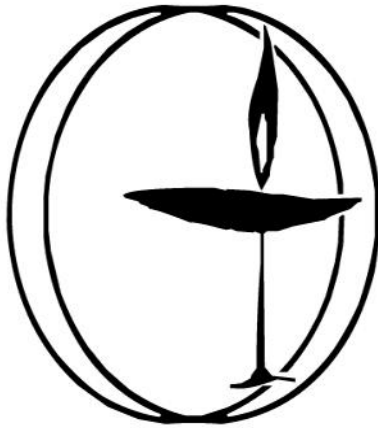


# Ongoing Groups



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*Spiritual Freedom*

*Beloved Community*

*Social Responsibility*



## Ongoing Groups

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Through the activities described in this booklet, UUCR offers a variety of programs to meet the intellectual, spiritual, emotional, and fun needs of our members, friends and guests. We hope you'll join us at these programs.

The Adult Religious Education Committee coordinated the production of this booklet.

The Adult Religious Education Committee plans and coordinates adult education programs and classes on Wednesday evenings, some Saturdays and Sundays, and also other times during the year. Information about these classes and programs is on the UUCR website, in the church newsletter *Quest*, and posted in the corridor and lobby of the church.

**Visit [www.uucr.org](http://www.uucr.org) for the latest news on programs and activities.**

**Would you like to be a part of the Adult Religious Education Committee?**

*Ken Sandin, Chair  
Deborah Kahn, DRE  
Maude McGovern, Celia Young*

**Committee meeting: first Monday,  
7:00 p.m. in Davies Fellowship  
Hall**

**Would you like to be a part of the Religious Education Committee for Children and Youth?**

*Ellen Rohan Chair  
Deborah Kahn, Director of Religious  
Education  
Shannon Mayhew  
Jason Reed  
Jeremy Shaffner*



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The Unitarian Universalist Church of Rockville provides a liberal religious home in Montgomery County, welcoming all who share our journey to seek truth, meaning, fellowship, and wholeness with open hearts and minds. Using Unitarian Universalist values as our guide, we strive to:

- Nurture intellectual, spiritual, and creative growth,
- Transform belief into action,
- Inspire insight and a sense of wonder through worship and religious education,
- Engage in social justice, community service, and global outreach.





## Ongoing Groups

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### **Book Club**

The Book Club meets monthly at the church. We read a variety of fiction and non-fiction books, including historical biographies and memoirs. Everyone in the church community who enjoys reading is welcome to participate.

Date: Monthly, first Thursday (except December)  
Time: 2:00 p.m.  
Contact: Carolyn Pooley, 301-279-0490

### **Crafts Group**

An informal group that meets throughout the year for “Crafts, Coffee, and Conversation.” We bring our knitting, crocheting, beading, watercolor projects — you name it. No artistic ability or special skills are required. Everyone is welcome and we try to keep some easy projects on hand. We go on field trips, have sessions devoted to teaching, occasionally celebrate each other’s birthdays, and go out for lunch around the holidays. We have provided decoration for church events, and we sell our handmade creations at the Bizarre Bazaar. We are happy to have new members.

Date: Weekly, Tuesday  
Time: 10:00 am–Noon  
Contact: Sherry Henry, 301-589-5838  
[henrybird@comcast.net](mailto:henrybird@comcast.net)

### **Dinners for Eight**

UUCR members and friends meet monthly for shared dinner, conversation and fellowship in each other’s homes. Participants (“regulars,” “occasional” and interested newcomers—there is no obligation of monthly participation) prepare part of the meal and host (or co-host) occasionally. A separate brochure available at the Visitor Center has more information.

Date: Monthly, second Saturday  
Time: arranged by host  
Contact: Francois Martzloff, 301-926-0513  
[Francois.martzloff@verizon.net](mailto:Francois.martzloff@verizon.net)

## **Environment Action Group (EAG)**

Inspired by the 7th Unitarian Universalist principle, respect for the interdependent web of existence of which we are a part, Unitarian Universalism is deeply rooted in social and environmental justice as a direct expression of our faith.

