi

Compassion is at the heart n of the Golden Rule – and some form of that rule is found in every major religious tradition. Compassion allows us to feel the connection between us in a way that softens and opens our hearts.

June 14, 2020

Flower Communion

Abhi Janamanchi

The Flower Communion service was created by Dr. Norbert Capek (1870-1942), who founded the Czech Unitarian Church in Prague. The service is usually held in early June, and involves members and friends bringing a flower and placing it in a shared vase.

In this year's Flower Communion live-streamed worship service, we'd like to include a photo slideshow of members of our community with flowers - you could be posing next to a flowering tree or shrub, holding a flower(s) you've picked from your yard or garden, or perhaps by a bouquet of flowers you have indoors. We'd love a variety of photos of families and individuals of all ages! Please take your photo(s) horizontally and send them to Sandy Dawsey at dawseys@dcpcepn.nci.nih.gov by June 10th.

June 21, 2020

TBD

Dr. Henry Sgrecci, Abhi Janamanchi

June 28, 2020, 10 AM

(Note Different Time!!)

UUA General Assembly Service

Let us join fellow UUs from around the country and the world for the UUA General Assembly Worship Service. The Rev. Joan Javier Duval, minister of the Unitarian Church of Montpelier, Vermont, is leading the service, along with the Rev. Mykal Slack, Community Minister for Worship and Spiritual Care for Black Lives of Unitarian Universalism (BLUU), and Benjie Messer, Music Director at the UU Congregation of Phoenix who will lead the over 140-member virtual choir! We have it on good authority that Ysaÿe Barnwell and Emma's Revolution will also perform during the service. The worship service will include a collection for the Tomaquag Museum, an indigenous museum featuring an extensive collection and archive of Southern New England tribal communities.

Interested in Learning about Membership at Cedar Lane?

If you have been attending regularly and are interested in joining our religious community as a member, please **contact Roger Santodomingo, membershipcedarlane@gmail.com to learn more!**

Faith Forward: Seekers

Sundays, 9:45 – 10:30AM

Zoom Link <https://bit.ly/CLUUCSeekers>

Meeting ID: 968 8002 6152

Password: 241106

Visitors, newcomers, and new members are invited to participate in the Seekers Series – the first step on our Faith Forward Path.



connect with us / www.cedarlane.org

It is a series of six conversations that offer a general introduction to our congregation and Unitarian Universalism. The series is ongoing and drop-in style, so you are welcome to participate in the sessions in any order, as you're able. The following is the Seekers series rolling schedule:

- Q&A with Minister
- UU History, Principles and Sources
- Pastoral Care and Small Group Connection
- Social Action & Community Service
- Faith Development for Children and Adults
- Membership 101 & Congregational Life

Contact Roger Santodomingo, membershipcedarlane@gmail.com to learn more!

The Way of Gratitude - A Conversation with the Rev. Dr. Galen Guengerich

Thursday, June 4, 7-8 PM, via Zoom

Zoom link: <https://bit.ly/GalenGuengerich>

POSTPONED – LOOK FOR THE NEW DATE ON OUR WEBSITE & IN ENEWS

We are delighted to welcome UU minister and author, the Rev. Dr. Galen Guengerich, to Cedar Lane on Thursday, June 4th!

In a live online conversation with Abbi, Rev. Guengerich will share how the spiritual practice of gratitude can infuse life with greater meaning, purpose, and joy and share excerpts from his new book, *The Way of Gratitude*.

The Way of Gratitude, is an insightful, accessible handbook for anyone seeking a sense of belonging and purpose in our chaotic world. Anchored by resonant poems, guided spiritual practices, including “gratitude goals” and suggestions for meditation and fasting, Rev. Guengerich’s well-reasoned and practical manifesto focuses on developing a sense of purpose, deepening personal relationships, and establishing a connectedness to all things in a way that brings hope to the everyday.

