



The Channing Connection

CHANNING MEMORIAL CHURCH
UNITARIAN UNIVERSALIST

Volume 32, Issue 1

January 2025

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Dear Channing Members and Friends,



As I write this, I'm sitting in my home office with my space heater by my side! When not huddling in this small haven, I feel the frosty wind hit my cheeks and hands, and I find myself traveling from refuge to refuge. It has now fully transitioned to winter, and I am working to embrace the cold and that dark that can welcome contemplation as well as spiritual rest

and renewal.

Amidst these cold, dark, and hushed days, it is time to welcome and celebrate the New Year. Though seemingly cliché, I welcome the cultural practice of New Year resolutions. These resolutions offer us a regular, yearly reminder to rid ourselves of that which causes difficulty and hardship and intentionally welcome that which rejuvenates, heals, and renews us. It is a pause, a chance to embrace, for example, self-forgiveness, while releasing regret. I invite us to engage in a reflection of simple but rather profound questions: What do we need to rid ourselves of? What do we need to welcome into our blessed days, fresh and anew?

Each personal reflection will yield an entirely different array of hardships to release. In my own contemplation, a litany of difficulties crossed my mind that many of us could be struggling with: perfectionism, anger, resentment, anxiety, procrastination. What a release a body would feel if one could be freed of these afflictions. In our healing process, I invite us to tenderly care for ourselves, knowing what our individual hearts, spirits, minds, and bodies need. Is my job detrimental to my well-being? Am I isolating as I bury myself in anxiety or regret? Some of these have a basic, though not simple, response. Others are more complex.

I offer a suggestion, one highlighted in seminary repeatedly: care for yourself. The New Year is an invitation and a much



**We are a Welcoming
Congregation!**

Wayside Pulpit

We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.

- T. S. Eliot, *Little Gidding*

(Continued on page 2)

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To place an event on the calendar, in the Order of Service announcements, in the newsletter or in an allchanning email, send an email to:
newsshare@channingmc.org

Please send submittals for the February 2025 issue of *The Channing Connection* to newsshare@channingmc.org by **7:00 p.m. on Sunday, January 26, 2025.**

needed opportunity to find that activity that calms and tends to our spirits, be it meditation or prayer or hiking or art. Spiritual practices keep us centered, healthy, and thriving. With purpose, dedication, and perseverance, we can welcome a new and meaningful way of being. Instead of being swept away in work and monotony, we can tend to that which is most important: our wellbeing. We only have this one wild and precious life. How do we want to fill it?

So, may you go about your days with these questions at the forefront: What do I need to rid myself of? What do I need to welcome into my days, weeks, and months? How do I want to fill this one wild, fleeting, and precious life? I wish you blessings on your own unique, beautiful, and blessed journey. May you know peace, love, hope, and joy in each of your days.

With love,
Rev. Jane

From the President

01.01.25

It's an artificial number but for us, it has much meaning. The beginning of a new year often brings renewed motivation to set new goals. My favorite part is the new planner. Every year I buy a new planner in September. I've been doing that for the past 5 years or so. I look for one that has inspirational quotes for each week and artistic design. For this year, I got a personalized one! I add in the birthdays and important events coming up. Unlike real life, a planner is structured and fits neatly on lines and in small boxes. I still enjoy making plans even though I know things may not fall into place the way I'd like.

The new year brings some excitement for Channing! We will be starting our Canvass and then be working with an Anchor Minister while Rev. Jane takes a sabbatical leave. We plan to put our values into action while supporting each other in times of distress and need. I look forward to the new year with great anticipation! Happy New Year!

Angela

Rev, Jane's Sabbatical

Rev. Jane's sabbatical leave is fast approaching. If you would like to learn more about the history of sabbaticals in the UU tradition and how our congregation is preparing for Rev. Jane's absence, we invite you to take a look at our collection of Sabbatical FAQs and to watch the recording of the Congregational Listening Session held on October 29th. The links are provided below. Stay tuned for future updates!

