

(BUU, W, SS) **Theology Explorers**

Second Wednesday of the month at 10:00 am

Open to all; contact Stephen Hughes (stephenrhughes@comcast.net) for more information.

Join us for conversations about life's big questions. Through listening and sharing, we search for truth, meaning and spiritual growth. Together, we seek the wisdom needed to put our faith and ideals into practice.

(F) **Thursday Evening Book Club**

Third Thursday of the month at 7:00 pm

New members welcome when space allows; contact Debby Smith (debbyssmith@verizon.net) for more information.

Meet other readers in this monthly book group. Books are suggested and selected by members. Meets 10 months per year.

(SS) **Vespers Services**

Second Wednesdays at 7:30 pm

Open to all (including children and youth); contact Dawn Star Sarahs-Borchelt (re@mluc.org) for more information.

Vespers services present an opportunity to reflect upon a theme together, using contemplative words, music, learning, and wondering. Topics for Spring 2020 include Play (February), Wonder (March), Connecting to the Earth (April), and Apology & Forgiveness (May).

(CC) **Women Thriving Solo**

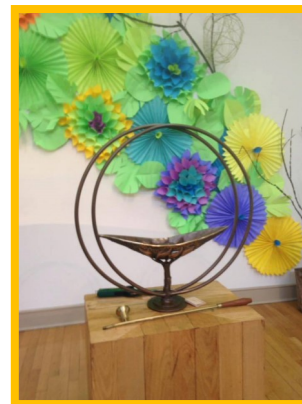
Saturdays, February 22 and April 4 at 5:00 pm

Open to single women age 55+; contact Amy Covill (amycovill88@gmail.com) for meeting information.

A supportive group for single women over 55. Topics explored focus on the need for understanding, acceptance and guidance. Participants discover their next steps forward toward living meaningful, connected, and productive lives as single women.



We also host a variety of community groups and individuals who rent our space. These include Alcoholics Anonymous, music recitals, school groups, private spiritual and yoga groups, etc.



Faith Development Programs for Adults

at

MAIN LINE UNITARIAN CHURCH

We offer a wide variety of ways to connect, grow, learn, play and engage. Most opportunities are open to all, free of charge, and take place at the church; see individual listings for exceptions.

Caring Community

(CC)

Connect with this caring community while exploring pastoral or interpersonal topics

Fellowship

(F)

Get to know your fellow MLUCers at our social and community programs

Pathway to Membership

(PtM)

Satisfy membership requirements while learning about UU faith and how it is lived at MLUC

Seeking Justice

(SJ)

Learn about social justice issues and ways to make a difference

Being a UU

(BUU)

Focus on what it means to be a UU

World Religions

(WR)

Explore great religious traditions of the world

Spiritual Self

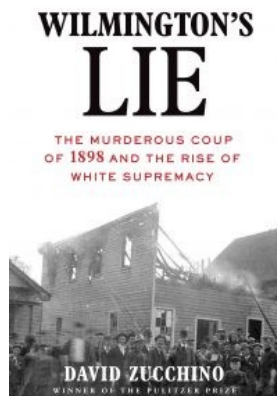
(SS)

Attend to your spirituality

Childcare is available for any program upon advanced request to childcare@mluc.org. Some programs require registration; see individual listings for more information.

If communicating and registering by email isn't possible, please call the office at 610-688-8332. Mary Heil can assist you Monday-Friday 9:00 am to 4:00 pm.

One time events and programs for Spring 2020



(SJ) **David Zucchino: Meet the Author of Wilmington's Lie - The Murderous Coup of 1898 and the Rise of White Supremacy**
Sunday, February 2, 12:00 pm

Open to all; contact Frank Weber (frank.weber@comcast.net) for more information.

David Zucchino is a former long-time member of MLUC. On this visit he'll discuss his newly published book.

(SJ, F) **Black History Month Movie Night: BlackKkKlansman**

Saturday, February 8, 6:30 pm following the 5:30 pm community potluck

Open to all; contact Neal Jones (neal@mluc.org) for more information.

Spike Lee's 2018 movie *BlackKkKlansman* is a true story from the 1970s. John David Washington plays the first African-American detective to serve in the Colorado Springs Police Department. Determined to make a name for himself, he infiltrates and exposes the Ku Klux Klan.

(SJ) **Kensington in Crisis: Film & Panel Discussion**

February 16 at 6:00 pm

Open to all; contact Madelaine Sayko (madelainesayko@gmail.com) for more information.

