



**MAY 21 - 10:30 AM - SPECIAL MUSIC SUNDAY: IT'S ELEMENTAL  
- TRACY HALL, THE TUUC COMMUNITY CHOIR, AND GUEST MUSICIANS**

The classical elements (earth, water, fire, air) and similar systems have long been associated with descriptions of physical matter, human traits and behaviors, and mythology. What are your associations with these elements? We'll explore their characteristics, their benefits, and the challenges when they are lacking. The imaginative music presented by the choir today includes all of the following: ethereal sounds, sparky sound effects, funky and rhythmic anxiety, sorrowful beauty, and joyful celebration!

**SUNDAY, MAY 21 ONLINE SERVICE INFORMATION**

For those who plan to join us on Zoom this Sunday, please see below for the Zoom information.

Zoom Link: <https://zoom.us/j/94491579920?pwd=QXJUSVFHQXZKeDZIL0x4RWJZMitYUT09>  
Meeting ID: 944 9157 9920 Passcode: 553964

**DRESS AS YOUR FAVORITE ELEMENT ON SUNDAY!**

In honor of this week's Special Music Service, centered around the classical elements, we encourage you to wear a bold color that matches the element you most strongly identify with: white for air (we are shying away from invisible clothing), red for fire, blue for water, and brown or green for earth.

**SPECIAL MUSIC SUNDAY THIS SUNDAY! AND OTHER UPCOMING MUSIC**

We encourage you to attend this Sunday's Special Music Sunday, featuring our TUUC Choir with some very unique music, guest musicians, and lots of rhythm! We thank our recent musicians--Deborah "Spice" Kleinmann, the Community Choir, and violinist Janet Kuperstein. May 28th will feature music from Tony Bonta and Jay Herzog, and June 7th--the 100th anniversary of Flower Communion--will be our last Community Choir Sunday of the worship year. And the TUUC Choir will sing twice more in June, before the summer lay-led services begin.

**TUUC YOUTH RELIGIOUS EXPLORATION**

The Summer Session for YRE has begun, but fret not, there's still plenty for kids to do during service. Reverend Clare and I are working together to make the May and June services as multigenerational as possible. I have also provided some goodies to entertain wiggly minds and bodies at the back of the church. On a small table by the main doors, you will find coloring sheets, crayons, colored pencils, finger puppets, and small plushies. If you have other requests for items that might help little (and big) members of our community focus, please let me know. I look forward to continuing to see all of you over the summer! --- Kara Tyler

## CLARE'S COLLOQUY

In the April 30 worship service we explored antidotes to cynicism. Our reading was from a Stephen Colbert commencement address where he spoke about the importance of the verb “Yes and” in improvisation. One yes ands to whatever one’s partner says on the stage. “No” is not a possible response. I shared how the original Greek Cynics were non-conformists who lived in nature, did not dress or live or worship as society dictated; and considered themselves to be citizens of the world (from whence we get the word “cosmopolitan.”) The original Greek Cynics are very much like Unitarian Universalists in 2023! With this in mind, Marcia Brooks asked me to please share in The Threshold, the end of my homily. Here it is:

*To Governor Bill Lee, who signed a bill banning drag shows we can be the nonconformists and say, “Yes, AND we are going to intentionally support a drag show.”*

*To the Montana governor who just signed a bill prohibiting gender affirming medical care for children, (even though his own son is publicly gender binary) we can be nonconformists who say, “Yes, AND we will be sending money to support Montana State representative Zooey Zephyr who is trans and who advocated for trans children to receive gender affirming medical care.”*

*To the Virginia school Board which banned 21 books, we can be nonconformists and say, “Yes, AND...we will ensure that our church library has copies of each and every one of them—AND---that we have read each and every one of them ourselves.”*

*To each and every state that is enacting health care laws that endanger the lives of women we can be nonconformists and say, “Yes, AND...we are teaching comprehensive human sexuality in our congregation (Our Whole Lives) AND we will partner with all working to safeguard medical care for women and their families.”*

*To advance the clean energy agenda we can say----actually, your A-Team IS saying, “BGE, thank you for your flyer about how you can serve the fleet of vehicles for our business by installing charging stations. AND...we don’t own a fleet of vehicles but we are interested in learning more about installing one or two charging stations.”*

*We can acknowledge the many issues needing our collective voice and action without being pulled into our culture’s big, “No.” Our faith is one of the freedom of nonconformity, the freedom of “Yes and.”*

In this month when we will be walking the path of creativity together, I look forward to learning those things to which you are responding, “Yes, and...”

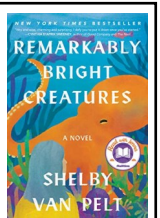
### CABIN FEVER

TILL  
SUNDAY, MAY 21  
4:30 PM DISCUSSION



### TUUC BOOK CLUB

WEDNESDAY, MAY 24  
7:30 PM



# TUUC ANNOUNCEMENTS AND UPCOMING EVENTS

## MINDFUL WAY MEDITATION RESUMING IN MAY

Mindful Way will resume meeting in person in Room 7 from 7:00 to 8:30 pm on the first and third Mondays monthly.

If you have a regular meditation practice, enjoy meditation occasionally, or are curious about how to tame your restless mind, you are welcome to join us. We meditate together, share our experiences with various meditation practices, and explore relevant teachings, usually from Buddhist sources. Several members of the group will be facilitating in rotation.

## THE FACES OF DEPRESSION: FINAL CLASS ON MAY 20

May is National Mental Health Awareness Month. One of the major mental health issues of our time is depression. Statistics show that 20 percent of adult Americans can expect to experience clinical depression at least once.