[Sabbatical FAQs](#)

[Listening Session/Sabbatical Leave/10-2024.mp4](#)

Sunday After Church Luncheons

Are you looking for a fun way to get to know your fellow Channingnites? Join us at our monthly Sunday After Church Luncheons beginning in February.

Our first monthly luncheon will be on Sunday, February 2 at 1 p.m. at Carrabbas Italian Restaurant in the Long Gate Shopping Center at 4430 Long Gate Parkway in Ellicott City, right around the corner from church.

After church on February 2, grab a cup of coffee and/or a light snack at coffee hour, and then head over and join us at Carrabbas. Everyone will pay for their own lunch.

Our After Church Luncheons will be held the first Sunday of each month at 1 p.m. After February 2, our next two luncheons will be on Sunday, March 2 and Sunday, April 6. At our February luncheon, we can decide where we'd like to hold our next luncheon. Suggestions are welcome.

Come join us on February 2 for good food and good fun, and help us get our monthly luncheons off to a great start.

For any questions or suggestions contact Sheri.

Mindful Together

Join Rev. Jane for a contemplative hour of mindfulness practices. Together we'll work to calm and nurture the mind and spirit. We will engage in simple and rather profound practices we can each carry with us into our daily lives. We will begin with a breathing meditation, transition into a practice of mindful eating, and end with a practice of Metta (loving kindness) meditation.

This class will be held:

Wednesday, January 15 from 5:30-6:30pm.

Please **RSVP by Thursday, January 2** to minister@channingmc.org

Spiritual Practices: Justice

Many of us desire lives of calm, peace, spirituality, and resilience. This year, we will look at crafting such a life together.

Once a month, we will delve into a different aspect of spiritual practices. At times, we will focus on our mind, body, or soul. You are welcome to attend any session that speaks to your heart.

This January, we will focus on justice as a spiritual practice. We focus on the guidance of wisdom tales and the insights of learned teachers throughout the past century. Felix Adler, a humanist who founded the Ethical Culture Movement, said that "spirituality is consciousness of infinite interrelatedness." Working for justice is a spiritual practice as it brings to light this blessed interdependence of all life. May we lean into this sacred interconnectedness, help heal this broken world, and deepen our own faith in the process.

Our class will be held:

Saturday, January 11 from 1pm – 2:30pm at the church office.

Please **RSVP by Thursday, January 2**, to minister@channingmc.org.

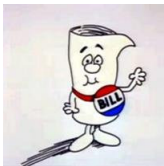
Justice in Action Circle (henceforth JAC)

Our group is excited to kick off a new initiative where we alternate between thoughtful discussions of social justice-themed books and meaningful activism inspired by their topics. Every other month, we'll meet to discuss a selected book that highlights pressing social issues, followed by brainstorming and planning concrete actions we can take to make a difference.

To start, we'll gather to discuss *Americanized: Rebel Without a Green Card*, an insightful and heartfelt memoir that explores the challenges faced by immigrants in America. After our discussion of the book, we'll shift our focus to identifying ways our group can actively support immigrant communities and advocate for their rights. Together, we aim to combine learning with action to drive meaningful change.

Meeting info: **Saturday January 25, 2025 @ 11:00-12:00 in the Carl Sagan Conference Room in the Savage Branch HoCo Library**

Translate Your Values into Action



February 8, 8:30 AM to 1:00 PM, UU Church of Annapolis. Join with other UUs around the state at the annual legislative kickoff meeting of the UU Legislative Ministry of MD. Learn about issues UUs will be advocating for in the MD General Assembly – gun violence, climate crisis, immigration, reproductive rights and health care. To register visit <https://www.uulmmd.org/>

For more information, contact Jim Caldiero.

Auction Team Search



The Stewardship Committee is on the lookout for a new team to help run next year's Channing auction. Remember how much fun this year's auction was? Well, the only thing more fun than attending the auction is taking part in planning the auction!

JUSTICE IN ACTION CIRCLE



Scan me!

Link to Amazon listing
for our book

- Time: January 25 @ 11:00,
- Place: Carl Sagan Conference Room at Savage Branch Library
- Book: Americanized: Rebel Without a Green Card
- Focus: Explore the challenges immigrants face! Take action to support immigrant communities!