The event will begin with an introduction to the making of the documentary *Kensington In Crisis*, a film about opioids and addiction. While this focuses on Kensington the lessons there apply to all neighborhoods. There will be a showing of the film, followed by a panel discussion talking about addiction, the making of the film and lessons learned.

If communicating and registering by email isn't possible, please call the office at 610-688-8332. Mary Heil can assist you Monday-Friday 9am-4pm.



(BUU, SJ) **Partner Church Pilgrimage Preparation**

Mondays, February 10, March 9 and April 13 at 7:00 pm

Open to all; contact Bonnie Marzolf (Bonnie@marzolf.net) for more information.

Presenting the history of Hungary and Romania, including the religious history of the area (February); Learn more about the members of our partner church congregation and practice a few basic Hungarian phrases (March); Calm your jitters, answering travelers' questions, and final review of required documents and gear (April).

(CC, F, BUU, WR, SS) **Small Group Ministry**

Meeting times/locations vary by group SAMPLE SESSIONS
Sundays February 16, April 5, and June 28 at 11:30 am

Open to all; contact Jessica Hirsch Lynn (jessica@mluc.org) for more information about the Sample session. Contact Anne Brandt (Anne-Brandt@aramark.com) to find out how to join a small group.

Small groups are focused on spiritual and personal growth, and on developing relationships of substance and depth. Groups follow a curriculum that opens conversations and guides discussions. Small Groups meet twice per month and provide small community within the larger church community. Try it out at the Sample Session before joining a group for the year.

(F) **Spanish Conversation**

Thursdays at 10:00 am

Open to all; contact Dana Navaline (dnav235@yahoo.com) for more information.

Practice speaking Spanish in a relaxed, supportive group. All levels welcomed.

(SS) **Meditation II**

Sundays at 11:30 am

Open to all; contact Usha Srinivasan (usha.srinivasan@verizon.net) for more information.

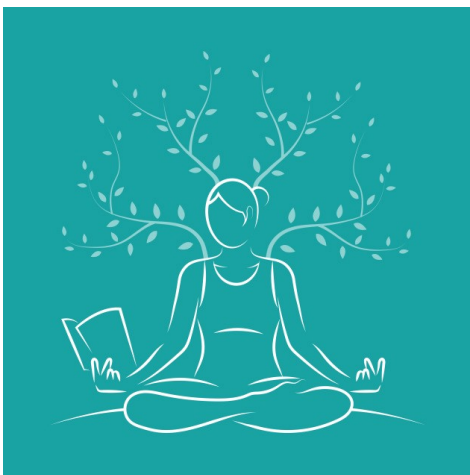
Beginners through experienced meditators gather each week for a short reading followed by a 20 minute meditation. Insights, experiences and concerns are shared.

(CC, SS) **Men's Support Group**

Mondays at 7:30 pm

New members welcome when space allows; contact Bruce Pappas (btppapas@gmail.com) for more information.

Neither a therapy group nor a social club, this group explores relevant and important experiences in the lives of its members.



(SS) **Monday Morning Meditation Study Group**

Monday mornings February 17 through mid-June, 7:00 am

Limited to 10 members, and registration is required; email Katrina Ogilby (katrinaogilby@gmail.com) to register.

Participants in this congenial group meet weekly and study books deeply, one chapter at time. Reading is combined with group meditation and discussion. *Unbinding* by Kathleen Dowling Singh is the selection for this spring.

(CC) **Parkinson's Disease Interest Group**

Second Wednesdays at 2:00 pm

Open to those with an interest in the topic; contact Anne Baer Clark (anne@mluc.org) for more information.

Ongoing support and information sharing for people diagnosed with Parkinson's Disease and for their caregivers.

Childcare is available for any program upon advanced request to childcare@mluc.org. Some programs require registration; see individual listings for more information.



(BUU, PtM) **Our UU Principles and Sources of Faith**

Sunday, March 1, 11:30 pm

Open to all; contact Neal Jones (neal@mluc.org) for more information.

Unitarian Universalism is unlike many religions in that it is more concerned with how you live than with what you believe. In addition, it recognizes that no single tradition has a monopoly on truth, but that wisdom for living may be gleaned from multiple sources.

(SJ) **Making Democracy Work in PA**

Saturday, March 7, 10:00 am

Open to all; contact Gail Burgess (gailmbhome@aol.com) for more information.

Join Adam Eichen, author and Campaign Manager of Equal Citizens, and Rabbi Michael Pollack, Executive Director of March On Harrisburg, for a conversation about our broken democracy here in Pennsylvania, and how we might stop gerrymandering and political corruption.