Date: Monthly, second Sunday, Room #52  
Time: 11:30 a.m. to 1:00 p.m.  
Contact: Mary Lanigan, 240-687-0517  
[malanigan1@comcast.net](mailto:malanigan1@comcast.net)

## **Friendly Bridge**

The UUCR Friendly Bridge group focuses on learning to play bridge and on improving skills. All levels of players are welcome--from beginner on up. We use "Party Bridge" rules. Hands are played up or down, depending upon the level of skill of those at the table. Cross talk is allowed to the extent that it helps the players understand the game they are playing or gain an understanding of bidding conventions. The focus of the group is to enjoy playing. Competitive attitudes of play are discouraged. There are no set tables, and we swap in and out of games. It is a fun afternoon, and we welcome any and all interested persons. This activity is open to the public.

Date: Monthly, second Saturday  
Time: 1:30–4:00 p.m.  
Contact: Lisa Reed, 301-217-9033  
[reed\\_lisa@hotmail.com](mailto:reed_lisa@hotmail.com)

## **Gardeners and Weeders**

We gather as needed to weed and trim to improve the appearance of the church grounds, and thus we work seasonally.

Date: As needed.  
Contact: Mary Lanigan, 240-687-0517  
[malanigan1@comcast.net](mailto:malanigan1@comcast.net)  
Sue Hedges, 301-294-9456  
[S.hedges@comcast.net](mailto:S.hedges@comcast.net)



## Ongoing Groups

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### **Lunch Bunch**

The Monthly Lunch Bunch is in its fifteenth year, and newcomers are welcome, along with members, friends, and family members who may be visiting. We meet at a variety of area restaurants.

Date: Monthly  
Time: 11:30 a.m.  
Contact: Ralph Golden, 301-762-6360  
[goldenprospect2@comcast.net](mailto:goldenprospect2@comcast.net)

### **Meditation (Sunday morning)**

Sunday morning meditation meets before the worship service. We do two sitting meditations and two readings from mindfulness exercises. We are relaxed and easy-going. Begin your Sundays in a peaceful, serene manner. Please join us any time you can. No need to sign up or commit. Just come to connect.

Date: Weekly, Sunday  
Time: 9:00 to 9:45 a.m.  
Place: Room 44  
Contact: Celia Young, 301-294-9558  
[Celia.young@montgomerycollege.edu](mailto:Celia.young@montgomerycollege.edu)

### **Sangha**

The Sangha, a small group of spiritual friends meets to explore the practice of mindfulness, which are steps to a calm mind and a joyful heart and are derived from the teachings of Thich Nhat Hanh, a Vietnamese Buddhist monk. We enjoy 20 minutes of meditation followed by a reading from one of the many books written by Thich Nhat Hanh and a discussion of that reading. Please come and sit with us—all are welcome!!!

Date: 2nd & 4th Sunday  
Time: 11:30 a.m.—12:30 p.m.  
Place: Building #2, Room 23  
Contact: Bob Campbell, 301-948-3298  
[paulrobcampbell@gmail.com](mailto:paulrobcampbell@gmail.com)

## **Music**

**Adult Choir**—We are a non-audition choir, open to Senior High youth as well as adults. We sing at least 2 Sunday services each month and have a commitment to exploring a diverse selection of music.

Date: Weekly, Thursday  
Time: 7:30—9:30 p.m.  
Place: Sanctuary  
Contact: Jennifer Rodgers Beach, 301-785-2221 j  
jrbeach@uucr.org

**Children's Choir**— Is open to ages Pre-K through 6th grade. We sing in the Sunday service every 6 weeks or so. We have a good time, sometimes singing with guitar or with piano. Sometimes we use a little sign language or do a little dancing!

Date: Sundays  
Time: 11:20—11:50 a.m.  
Place: Room 53, (lower level, Building 5)  
Contact: Barbara Weis, 301-649-4148  
dye2tie@verizon.net

**Sonaria**— Women and teens singing group focused on arranging songs from the "Singing of the Journey" supplement hymnal. We are also expanding our focus to include folk songs and more.