Second Sunday Special Collection for January 2025

As we enter 2025 with one political party dominating all three branches of the Federal government, UU's can look to the states to make our voices heard. This January, our Second Sunday Special Collection will provide funds to the UU Legislative Ministry of Maryland (UULMMD) – one of twenty-two UU state action networks from New York to California -- to support its work during the Maryland General Assembly legislative session currently underway in Annapolis. UULMMD enables UU's in Maryland to advocate for public policies consistent with our principles and purposes including gun violence and climate change – two issues that Channing members asserted were their top priorities in a social justice survey – as well as immigration, criminal justice reform, medical aid in dying and health care and reproductive rights.

You may wish to participate in UULMMD's **Advocacy 101, an online workshop to be held Tuesday, January 7, 7:00 PM** and attend UULMMD's **Annual Kickoff at the UU Church of Annapolis, February 8, 9:00 AM**. For more information and to register, visit <https://www.uulmmd.org/> or please contact Jim Caldiero. Your generosity is greatly appreciated.

Special Collections in 2024

As 2024 draws to an end, it is nice to look back on the generosity of our church. The six months from May through October, the Special Collections Team gathered Channing support for these programs:

Month	Charity	Amount
May	Unitarian Universalist Service Committee	\$256
June	Unitarian Universalist Mental Health Network	\$422
July and August	Neighbor Network	\$579
September	Howard County Pride	\$192
October	Unitarian Universalist Social Justice	\$354

We also supported two Neighbor Network families with food and gift cards in November and sent wrapped gifts to a Neighbor Network family in December. Thank you for all you do for our wider community members.

The Special Collections Team

Channing on Social Media

Hey folks! My name is Ari and you may have seen me around taking pics at various services and other functions. I've been trying to boost our social media engagement and hopefully get some community members interested in seeing what Channing is all about. After a few months of tracking our posts, what I'm learning is that the things that get the most engagement and community interest are posts with pictures of real church members doing things with the church and out in the community. For example our post from the October Pride event is the most popular post made across any social media.

With that in mind, I'd love to encourage everyone to take pictures at your events and pass them along to me, along with a brief synopsis of what the meeting or event was about.

Here's the link to our Instagram <https://www.instagram.com/channingmemorial/profilecard/?igsh=MTBuNWZidWEzNDFiaA==>

or username is @channingmemorial

Facebook: [Facebook](#)

Youtube Channel For those viewing on YouTube: Click [Channing Channel](#) to see videos of our services.

Stewardship update Year-to-date as of November 30, 2024

General Operating Fund

Total Operating Income	\$114,394
Total Operating Expense	<u>-71,923</u>
Difference	<u>\$ 42,471</u>



Lectio Divina

This ancient practice allows us the opportunity to delve deep into a chosen text. Each gathering we will focus on one poem. We will read through the selected text several times, with a different focus on every read-through. After each, we will pause for several minutes of silent reflection, which will be followed by each person sharing their unique reflection.

Our normal schedule is the 2nd and 4th Tuesday evenings at 7 pm. On zoom; Rev. Jane will send out the link and the poem (the link is also immediately below). Please let her know if you would like to be added to the list.

Next Meeting: January 14.

Standard Link to join Zoom Meeting:

<https://zoom.us/j/93324550758?pwd=VFVLZkdES21odTNHK1pWZ1pZb114UT09>

Wisdom Tales

Many faith traditions and cultures throughout millennia have shared wisdom, knowledge, and insights through fictional tales and parables. Each month, we'll explore a different story, allowing these ancient narratives to spark conversation and reflection. Join Rev. Jane to engage with these ancient tales.

Our standing meeting is the first Tuesday of the month, 11am-12pm, held on Zoom

Join Zoom Meeting:

<https://zoom.us/j/94007522019?pwd=MEhIT1lKbDRlUWViTm9WeTFDTERrdz09>

Meeting ID: 940 0752 2019

Passcode: 665527



Men's Group

**Wednesday, January 8 (10 am - 12 pm) on Zoom
and In-person January 16 (10 - 11:30 am)**



Everyone is welcome to join the men at either or both of these events. For the zoom meeting on **January 8**, a link will be sent out via the distribution list for the group. If you are not on that list and are interested, check with Ken H. via email.