(BUU, PtM) **Learning From Each Other**

Sunday, March 15, 11:30 am

Open to all; contact Dawn Star Sarahs-Borchelt (dawnstar@mluc.org) for more information.

In the Faith Development program, we all learn from each other. Everything we do together as a congregation is the curriculum, the course run, not just what happens in a classroom with suggested activities and discussions from a book. Learn more about how what we do and what we say is what our kids learn.

(WR) **People Mistreated (by God) in the Bible**

Wednesdays, March 18, 25, and April 1 10:00 am

Register here <https://forms.gle/bCts5ooNwxyEhEVj6>; contact Dave Hunter (davidhunter2405@comcast.net) for more information.

The Bible provides a number of examples of what one could reasonably characterize as divine mistreatment (consider, e.g., the people of Sodom, Abraham & Sarah's son Isaac, Job & Mrs. Job). What are we to make of this?

(F, BUU) Congregation Soup Lunch with Trustees

Sunday, March 22, 11:30 am

Open to all; contact Michael Daley (mdaley0@gmail.com) for more information.

Soup Lunch for all interested congregation members, for casual discussion about how MLUC fosters spiritual growth and fulfillment.

(SJ) No More Secrets, Mind, Body, Spirit

Sunday, March 22, 11:30 am

Open to all; contact Caroline Williston (carolinewilliston@gmail.com) for more information.

Lynette Medley will discuss how her organization to end 'period poverty' addresses the nationwide deficits in education and awareness in regards to period stigma. She will present ways MLUC can be involved in community action.
<https://www.nomoresecretsmbs.org>

(SJ) Jubilee Anti-Racism Training

March 27 (6:00pm-10:00pm), March 28 (9:00am-9:00pm), March 29 (8:30am-5:00pm)

UU Church of Delaware County, 145 W. Rose Tree Rd., Media, PA 19063

\$160 per participant (includes cost for trainers, meals and materials).

Jubilee Anti-Racism Training helps participants understand what is involved in nurturing a multicultural community and how to work against racism in all of its forms. The workshop requires a weekend commitment. Enrollment is limited to 40 participants.



(SS, WR) Meditation is Daily Life, Daily Life is Meditation

Saturday, March 28, 9:30 am - 4:00 pm

Open to all. Contact Sue Compton suemcompton@gmail.com for more information.

Join Revs. Grace (Sangjin) Song and DaeSung Song of Won Buddhism of Philadelphia for a full day retreat of meditation, qigong, and t'ai chi ch'uan.

(F) Insight Book Group

Third Thursday of each month 7:00 pm - 9:00 pm

Open to all; contact Eileen Andrews at (jricka@verizon.net) for more information.

Read and discuss a different book each month. Titles this Spring include *The Soul of America: The Battle for Our Better Angels* by John Meacham, *Nothing to See Here* by Kevin Wilson, *The Overstory* by Richard Powers, *Olive, Again* by Elizabeth Strout, and *The Nickel Boys* by Colson Whitehead.

(F, SS) Jazz and Joe

Wednesdays March 25 and May 27 7:30 pm

Open to all; contact Marile Marshall (marile@verizon.net) for more information.

Evenings of fabulous jazz music in the Fireside Room. Concerts are sponsored by grants supporting Jazz Sanctuary, which brings jazz music into religious spaces.



(CC, F) Lecture Luncheon

Second Wednesday of the month at 11:30 am

Open to all; a donation of \$10 is requested to cover the cost of the meal; contact Tim Conahan (tim.conahan@gmail.com) for more information.

A hot catered lunch followed by an engaging lecture is offered to the community each month from September through May. Speakers vary and might include MLUC staff, members, or leaders in the community.

(SS) Meditation I

Sundays at 8:30 am

Open to all; contact Marc Balcer (marc.balcer@gmail.com) for more information.

Part exploration and part meditation. A variety of approaches to meditation are presented by leaders within the group. Sessions might include readings, recordings and materials related to mindfulness. Participants share their thoughts and experiences before and after the 20–30 minutes of meditation. Come as your schedule permits.

(CC, S) Conversations on Aging

Last Wednesday of each month from 1:00 pm - 2:30 pm

Open to all; contact Anne Baer Clark (anne@mluc.org) for more information.

Explore the challenges and joys of growing older in this welcoming and open group. A welcoming and open-minded group that explores the challenges and joys of growing older.



