



JULY 10, 2022 - 10:30 AM

DOMINIQUE HALL, LAY WORSHIP ASSOCIATE—THE BLESSINGS OF ANXIETY

Before 2020, more than a third of Americans had experienced severe anxiety at some point in their lives. The past two years have made even more of us familiar with this uncomfortable, undesirable emotion. This service will explore the unexpected benefits of living with anxiety as an alternative to overcoming it.

SUNDAY, JULY 10 ONLINE SERVICE INFORMATION

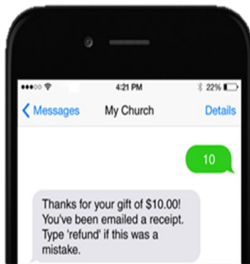
For those who have not registered for in-person worship and who plan to join us on Zoom this Sunday, please see below for the Zoom information.

Zoom Link: <https://zoom.us/j/98421165022?pwd=cVExdWladWQ1S2hzWnNYcTNKQ050QT09>

Meeting ID: 984 2116 5022 **Passcode:** 663822

AMAZON SMILE QUARTERLY DONATION: \$81.66

Thank you for choosing Towson UUC as your preferred charity with [Amazon Smile](#)! Every time you use the site with TUUC listed as your preferred charity, Amazon donates a small amount (0.5%) from your purchase to our church.



DONATE BY TEXT

Send an amount to
(410)834-0700

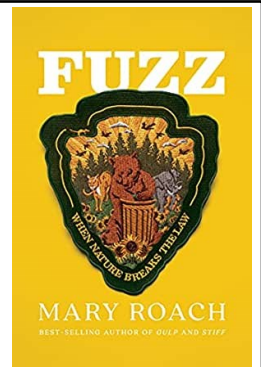
PASSING THE PLATE

DONATE TO TUUC VIA PAYPAL, TEXT, OR BREEZE
MORE INFORMATION ON THE [TUUC WEBSITE](#)

TUUC BOOK CLUB

WEDNESDAY, AUGUST 3

7:30 PM



TUUC ANNOUNCEMENTS AND UPCOMING EVENTS

HELP NEEDED: GREETERS

Can you help us welcome members and visitors as they enter for worship on Sundays? We are in need of a few more friendly folks to serve as Greeters on Sunday mornings. On the days that you sign up, we ask that you get to TUUC a bit early (around 10:15) and assist folks as they enter. It's a great way to get to know people a bit better--and we'll partner you with an experienced Greeter in the beginning! Please email Patty Barry at membership@towsonuuc.org if you're interested.

HOSPITALITY SUNDAYS VOLUNTEERS NEEDED

Kathy Ramirez will be organizing hospitality for Sundays. If you have an item to donate, or are able to help on occasion, please e-mail Kathy at k18alicat@yahoo.com. Also, after services, please pitch in by either bringing something (from on top of the island by the kitchen) down to the patio, or by returning items to the kitchen at clean up time @12:15. If you would like to conserve on waste, you are encouraged to get a mug or cup from the kitchen storage for personal use and place in dishwasher when finished. Paper and plastic items will be available for those who prefer them.

USHERS NEEDED

Now that TUUC has returned to in person services, several people who have ushered for many years have retired from this volunteer task.

Ushers help get the meeting room ready by putting out the bowls of water for joys and concern, making sure there is enough oil in the chalice, and putting orders of service by the doors to the meeting room. They count the number of people who are attending. After people have placed their offering in the plate at the front of the room, the ushers count the money. At the end of the service, they empty the bowls of water, dry off the stones and return them to the baskets, collect used orders of service and put them in the recycling bin and send attendance information to Philip.

Ushers also act as additional greeters, welcoming people as they enter the meeting room and answering any questions that people may have. If you are interested in becoming an usher or have questions about what ushers do, contact me at sumler@comcast.net.

SEARCHING FOR ETHNIC RESTAURANTS

Ethnic Lunch is on vacation until September, but we are busy gathering suggestions for restaurants to visit when we start again in the fall. Do you have a favorite restaurant in the Baltimore metro area that celebrates other cuisines? Send us the name, address, lunch hours (the restaurant has to be open for lunch) and if it is large enough to accommodate at least 8 people. If you have heard of a restaurant that sounds good but you haven't eaten there, send its information along also. Send recommendations to ethniclunch@tuuc.org.

Happy eating this summer!

---Janet Kuperstein and Claudia Sumler

WORTHY NOW PRISON MINISTRY

Our worship service on June 26th was about the Worthy Now Prison Ministry, which is a ministry of the UU Church of the Larger Fellowship. Worthy Now invites people on both sides of prison walls into beloved community. We declare that all persons are worthy of love, respect, and support — not at some future time when we are better people — but as we are right now. There is a need for free-world UU's to be pen pals with incarcerated UU's. Sue Royer shared her experience being a pen pal during the service and encourages you to consider becoming a pen pal.



Most Church of the Larger Fellowship (CLF) members in prison are new to Unitarian Universalism and learned about the CLF from friends or cellmates. With no access to the web or UU Sunday services, people who are incarcerated can only learn about Unitarian Universalism from the mailings sent to them and the letters they exchange with CLF staff and other Unitarian Universalists like us! To become a pen pal, you must be at least 21 years old, be a member of a UU congregation for six months or more, affirm you have not been arrested, incarcerated, or on parole or probation in the prior 12 months, and read and agree to the guidelines of the program.

