

# ALLIANCE NEWSLETTER



Cedar Lane Unitarian Universalist Church, 9601 Cedar Lane, Bethesda, Maryland 20814-4099

Sue Woodruff, *president*

February 2019

Leslie Backus, *editor*

The Alliance of Cedar Lane Unitarian Universalist Church is an affiliate member of the church open to all interested women and men. Its purpose is to promote programs and activities of a cultural and community nature that support Unitarian Universalist principles. In furtherance of these purposes the Alliance raises its own funds and establishes its own budget.

## Alliance Day

Thursday, February 14, 2019 ♥

### The Schedule for Alliance Day

- 11:30 a.m.** A relaxed time for socializing
- 12 noon** Potluck lunch. Please bring a plant based main dish, salad, side or dessert to serve eight. Please identify ingredients for those who are vegan/vegetarian or have allergies (e.g. meat, nuts, wheat, dairy). Please don't bring serving utensils!
- 1 p.m.** Program

### Volunteer Assignments:

- |                         |       |                                     |
|-------------------------|-------|-------------------------------------|
| <i>Set Up:</i>          | 10:30 | Don Woodruff<br>Louise Stomierowski |
| <i>Greeter:</i>         | 11:30 |                                     |
| <i>Curb Assistant:</i>  |       | Janice Krause                       |
| <i>Receiving Food:</i>  | 11:45 | Helen Pechacek                      |
| <i>Clean-Up Tables:</i> | 12:45 | Harvey Lerner<br>Marion Torchhia    |
| <i>Serving Tables:</i>  | 12:45 | Terry Tretter                       |
| <i>Tablecloths:</i>     |       | Wayne Mara<br>Dottie Mara           |
| <i>Bartender:</i>       | 11:00 | Joe Merenda                         |
| <i>Flowers:</i>         |       | Sue Woodruff<br>Diane Mahlmood      |

**Deadline for March Newsletter: Tuesday, February 19<sup>th</sup>** Send items to Leslie Backus at [backusle@verizon.net](mailto:backusle@verizon.net).

### President's Message

Beloved award winning poet Mary Oliver recently died. Her work featured themes of the natural world she loved and her deep spirituality. Mary spoke simply, beautifully and directly to readers. It has been said that "you didn't need a college seminar to appreciate her work." I have heard Mary Oliver's moving words so often in church sermons that I've always thought of her as the "U.U. poet laureate." In her honor, below are just a few of her memorable quotes on living and dying:

"Instructions for living a life  
Pay attention  
Be astonished  
Tell about it."

"Listen.  
Are you breathing, just a little,  
and calling it a life?"

"Someone I once loved gave me a box of darkness.  
It took me years to understand  
It too was a gift"

"When it's over, I want to say all my life  
I was a bride, married to amazement  
I was the bridegroom, taking the world into my arms.  
When it's over I don't want to wonder  
If I have made of my life something particular and real  
I don't want to find myself sighing, frightened  
Or full of argument.  
I don't want to end up simply having visited the world."  
*Sue Woodruff*

### February Program: Facing Illness & Grief:

**Finding Compassion and Support** The pain and distress of grief is often misunderstood by those around us, adding to our sense of uncertainty at this vulnerable time. Peer support can help people cope with the trauma of losing someone close. Just having an understanding ear can be crucial. Jim Rossi, Director of



Adult Bereavement Caring Matters (which was founded as Hospice Caring in 1989), will talk about that organization's programs to provide compassionate social supports, without charge, through a trained volunteer network, serving children, adults and families facing life-threatening illness and experiencing grief. Also, the organization's community and professional education programs increase awareness and action around end-of-life issues, advance care planning and grief.



Mike Harris

### Pill Bottle Recycling Program

Kudos to Dottie and Wayne Mara for all their work collecting and sending used pill bottles for donation to Matthew 25 Ministries. We received a note from Matthew 25 Ministries that thanked us and reminded us about what is done with the bottles. "Clean, capped empty pill bottles with labels removed that are sealed in plastic bags marked clean are shipped with other medical supplies to hospitals and clinics and shipped to developing countries around the world. Unprepared pill bottles are shredded and recycled for program funds, while reducing the amount of waste deposited into landfills." We hope you will continue to support this program.

Sue Woodruff

### In the Lounge Sundays

Alliance will hold book sales in the lounge after services on February 3<sup>rd</sup>, 10<sup>th</sup>, and 24<sup>th</sup>. We welcome donations of used books in good condition.

Please leave them in the coat closet at the top of the stairs. Jewelry sales will take place after both services on February 17<sup>th</sup>. Leave jewelry donations in the labeled cabinet in the volunteer office.

Helen Pechacek



### The First Friday Book Club—11 a.m. in

Rooms 1–2 The First Friday Book Club welcomes old friends and new. Bring a sandwich and socialize over refreshments at noon.



#### February 1:

**Snowblind** by Ragnar Jonasson. (2017). F. 310 pp. Rookie policeman Ari Thor moves from Reykjavik, Iceland to an isolated former fishing village a job where

he's told "nothing ever happens". After an avalanche isolates the village, an author falls to his death and a village woman is found naked and bleeding to death in the snow.

**Refreshments: Dottie Mara**

#### March 1:

**Canada** by Richard Ford. (2012), F. 420 pp. After his parents are arrested and imprisoned for robbing a bank and murder, fifteen-year-old Montanan Dell Parsons is spirited away across the border to Saskatchewan by Arthur Remlinger who, unbeknownst to Dell, is hiding a dark and violent nature.

**Refreshments: Jean Thompson**

#### April 5:

**A River Runs Through It** by Norman Maclean. (1976). F. 217 pp. Based on the author's childhood experiences, this novel vividly describes life along Montana's Big Blackfoot River and blends fly fishing with the troubling affections of the heart.

**Refreshments: Rita Pittallo & Bonnie Tyler**

Barbara Lewis

### Seniors Today—Resources for Vital Living

Austin Heyman leads this effort to share news and information of interest to senior residents of Montgomery County. The program airs on Comcast ch 6, 996 (HD), RCN ch 6, 1056 (HD), and Verizon ch 30 at the following times: Sunday 6:00pm | Mon - (10:00am) | Tues - (1:00am, 12:30pm, 6:00pm) | Thurs - (2:30am, 6:00pm) | Fri (10:30am) | Sat - (2:00am) Austin Heyman examines such topics as: affordable senior housing programs, advocacy efforts for Montgomery County's diverse population of seniors, the growing village movement, prescription drug management, Strathmore programs, library programs, fire safety, and many more subjects of interest to seniors. You can stream current and past programs at this website:

<https://montgomerycountymd.gov/ccm/seniorstoday.html>

### MoCo Wheelchair Accessible Taxis

Montgomery County Begins 2019 with a New Wheelchair Accessible Taxi Option. Anytime Union Taxi is now providing wheelchair accessible taxi service seven days a week. Customers can call 301-637-9292 or use the Anytime Taxi app. In addition, customers can hail the new, bright green taxis or find them at cabstands. Rates for taxicabs are set by the Montgomery County Department of Transportation.