January 16 at 10 a.m. at Bagel Bin in Enchanted Forest shopping center on Rt. 40 east of Bethany Lane. **Please email Ken H. in advance if you intend to attend.** We need enough responses to make this happen.

Channing Book Club

We meet on the second Saturday of the month, normally. See below. **We are going to try using casual restaurants (such as LeeLynn) or coffee shops as meeting locations at 10 a.m. weather permitting.** Other locations may be planned as well.

Please let Ken H. know if you plan to attend at least three days in advance so he has time to firm up dates/times with those who intend to attend.



Next on the list, for January another read by an acclaimed writer, our second one by Claire Keegan. It's a compact book of three short stories, under 70 pages. **So Late in the Day** Our first was Small Things Like These. (Both are fiction).

Let's plan to meet at Lee Lynn's on **Thursday, Jan 23 at 1:30 pm.** Let Ken know if the time or date doesn't work and we'll adjust if possible.

What's on your book list?

Would you like to make it a selection for the book club so you can have good conversation about it? Let Ken H. know what you are thinking about, and contact Ken with any questions.

Xennials, 20/40s Game Night

The Young Adults Game Night meets every **first Wednesday of the month from 7:00 to 9:00 pm**. We'll have games and conversation. Anyone in their 20's, 30's and 40's is welcome.

This event is open to the public and folks are encouraged to share this event with anyone who may be interested.

Contact *Patrick B.* for information.



Xennials, 20/40s Small Group

Each month, our conversations range from imagination to courage to vulnerability. Before each gathering, we engage in individual reflection guided by a monthly Soul Matters packet. Delving deep into our reflections each month leads to meaningful conversation, and the prep work offers thoughts to reflect on between our gatherings.

We gather the **third Wednesday of every month from 7-9pm** for dinner and conversation. Young Adults include anyone in their 20s, 30s or 40s. It is always a good time, and we would love for you to join us!

Board Bits

Things are moving “full steam ahead” for the upcoming February - June ministerial sabbatical! Reports to the Board from the Sabbatical Coordinator (Kris) and from Rev. Jane featured several significant milestones:



The Anchor Minister’s background check has been initiated. We can expect that process to be completed in good time, and hope to hear soon that the hiring process is complete.

Guest speakers (other than the Anchor Minister) are now being scheduled.

Kris and other parties involved are currently focusing on communication channels for the sabbatical period.

Rev. Jane is engaged with delegating things in her purview that need sabbatical coverage.

The restroom renovation project is also moving forward. The architect and plumber met with Kathleen at the church to take a few last measurements, and they now have everything they need to complete their drawings. Once the county gives the plan their stamp of approval, work can proceed.

The Board initiated a preliminary discussion about audio concerns in the sanctuary. While great strides have been made since we commenced meeting at ELC, we hope to fine tune things more to make it easier for everyone to hear the speakers.

Sunday Church Roles Signup Open through February!

Please [use this link](#) to give us a hand with everything that makes the weekly worship service run.

If you have any questions or need help signing up, please email Cathy F. Thank you!

Cathy F.

Dear Channing friends,

You've doubtless heard that *Cleanliness* is next to godliness. Godliness is, indeed, situated on one side of (and very close to) the value of *Cleanliness*. And *Cleanliness* also stands adjacent (on its other side) to Godlessness. In fact, *Cleanliness* dwells in close proximity to *all* forms of the sacred. And now you, too, can draw near to all of this through the spiritual practice of housekeeping at our church— because your Cleaning/Closing Coordinator (that's me) is seeking to form a small team to perform the cleaning and closing tasks on Sunday afternoon in a regular(ish) rotation. Each person (or pair of people if you sign on with a partner) will take a turn once every month, or less frequently, depending on the number of people who join the team. The good news is that, since we now have regular, monthly professional cleaning in the building, the clean-up task has been simplified a little. If you're willing to serve on the Cleaning Closing Crew, or if you have any questions, please contact Ostara.