You can pre-order the book here:

<https://www.penguinrandomhouse.com/books/576834/the-way-of-gratitude-by-galen-guengerich/>

The Rev. Dr. Galen Guengerich is senior minister of All Souls Unitarian Church, a historic congregation on the Upper East Side of Manhattan. He graduated from Princeton Theological Seminary and earned a Ph.D. in theology from the University of Chicago. His sermon at All Soul on the Sunday after 9/11, “The Shaking of Foundations,” was selected as one of seven responses to 9/11, along with speeches by President Bush and Governor Pataki, for Representative American Speeches 2001-2002. Guengerich is the author of *God Revised: How Religion Must Evolve in a Scientific Age* and a member of the Council on Foreign Relations.

Religious Ed for Children & Youth Family Programming

Whether your family has been engaged in religious education program for 10 years or 10 seconds, we have something to support you all during this time of Crisis.

In addition to these events, look for correspondence from our RE teachers for class specific meetings!

All of these events will be held at <https://zoom.us/my/cedarlanefamily> unless otherwise indicated

Mondays, 11am– Craft Time with Stephanie!

Wednesdays, 8-10am: Congregational Coffee Hour.

Thursdays, 6:30-8pm – High School Youth Group

Fridays, 6:30-8pm – Middle School Youth Group

Sundays

10:00-10:30am – Family Chapel / Religious Education

11am – All Church Worship (via YouTube)

6pm – Netflix Party for Middle and High School Youth (via Netflix Party)

Soul Circles

Various Days / Times via Zoom

We have Launched Soul Circles (formerly known as Soul Matters)! We encourage ALL MEMBERS to join a group to help establish and maintain ties within the community. **If you are interested in joining a group please visit**

<http://bit.ly/SoulCircles2020> to sign up or email Tim Atkins, tatkins@cedarlane.org with any questions.

Yoga Classes

Any Day / Time via Zoom and YouTube

Yoga in your home! Yoga@Cedar Lane promotes mindfulness and improves flexibility, strength and your immune system. Gentle and integrated classes currently offered on Tuesdays via Zoom and any time on YouTube. **Contact teacher, Kathleen Holmay, kathleen@coreyoga.us for more information and to register. No charge.**

Meditation Classes

Mon, 7:30 - 9 pm, via Zoom

Beginners and more experienced students deepen 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.

Drop-ins: \$10. **Visit**

<https://bit.ly/CLUUCMeditation> for Zoom information

Science & Religion Group

Mon, 10 am – noon via Zoom

If you would like some mind-stretching ideas and a chance to make new friends, please join us at the Science & Religion group which has been offered at Cedar Lane for decades. We have a program for an hour and discussion for an hour on member-planned sessions (videos, book reviews, occasional guest speakers, etc.) We search for truth and meaning in this world of ours and have fun on the way. About 20-30 of us meet. Join us! **Email Marilyn Hathaway, marilhat@gmail.com to obtain Zoom information**

NURTURE COMMUNITY

Grief and Loss and Self Care During the Time of COVID-19

June 21, 1PM via Zoom

(check Calendar on www.cedarlane.org for details)

How is grief and loss experienced during COVID-19, especially without the usual supports that sustain us? The isolation adds to the stress and is an additional loss. Self-care is an important part of coping and getting through these difficult times. Dr. Jim Rossi with Caring Matters will be exploring these issues in a presentation and discussion. This will be a time to explore and learn the different types of loss, how they present, and how to cope.

Congregational Coffee Hour

Wednesdays, 8 – 10AM

<https://zoom.us/my/cedarlanefamily>

Come drop in and check in with your fellow Cedar Laners to start your Wednesdays off right!

Lunch Hour Power Hour

Weekdays, 12 – 1PM

Visit for Zoom Information

<https://bit.ly/LunchHourPowerHour>

We have rolled out our first wave of online programming for Adults! Each weekday from 12-1 we are going to offer what we're calling Lunch Hour Power Hour. Each day will be a drop in program that is first focused on connecting with each other, with a dash of faith development and religious education worked in.