For more information, or to apply, please see: <https://worthynow.org/>

MY NEW CHALICE—BY SUE ROYER

I have a beautiful new chalice on one of my home altars. It's ceramic and features blue dancing figures circling the base, their hands clasped and raised. Thank you! This chalice was given to me by you, a gift from TUUC, as I step down after serving as the President of the Board of Trustees for two years. Rev. Clare also wrote a beautiful message of gratitude, highlighting some of our accomplishments during this time, and with dancing references the whole way through! I appreciate the support of Rev. Clare and all the staff, Board members and other lay leaders, congregants of TUUC, and UUA staff. Serving as a leader is truly an opportunity for spiritual growth and connection. As is our custom, and after Board appointment, I'll be serving as the chair of the Nominating Committee in the coming year. If you are interested in UU leadership training, or in learning more about serving as a lay leader, please contact me.



Love and light,

Sue Royer

SOCIAL ACTION

OUR DAILY BREAD

In the month of July, TUUC has pledged to donate the equivalent of 60 casseroles to Our Daily Bread. As you know, in these COVID times \$10 buys one casserole. Please send in your donation today — just put *“Our Daily Bread”* in the memo line.

TUUC CREDITED ON YOUTUBE FOR MENTORING MALE TEENS IN THE HOOD 25TH ANNIVERSARY

The Mentoring Male Teens in the Hood (MMTH) program is one of the Community Partners we support through the Social Action Committee.

See this link for an impressive and inspiring video, in which seven TUUC tutoring volunteers are also seen. TUUC support is praised, and we're even thanked in the credits!

<https://youtu.be/dsQtgSBQt8>

FOOD DONATIONS AT TUUC

We are again collecting donations of nonperishable food for the Assistance Center of Towson Churches (ACTC). Please deposit them in the round bin (Marked ACTC) on the floor of the Church lobby.

The top five items that ACTC is requesting are: pasta, pasta sauce, cereal, peanut butter, and Pop Tarts.

NONPERISHABLE FOOD

Nonperishable food can be dropped off at these locations:

- Mondays, 12 to 2 PM: Ascension Lutheran Church parking lot (7601 York Rd.)
- Thursdays, 12 to 2 PM: Trinity Episcopal Church parking lot (120 Allegheny Ave.)
- Thursdays, 5 to 6 PM: Valley Baptist Church parking lot (1401 York Rd.)

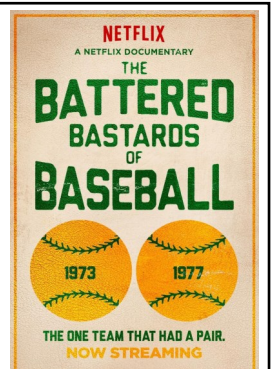
EARL'S PLACE DONATIONS

In addition, there is a round bin marked “Earl’s Place” for donations of paper goods and toiletries, such as toilet paper or paper towels.

CABIN FEVER

THE BATTERED BASTARDS OF BASEBALL (2014)

SUNDAY, JULY 10: 4:30PM



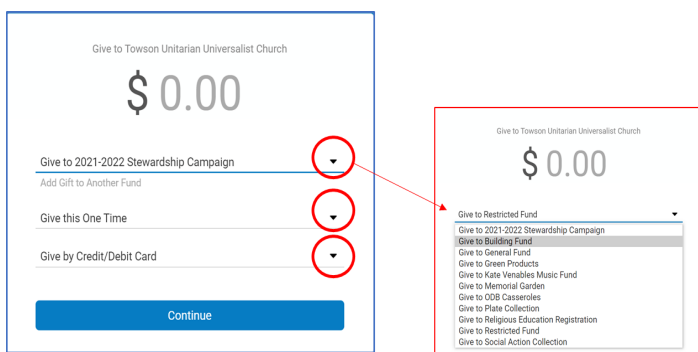
WHAT'S HAPPENING AT TUUC

Calendar is subject to change. Check the website calendar [here](#) for most current schedule.
Click [here](#) for the schedule of ongoing regular TUUC virtual meetings.

10 July	Sunday	Sunday Service	10:30 AM
10 July	Sunday	Social Action Committee Meeting	12:00 PM
10 July	Sunday	Cabin Fever—The Battered Bastards of Baseball	4:30 PM
12 July	Tuesday	Aging Together	1:00 PM
16 July	Saturday	Third Saturday Work Party	9:00 AM
16 July	Saturday	Celebration of Life—Michael Klapp	1:00 PM
17 July	Sunday	Sunday Service	10:30 AM
17 July	Sunday	Cabin Fever—Field Trip—Cabaret (50th Anniversary)	3:00 PM
19 July	Tuesday	Men’s Reflection Group	7:30 PM
19 July	Tuesday	Women’s Group Meeting	7:30 PM
24 July	Sunday	Sunday Service	10:30 AM
26 July	Tuesday	Aging Together	1:00 PM

ONLINE CONTRIBUTIONS

When making your contributions online, please be sure to designate your donation to the correct fund by using the dropdown arrow. Click on the fund you wish to contribute to and write the entity (ex: ODB) in the note area for clarification.



Don't **Work** Sick
 Don't **School** Sick
 Don't **Church** Sick

SUNDAY SERVICE		
ATTENDANCE REPORT		
(Does not reflect actual number of people watching)		
Date	Time	In-Person / Online
07/03/2022	10:30 AM	23 / Unknown