Thank you!



January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p><i>1</i></p> <p>Xennials, 20/40s Game Night 7:00-9:00 pm</p> <p>New Years Day</p>	<p><i>2</i></p>	<p><i>3</i></p> <p>Membership Team 2:00 pm</p> <p>Outreach Team 6:30 pm</p>	<p><i>4</i></p>
<p><i>5</i></p> <p>Worship Service 11:00 am-12:00 pm</p>	<p><i>6</i></p>	<p><i>7</i></p> <p>Wisdom Tales 11:00am-12:00</p> <p>Minister's Of- fice Hours 1:00 - 4:00 pm</p>	<p><i>8</i></p> <p>Stewardship Committee Meeting 6:30 pm on Zoom</p> <p>Men's Group on Zoom 10:00 am - 12:00 pm on Zoom</p>	<p><i>9</i></p>	<p><i>10</i></p> <p>Worship Team 1:30-3:00 pm</p>	<p><i>11</i></p> <p>Channing Book Club 10:00- 11:30</p> <p>Spiritual Prac- tice: Justice 1:00-2:30 pm</p>
<p><i>12</i></p> <p>Worship Service 11:00 am - 12:00 pm</p> <p>Second Sunday Collection</p>	<p><i>13</i></p>	<p><i>14</i></p> <p>Minister's Of- fice Hours 1:00 - 4:00 pm</p> <p>LDNC Meeting 5:30-7:30 pm</p> <p>Lectio Divina 7:00-8:00 pm</p>	<p><i>15</i></p> <p>Xennials, 20/40s Group 7:00- 9:00 pm</p> <p>Mindfulness Practice 5:30-6:30 pm</p>	<p><i>16</i></p> <p>Men's Group 10:00 - 11:30 am at at Bagel Bun</p>	<p><i>17</i></p>	<p><i>18</i></p>
<p><i>19</i></p> <p>Worship Service 11:00 am - 12:00 pm</p>	<p><i>20</i></p> <p>Martin Luther King Day</p>	<p><i>21</i></p> <p>Minister's Of- fice Hours 1:00 - 4:00 pm</p> <p>Board Meeting 7:00-9:00 pm</p>	<p><i>22</i></p>	<p><i>23</i></p> <p>Channing Book Club 1:30-3:00 pm</p>	<p><i>24</i></p>	<p><i>25</i></p>
<p><i>26</i></p> <p>Worship Service 11:00 am - 12:00 pm</p> <p>Newsletter Deadline 7:00 pm</p>	<p><i>27</i></p>	<p><i>28</i></p> <p>Minister's Of- fice Hours 1:00 - 4:00 pm</p> <p>Lectio Divina 7:00-8:00 pm</p>	<p><i>29</i></p>	<p><i>30</i></p>	<p><i>31</i></p>	

**Channing Memorial Church
Unitarian Universalist
3525 Ellicott Mills Dr.
Suite A
Ellicott City, MD 21043**

On the web:
www.ChanningMC.org

Channing Memorial Church, Unitarian Universalist

Our mission is to invite seekers into spiritual community, connect souls in mystery and wonder, and ignite compassion into action.

We are a church of liberal religious worship that inspires its members on their spiritual journeys. We derive a common spiritual center from Jewish and Christian roots while drawing inspiration from other world religions; promote religious education for all ages; create a welcoming, supporting, and caring community; and work together to build a better world.

We meet at 9122 Sybert Drive, Ellicott City, MD 21043. Our Sunday worship service begins at 11:00 am.

Directions from the North on Route 29: Take Route 29 to Route 100 East, take first Exit Long Gate Parkway to stop sign (keep left at split). When traffic is clear, go straight across to Meadowbrook Lane, past the Park and Ride to the stop sign, turn right onto Sybert Drive. The church will be on your right.

Directions from the South on Route 29: Take Route 29 to Route 108, head East on Route 108 to first traffic light (Bendix Road), turn left onto Edgar Road; at stop sign turn right, then in two blocks turn left onto Parkvale Road. Continue to stop sign, then turn left onto Sybert Drive. The church will be on your right.