

# TAPESTRY FOR ALL AGES

Classes and activities for all ages aligned  
w/the Unitarian Universalist 7th Principle -  
*respect for the interdependent web of existence*

**KICK-OFF PICNIC: JUNE 10, 12:30 PM**

**SUNDAYS, JUNE 10, 17 & 24**

**AFTER THE 10 AM SERVICE**



**CEDAR LANE**  
WHERE LOVE WORKS

Class	Who?	6/10	6/17	6/24	Where?
All Ages Yoga	M	X		X	Rm 32-35
Can I Recycle This?	M		X		Rm 1-2
Climate Change: Its Impacts, and Our Growing Efforts to Contain It	Y, A			X	Rm 5-6
Compassion and Choices	A			X	Library
Fairy Tale Forest	C	X	X	X	Rm 22
Grounds Clean Up	M	X	X	X	Courtyard
Grow, Grow, Grow Our Garden	M		X*	*	Courtyard
The Interdependent Web	Y, A	X	X		Library
Intro to Bell Choir	Y, A		X	X	Sanctuary
Plant Based Cooking	M	X	X		Kitchen
This is Zero Hour	Y	X			Rm 1-2
Tree of Life Coffeehouse	M	X	X	X	Chapel
Water Cycle	C			X	Rm 4
Wow Mosaics!	C	X	X	X	Rm 30-31
Yoga For Adults	A	X		X	Chalice House

\*Rain date is 6/24

C – Children

Y – Youth

A – Adult

M – Multi-Gen

## **All Ages Yoga**

**Dates:** 6/10, 6/24

**Participants:** All ages (6th grade and under accompanied by their parent/guardian)

**Leader:** Katrina Wilson

**Description:** We'll explore the 7th principle and our connection to all living things in this fun yoga class for all ages. Class will include a sequence of poses, with modifications for different ages and abilities, partner poses for big and little pairs, breathing and mindfulness exercises and games, as well as time for deep relaxation. Class movements include sitting cross-legged and going from kneeling to standing. Expect lots of movement and energy, laughter and excitement! Practice finding peace amidst the lightness that comes with children. Mats provided (or bring your own). Comfortable clothes and bare feet, no socks, recommended.

## **Can I Recycle This?**

**Dates:** 6/17

**Participants:** All ages (6th grade and under accompanied by Adult)

**Leader:** Molly Hauck w/ Barbara Fonseca from the Montg. CO. Dept. of the Environment Recycling Program

**Description:** Often we have the best intentions, but just don't know what to do with our refuse. We will discuss the importance of recycling and waste reduction, recycling regulations in the County, do's and don'ts of recycling, and how Cedar Lane is doing and could do better.

## **Climate Change: Its Impacts, and Our Growing Efforts to Contain It**

**Dates:** 6/24

**Participants:** Adults, Teens

**Leader:** Adrienne Nicosia

**Description:** Please join Phil Jakobsberg, a Climate Reality Project presenter, for a presentation on the effects of climate change, and how our energy sources are changing in response to it. Phil recently attended a training for the Leadership Corps of the Climate Reality Project. He will share what he learned about the effects of climate change – the impacts of which are larger and wider in scope than many of us know – and the solutions that are moving us away from carbon emitting energy. We are closer to a renewable energy tipping point than many of us might have guessed.

## **Compassion and Choices**

**Dates:** 6/24

**Participants:** Adults

**Leader:** Donna Smith, D.C. Access Campaign Manager for Compassion and Choices

**Description:** We will discuss improving hospice and palliative care as well as ending unwanted medical treatments. Compassion and Choices is the oldest and largest non-profit organization dedicated to improving care and to expanding options at the end-of-life.

## **Fairy Tale Forest**

**Dates:** 6/10, 6/17, 6/24

**Participants:** 6th grade and under (parents/guardians welcome, but not required)

**Leader:** Alice Chmil

**Description:** Participants will create masks and other arts/crafts, themed around the 7th principle, which they may take home after class.

## **Grounds Clean Up**

**Dates:** 6/10, 6/17, 6/24

**Participants:** All Ages (6th grade and under, accompanied by their parent/guardian)

**Leader:** Joan Riggs (Jim Trosper, in case of rain)

**Description:** The Grounds Ministry Team will lead congregants in grounds cleanup activities within and around the Cedar Lane property. Please wear/bring clothes you don't mind getting dirty, and a sturdy pair of gardening/outdoor gloves. (In case of rain, an indoor class on butterflies will be held instead, including excerpts from a documentary and information about our own butterfly garden.)

