

SUMMER SERVICES - 2022

July 3, 2022 **The Secret Ingredient is Always... Kimberly Elsener**

Is baking just a hobby, something we do out of necessity during holidays are other important celebrations or can it be a spiritual practice? Join us to explore baking as a spiritual practice and learn about the secret ingredient necessary to transform your baking.

July 10, 2022 **General Assembly service video**

July 17, 2022 **Online visit to UU church of Arlington, VA service**
(tentative)

July 24, 2022 **A Harbor of Hope** **Rev. Douglas Taylor**

This Sunday afternoon we will open our building to visitors as part of the Sacred Sites Tours. Is there something particular about our theology and our message that can be seen in our building? Let us consider tangible ways our faith shows up around our space.

July 31, 2022 **Labyrinth - A Meditation Walking Space** **Ron Clupper**

A service about the history and theology behind our own iconic UUCB labyrinth.

August 7, 2022 **Up the Down Escalator: Navigating Mental Dis-ease of Pandemic Proportions** **Amanda Jones**

Everyone should work on keeping themselves mentally healthy. Some people deal with imbalances in various ways: therapy, medication, journaling, talking to a close friend. But all in all, we are basically on a spectrum, with some people struggling and having to work hard to maintain a level of mental wellness and others having a low level of difficulty. During these COVID years, mental dis-ease and/or illness has bloomed at massive proportions to match the loss and grief people have experienced as well as isolation. Self-care is essential to keeping one mentally healthy. How do you keep yourself feeling well?

August 14, 2022 Earth Hospice Trebbe Johnson

How can we live with the great challenges of climate change without falling into despair or focusing only on the practical things we can do in our lives? One way is to bring mindful attention and ceremony to that which is passing.

August 21, 2022 Poetry Service Kate Thorpe and Friends

August 28, 2022 Agreements and Tensions Rev. Douglas Taylor

Over the centuries, we UU's have kept a 'freedom of conscience' concept in our central definitions of ourselves. We are not going to insist we all believe the same. This means we have some significant tensions around our beliefs. I find this makes them more interesting to explore!

September 4, 2022 Habits of the Heart Rev. Kimberley Debus

We don't have to be Zen masters or devout monks to be good at personal spiritual practice. We will examine what it means to take on a spiritual practice in order to achieve a sense of wholeness and satisfaction, to deepen our faith, and make meaning in these uncertain times.

Rev. Kimberley Debus is a community minister from the Albany area, now based in Takoma Park, Maryland, inspiring an artful and art-filled faith. She consults with congregations and religious professionals throughout the denomination. Kimberley is joyfully affiliated with the Unitarian Church of Lincoln, Nebraska, and has previously served at the Church of the Larger Fellowship as well as congregations on Long Island and Key West.