

# ALLIANCE NEWSLETTER



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

Sue Woodruff, *president*

March 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, March 14, 2019 ♣

### The Schedule for Alliance Day

**11:30 a.m.** A relaxed time for socializing

**12 noon** Potluck lunch. Please bring a 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 do not bring serving utensils!

**1 p.m.** Program

#### Volunteer Assignments:

<i>Set Up:</i>	10:30	Don Woodruff Terry Tretter
<i>Greeter:</i>	11:30	Dottie Mara
<i>Curb Assistant:</i>		Wayne Mara
<i>Receiving Food:</i>	11:45	?????
<i>Clean-Up Tables:</i>	12:45	Helen Pechacek Janice Krause
<i>Serving Tables:</i>	12:45	Louise Stomierowski
<i>Tablecloths:</i>		Joe Merenda Linda Gianesse
<i>Bartender:</i>	11:00	Harvy Lerner
<i>Flowers:</i>		Sue Woodruff Diane Mahlmood
<i>Transportation:</i>		Len Adler, Phil Smith

#### Deadline for March Newsletter: Tuesday, March

**19<sup>th</sup>** Send items to Leslie Backus at  
backusle@verizon.net.

### President's Message

*"Where you used to be,  
There is a hole in the world  
Which I find myself constantly walking around in  
the daytime,  
and falling into at night. I miss you like hell."*

Edna St Vincent Millay

Our program on grieving reminded me of the hardest thing I ever did at Cedar Lane. I interpreted for a Deaf adult acquaintance at a suicide bereavement group. The group was filled with grieving parents, siblings and friends of individuals who had taken their own lives. One by one the participants shared stories of crushing grief over their loss. I held back tears as best I could to relay the shared sadness to my friend in her language. Then I voiced the story of her brother's suicide to the group. I don't know if she ever came back for support, she never told me. She did share that she was grateful she had come. There is no longer a bereavement group at Cedar Lane. We all need a place to bring our grief. Perhaps this kind of group is needed again.

Sue Woodruff

### March Program: Quick Fit—A 15-Minute Exercise Program for People Who Don't Like to Exercise

The truth about exercise is that we all need it and few of us like to do it. The Quick Fit program is based on the idea that consistent exercise, not necessarily demanding workouts, will lead to improved health and wellness. Fitness expert Rick Bradley will explain and illustrate his simple, no-sweat Quick Fit program. Rick developed this program during his 30 years managing the U.S. Dep't of Transportation's Occupational Health Department. He gives coaching sessions to employees of Fortune 500 companies. His program has been featured in the Washington Post and featured on NBC's Today Show, C-SPAN, PBS's "America's Walking," and the Voice of America.



Marion Torchia

**The April Program's** speaker will be Grace Cavalieri, the recently named Poet Laureate of Maryland. *Wayne Mara*

### **Pill Bottle Recycling Program**

Dottie and Wayne Mara's program is still going strong! Make it part of your regular routine: Remove labels and make sure the bottles are empty and clean. Bring them to the church: on Sundays, leave them at the Alliance book corner. Other times, leave them, labeled 'Alliance,' in the reception area. The bottles are shipped to developing countries' hospitals and clinics. Matthew 25 Ministries greatly appreciates the donations.

### **In the Lounge Sundays**

Alliance will hold **book sales** in the lounge after services on March 3<sup>rd</sup>, 10<sup>th</sup>, 24<sup>th</sup>, and 31<sup>st</sup>. Normally, we appreciate donations, but because of current storage problems, please hold new donations until April. Stop by after each service and be surprised by our low prices!



*Helen Pechacek*

**Jewelry Sales** will take place on March 17<sup>th</sup> after both services! Before you leave for St. Patrick's Day revelries, stop by! Unlike the book sales, we need more jewelry donations! Our thanks for some lovely recent contributions, but we hope that you will look through your own collection for pieces you no longer wear. We can make repairs! Please leave donations in the Church office. *Judy Laurenson*



### **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.



#### **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**

#### **May 3:**

**Lost City of the Monkey Gods: a True Story** by Douglas Prest (2017). N-F. 326 pp. Since Cortez, there have been rumors about a lost city of immense wealth hidden in the Honduran interior. Indigenous tribes warn the city is cursed. In 1940, a man spread a story of having found the city, then committed suicide without revealing its location. Now, a new exploration begins.

**Refreshments: Jean Schaible**

*Barbara Lewis*

### **MoCo Commission on Aging**

The Montgomery County Commission on Aging has released a briefing book well worth a read by anyone interested in senior issues. By 2030, more than 25% of county residents will be over 60. That, plus the rising cost of living, means that the County will have to focus on both short- and long- term strategies and resources to enable these residents to live healthy, safe and vital lives. Topics addressed in the briefing book include: affordable housing, affordable assisted living, caregiver support, elder abuse, neglect & exploitation, health and social services, quality of long-term care facilities, social isolation, and transportation.

(<https://www.montgomerycountymd.gov/HHS-Program/ADS/COA/COAindex.html>)

*Nancy Janssen*

### **National Institute on Aging at NIH**

Go4Life is an exercise and physical activity campaign from the National Institute on Aging at NIH. It is designed to help people fit exercise and physical activity into their daily lives. It aims to improve endurance, strength, balance, and flexibility. The website covers: activities (including ways to be active all year), motivation (with tips to help you move more), and nutrition.

<https://go4life.nia.nih.gov/>

*Nancy Janssen*

### **Caring Matters follow-up**

CaringMatters (<https://www.caringmatters.org>) is giving a seminar on Caregivers: "Seasons of Caring—Caregivers' Tool Kit 2019" on March 22, 10:00 am-12:00 pm. It will cover the diverse and useful community services and supports that can help individuals and families working through the challenges of illness and caregiving. Register at the website (address above).

*Leslie Backus*