## **Grow, Grow, Grow Our Garden**

**Date:** 6/17 (rain date 6/24)

**Participants:** All Ages (6th grade and under, accompanied by their parent/guardian)

**Leaders:** Joan Riggs, Jim Trosper

**Description:** Using Rev. Katie's inspiring words, we will plant a flower garden to commemorate our 2018 Capital Campaign. Meet in the Memory Garden with your trowel and garden gloves, if you have them. Plants and some tools will be provided.

## **The Interdependent Web**

**Dates:** 6/10, 6/17

**Participants:** Adults, Teens

**Leader:** Rev. Abhi Janamanchi

**Description:** Exploring the ethical and theological implications of the Seventh UU Principle, led by our own Senior Minister, Rev. Abhi Janamanchi.

## **Intro to Bell Choir**

**Dates:** 6/17, 6/24

**Participants:** Adults, Teens

**Leader:** Dr. Henry Sgrecci

**Description:** Have you ever enjoyed our Cedar Lane Bell Choir and thought, "I'd sure like to try that!" Your chance has arrived, as our Director of Music at Cedar Lane will guide participants through the basics of making beautiful music with those hand bells.

## **Plant Based Cooking**

**Dates:** 6/10, 6/17

**Participants:** All ages (6th grade and under, if accompanied by parent/guardian)

**Leader:** Karen Kuehl, Jim Laursen

**Description:** A "hands on" discussion about environmentally conscious cooking, with sampling and meal-making on site! Make finger food for the Tapestry Kick Off Picnic after class (6/10 only), and bring in from home already made meals for other participants to try.

## **This is Zero Hour**

**Date:** 6/10

**Participants:** Teens

**Leader:** Lee McNair, Charlie Shore, w/Nadia Nazar speaker (Zero Hour co-founder)

**Description:** Inspired by the Women's March, a group of frustrated, young climate change activists realized that a national day of mass action across the U.S., led by youth, would ensure that young voices would finally be heard loud and clear. Young activists from diverse backgrounds joined the team and the Zero Hour movement and rallies were born. Our speaker is Nadia Nazar, a founding member of the movement and also Art Director and Partnership Lead. If you want to know what you, as a young person, can do about climate change, now's your chance to learn from other young people and to become a part of the process. See <http://thisiszerohour.org> for info. about the July 21, 2018 DC Rally

## **Tree of Life Coffeehouse**

**Dates:** 6/10, 6/17, 6/24

**Participants:** All ages (6th grade and under accompanied by their parent/guardian)

**Leader:** Steve Jones

**Description:** This "open mic coffeehouse" style gathering is back again, hosted by pianist extraordinaire, Steve Jones. Participants are welcome to come enjoy the spoken word and songs of fellow Cedar Laners, and even take a turn yourself! Performers are encouraged to sign up prior to class, by contacting Steve at [steve@jones88.net](mailto:steve@jones88.net), but even if the spirit only moves you that day, drop on by.

## **Water Cycle**

**Dates:** 6/24

**Participants:** 4th grade - 6th grade (Parents/guardians welcome, though not required)

**Leader:** Chris Graham, Nanci Wilkinson

**Description:** Together with the children we will create an interactive drawing of the local water cycle, giving children crayons and cut-outs of animals, plants and sources of pollution to place along the water's journey. We connect the UU 7<sup>th</sup> principle and social justice by showing clips of the movie "Carbon for Water" which documents how simple water filters, used in Kenya, protect children and adults from water-borne diseases and parasites. Children will then make their own water filters.

## **Wow Mosaics!**

**Dates:** 6/10, 6/17, 6/24

**Participants:** 6th grade and under (parents/guardians welcome, but not required)

**Leader:** Travis Ploeger, Marilyn Emery, Jenny Foster

**Description:** Participants will create mosaics for Cedar Lane, themed around the 7th principle. Finished products will be displayed and preserved at Cedar Lane, as timing and space permits.

## **Yoga For Adults**

**Dates:** 6/10, 6/24

**Participants:** Adults, Teens

**Leader:** Kathleen Holmay

**Description:** This yoga class will be heavily themed around the 7th principle, and is for all adults at any level of mobility. Please bring/wear comfortable clothing for stretching.