Mondays: Music Mondays

So many of us find inspiration through music. Join Jenny Lyn from our choir as we share pieces of music we find to be meaningful or inspirational during the time. After each piece, we will reflect on the pieces together and have a discussion about any feelings, thoughts, or emotions that arise. Feel free to bring your favorite pieces (from a youtube link to a song you're able to play on your computer.

Tuesdays: Thoughtful Tuesdays

Have a poem that you love? A short reading that calls to you during the time? Come and share those thoughtful written works on Tuesdays with Fran Pflieger! We will have a time to just be with each other and check in with each, and we also will share some of our favorite pieces, reflect on and then discuss the pieces! Feel free to bring some pieces you love, and feel free to just attend and have your spirit be recharged!

Wednesdays: Meditation with the Ministers

Each week one of our ministers will be holding an online pastoral check in and shared guided meditation.

Thursdays: Story Time for Elders

Each week Tim will present a fairy tale specifically written for elders/adults, followed by a short reflection on the story. Then we will discuss what we thought of the story as we share our own stories with each other.

Fridays: Faith Forward Fridays

Each week, we will learn about a new spiritual practice using our Faith Forward spiritual practices curriculum. Each week will be a different spiritual practice! Although this is geared towards folks learning these spiritual

practices, folks of all levels of experience are welcome!

Fiber Arts Club

Fridays 2-4pm

Grab that crafty project of yours and hop on Zoom to work on with a fellow group of Cedar Laners who are also spending their time knitting, sewing, crafting, coloring, cross stitching, spinning, well, you get the idea!

Led by Suzanne Pineau – visit here for Zoom information:

<https://bit.ly/FiberArtsClub>

Creative Writing Affinity Group

2nd Mon through June, 2:30 - 4 pm via Zoom

The UU Creative Writing Affinity Group brings together members with diverse life experiences and perspectives who wish to explore life's big questions through creative writing and storytelling. Through regular monthly meetings the group encourages deeper exploration of the eternal and stronger connections, building community. **For Zoom info please contact Dwight King-Leatham: dwikinglea@gmail.com.**

Men's Group

2nd & 4th Sat, 8:30 – 10:30 am via Zoom

Meetings are informal and include a reflective reading, a round of check-ins (with each man updating the group on his life's journey since the last meeting), a round of "sparks" (sharing of thoughts stimulated by the check-ins), and a closing reading. **If you would like to know more, please call, text, or email Phil Smith, philips442@gmail.com.** You will be most welcome.

Alliance 1st Friday Book Club

1st Fri, 11 am – 1 pm via Zoom

Come join us for a book discussion based on the monthly book pick! Book lists are often a mixture of fiction and topical non-fiction. **Zoom information here**

<https://bit.ly/AllianceBookClub>

**BUILD A MORE
JUST WORLD**

Ecosystems Study Group

2nd Tu, 7:30 – 9 pm via Zoom

What's the actual cause of climate change, and the best way to address it? What is our moral and ethical response? Come to the Environmental Ministry Team's (eco)systems study group on the 2nd Tuesday of each month, 7:30 - 9 pm and find out.

We also have a shorter meeting on the 4th Thursday via Zoom, and we host a very active google group.

**Contact Jim Laursen,
environmental_ministry-
owner@yahoo.com for Zoom
information**

Mid - County United Ministries (MUM)

Sundays at 11:30 am and 1:15 pm

Sundays at 11:30 am

Load MUM's van with food at:

Acorn Self-Storage

11015 West Avenue,

Space #90 Kensington, MD 20895

(this will involve repeated lifting of 20-25 pounds)

Sundays 1:15 pm

Participate in setting up for and participating in food distribution at:

Peppertree Farm

14120 Weeping Willow Dr, Silver

Spring, MD 20906

(continues until all food has been distributed)