(SS) Donation Yoga

Saturdays January 11 through March 28 and April 25 through June 13 at 9:30 am

Open to ages 16 & up; contact Noelle Hammerbacher (noellemh@verizon.net) to receive weekly reminders and for more information.

The benefits of Yoga include increased flexibility, stress reduction, focused mindfulness and all-around happiness. This class is for beginners or intermediate practitioners of yoga. Options to suit your experience level will be presented for each pose. Everyone is welcome! Bring a yoga mat if you have one.

(F, SS) Folk Sings

Saturday February 1 at 8:00 pm (other dates TBD)

Open to all; contact Marile Marshall (marile@verizon.net) for meeting times and places.

Feed your soul through singing. Bring your instrument and voice and join us (just about) monthly for evenings of informal group singing. All interests and levels of ability are welcome. Meetings are either at the church or at the home of an MLUC member.

(F, BUU) How to Get Involved

Sundays, February 2, April 19, and June 7 at 11:30 am

Open to all; contact Rich Fritzson (rich@mluc.org) or Jessica Hirsch Lynn (jessica@mluc.org) for more information.

Learn how volunteering, taking part in MLUC's community events and supporting the church financially will contribute to your sense of belonging and to the health of this community. There are opportunities for spiritual growth and personal transformation in surprising places.

(SJ) Earth Awareness Environmental Legislation Advocacy postcard mailing

Sunday, April 19, 10 am, 11:15 am to 12:15 pm

(SJ) 50th Anniversary Earth Day Lecture with State Representative Greg Vitali: Pennsylvania's Environment 2020: A Clear Vision for a Cleaner Future

Tuesday, April 21, 7:00 pm

(SJ) Earth Day Fair

Sunday, April 26, 11:30 pm

Open to all; contact Neal Jones (neal@mluc.org) for more information.

After the service, the Environmental Justice Team will have interactive stations with info on actionable activities that adults & children can do to make a positive difference for the environment.

(SJ) Selecting (and Deselecting) the President – What Have We Learned? Where Should We Go from Here?

Wednesdays, April 22 and 29, 7:00 pm

Register here <https://forms.gle/sjENM4vHv9xcc3ag9>; contact Dave Hunter (davidhunter2405@comcast.net) for more information.



As people of faith, we are called to participate in the political process according to our consciences. Rev. Dave Hunter, a member of MLUC, is a retired civil rights lawyer and a semi-retired UU minister. He was a lawyer in the Voting Section of the Department of Justice's Civil Rights Division from 1975 to 2000.

(PtM, BUU) Moving from 'Freedom From' to 'Freedom For'

Sunday, May 3, 11:30 am

Open to all; contact Neal Jones (neal@mluc.org) for more information.

Making the transition from your former religion to Unitarian Universalism.

Saturday, May 9, 6:30 pm

Annual potluck honoring our Welcoming Congregation. MLUC is a Welcoming Congregation, recognized by the Unitarian Universalist Association. This means we affirm and include people who are lesbian, gay, bisexual, transgender, and queer at every level of congregational life—in worship, in program, and in social occasions. All families welcome. Neighboring congregations invited.

Sunday, May 17, 11:30 am

Would someone walking into your home know what religious and spiritual connections are important to you? Let's explore ways to embody and express your UU identity in your life, from the simple to the sublime.

Saturday, May 30, 6:00 pm

Those who completed the Pathway to Membership classes and joined MLUC this year are invited to a celebratory dinner prepared by the Membership Committee and Board of Trustees, and served by MLUC volunteers. A festive annual spring event you won't want to miss!

(F) All-Church Potlucks

Look for the SignUpGenius link on our website and our e-notes.



First and third Monday of each month from 1:00 pm - 2:30 pm

Find the support you need to meet the challenges you face as a caregiver. Support others grappling with similar challenges.

Rehearsals Thursdays 7:45 - 9:00 pm (sings 2 Sundays per month)

Sing traditional choral repertoire, spiritual and gospel music, arrangements of contemporary works and music by living UU composers. The MLUC choir is a closely knit group that welcomes newcomers; no audition required.

Spring Rehearsals at 11:15 am on March 29, April 5, May 3, and May 10

Love to sing in choirs but don't have time for weekly rehearsals? Want to sing with the kids or grand-kids? Multi-Gen gets the whole family singing in choir together without the commitment of regular rehearsals. Unison and two part choir for all ages. Sing at multigenerational services on Thanksgiving, the Winter Solstice, Easter and Flower Communion.