Date: Sundays (1st and 3rd Sunday)  
Time: 11:30 a.m.—12:30 p.m.  
Place: Room 44, Building 4  
Contact: Cynthia Thurston, 301-583-3503  
awe4@aol.com

**Power Tool Gang**— We gather as needed to paint, repair, and replace to help maintain the church buildings. We often enjoy a cookout lunch break!

Contact: Jay LaMarche, 301-762-7872  
[vlamarche@verizon.net](mailto:vlamarche@verizon.net) to join the email list



## Ongoing Groups

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### Quilters

The Quilters create one quilt each year to be raffled at the annual Bizarre Bazaar. An offshoot of the quilting activity is the making of craft items that are sold as Christmas crafts at the Bazaar. The quilting group provides the opportunity for anyone who practices needlework to experience group participation in the making of a beautiful product while enjoying the warmth and support of friends who share an interest and meet together weekly.

Date: Wednesday evenings (break from mid- November through December)  
Time: 7:30 p.m. – 9:00 p.m.  
Contacts: Louise Friedenberg, 301-762-0168  
[LCFried@aol.com](mailto:LCFried@aol.com);  
Margaret Chalkley, 301-424-9139  
[maggiieg56@yahoo.com](mailto:maggiieg56@yahoo.com)

### Small Group Ministries Program

Join a Small Group Ministries group to increase your connection to the congregation, deepen your spiritual search, and expand your community. Led by trained facilitators, each group of up to ten people meets in an environment that fosters trust and non-judgmental listening. Meeting once or twice a month, these dedicated groups explore topics that often result in meaningful experiences and spiritual growth. Groups may choose topics from a substantial list; occasionally groups develop their own topics. Past topics include: forgiveness, friendship, mindfulness, living through loss, service, joy, taking a stand, and what we love.

For more information, see:

<http://www.uucr.org/smallgroup/index.html>

Contact: Rev. Lynn Thomas Strauss, 301-762-7666  
[lstrauss@uucr.org](mailto:lstrauss@uucr.org)  
Celia Young, 301-294-9558  
[Celia.young@montgomerycollege.edu](mailto:Celia.young@montgomerycollege.edu)

## **Socrates Café**

In a relaxed, coffee house atmosphere, we discuss important issues reasonably and respectfully, examining assumptions and logic, with the goal of learning, not "winning." Open to UUCR members and the wider community.

Date: Monthly, fourth Saturday  
Time: 7:00 to 9:00 p.m.  
Contact: Ken Sandin, 301-675-6238,  
[ksandin@verizon.net](mailto:ksandin@verizon.net)

## **SpectrUUm**

SpectrUUm is UUCR's social networking and event list for adults in their 20s, 30s, and 40s. We get together for casual events, conversation and fun. A mix of adult and family-friendly activities are offered, as well as impromptu events. To sign up for the mailing list, pick up an instruction card from the Visitor Center in the entrance corridor, or see our posters in the lobby.

## **Women's Spirituality Group**

The Women's Spirituality Group deals with whatever is important to us. We delve into the connection with our deepest self and personhood. We explore our "unformed that is forming" as we share on our spiritual paths. Thus our creativity, work, words, ideas, and self join in the spirit of life with each other. This is an open group.

Date: First and third Saturdays  
Time: 11:00 a.m. to 1:00 p.m.  
Place: Room 44  
Contact: Jewell Golden, 301-762-6360  
[jewelleg@bellatlantic.net](mailto:jewelleg@bellatlantic.net)



# Ongoing Groups

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## **Writers' Group**

The mission of the Writers' Group is to aid UUCR members and friends in writing, editing, and publishing their work. Meetings consist of reading in-progress (and often past) work – ranging from poems to vignettes to short stories to novels – for constructive comments and editorial suggestions from other members. Although improvement in writing is our primary purpose, marketing is an issue usually raised and helpful suggestions are always forthcoming. We meet weekly in members' homes and often lunch together.

Date:                Weekly, Friday  
Time:                10:30 a.m. to 12:30 p.m.  
Place:                Members' homes  
Contact:             OPEN

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