In the 18th and 19th century, depression, also known as melancholia, was thought to be a character trait that was inherited and could not be changed. Today, we understand it as a disease that can be treated. Nevertheless, there is much about depression that is still not understood, and stigma attached to depression remains a problem. For those suffering from depression and those close to them, depression can seem mysterious and impossible to cure.

In this 4-week course, led by Rev. Karyn Marsh, who is a chaplain at Johns Hopkins Hospital, participants will learn to recognize the signs and symptoms of depression, about treatments for depression, and how to support those who are experiencing depression. While this course is designed for those who are supporting people with depression, it will also offer resources for participants to tend to their own mental health. The final class session will be in-person at TUUC on May 20 from 1 PM until 3 PM. Participants are encouraged to attend all upcoming sessions. To register please click on this link: <https://tuucdatabase.breezechms.com/form/55276183>

## SINGLES FELLOWSHIP GROUP POTLUCK—SATURDAY, MAY 27 AT 6:00 PM

Join us for good food and conversation in the church upper level lobby. We offer an atmosphere for fellowship and friendship among TUUC single adults. We range in age from the 60's through the 80's, but gladly welcome anyone to join us.

Please call Ronald Rowley to RSVP and to get more information. He is listed in the church directory.

## FAIR TRADE SALE—SUNDAY, MAY 21

[This is our last sale until September, so stock up!](#) Visit the Green Sanctuary Committee's table in the lobby on Sunday morning to support farming co-ops around the world. We will have organic fair trade chocolate, coffee, tea, and almonds from the Equal Exchange co-op available for sale. Your purchases fund the fair trade organic coffee that is served during coffee hour

each Sunday, while supporting sustainable farming and fair compensation for farmers. For more information on Equal Exchange, see <https://www.info.equalexchange.coop/articles/celebrating-citizen-consumers>.

## NEXT TUUC BLOOD DRIVE—THURSDAY, JUNE 15

Working with the American Red Cross, we've scheduled Thursday, June 15th, 2023 for the next TUUC Blood Drive. There is a critical need for blood right now, please check your calendar and consider donating blood at our drive. Please only join us on June 15th, if you are healthy and have no concerns about donating. To sign up for an appointment between 12-5PM, please use [this link](#) or email Clare Flynn-Avallone with your preferred times. Give the Gift of Life - Give Blood!



## 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.

The image shows a screenshot of an online contribution form for Towson Unitarian Universalist Church. The form displays a donation amount of \$0.00. Below the amount, there are three dropdown menus for selecting a fund: 'Give to 2021-2022 Stewardship Campaign', 'Add Gift to Another Fund', and 'Give this One Time'. A red box highlights the 'Give to 2021-2022 Stewardship Campaign' dropdown, which is open to show a list of options including 'Give to Restricted Fund', 'Give to 2021-2022 Stewardship Campaign', 'Give to Building Fund', 'Give to General Fund', 'Give to Green Products', 'Give to Kate Venables Music Fund', 'Give to Memorial Garden', 'Give to ODB Casseroles', 'Give to Plain Collection', 'Give to Religious Education Registration', 'Give to Restricted Fund', and 'Give to Social Action Collection'. A blue 'Continue' button is located at the bottom of the form.

# Third Saturday Work Party

Weeding of: Hillside, Cherry Grove, Thoreau Meadow & Meditation Area, Circle Garden, Pine Garden, Bay scape Garden, Memorial Garden, Rain Garden, Playground. Parking lot clean up. Weed whacking around the building. Weed whacking tree maintenance trails. Reforestation evaluation and maintenance.

May 20, 2023  
9:00 AM – 12:00 PM



## SOCIAL ACTION

### BRIDGE UPDATE

The initial phase of Our Sacred Listening Campaign has ended, but we have learned so much, we are entering a new phase. We are going to be reaching out to more individuals for a while longer. So, you might be receiving a message asking you to participate in these conversations. If you don't want to wait to be asked, just let Rev. Clare or Ann Beezley know, we want to hear from as many people as possible.

The date for the Issues Convention has been set as Saturday, 6/10/2023, from 10 AM to 1 PM. Everyone from TUUC is invited.

### DONATIONS AT TUUC

Assistance Center of Towson Churches (ACTC) still need donations. Please deposit them in the round bin (Marked ACTC) on the floor of the Church lobby. The most requested food items are: boxed breakfast cereal, canned meals (pork & beans, chili), canned vegetables, canned fruit, dry pasta, pasta sauce, Mac & cheese, canned tuna, peanut butter, jelly, canned soup, family and travel sized toiletries, and household supplies (toilet paper, laundry detergent). 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.

### NONPERISHABLE FOOD

Nonperishable food can be dropped off at these locations:

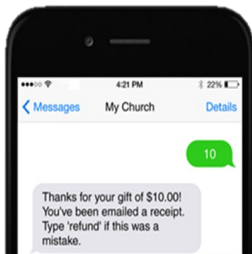
- Mondays, 12 to 2 PM: Ascension Lutheran Church parking lot (7601 York Rd.)
- Thursdays, 12 to 2 PM: Trinity Episcopal Church parking lot (120 Allegheny Ave.)
- Thursdays, 5 to 6 PM: Valley Baptist Church parking lot (1401 York Rd.)

### JUBILEE ANTI-RACISM TRAINING—FRIDAY THROUGH SUNDAY, JUNE 2-4, 2023

Do you wish to deepen your understanding of how race and ethnicity play out in our institutions and our daily lives? Are you ready to take a leading role to nurture a multicultural future in the face of opposing cultural currents? Come Join Us for this life changing weekend!

Friday, June 2 (6 to 9 PM EST); Saturday, June 3 (9 AM to 8:30 PM EST); Sunday, June 4 (12:00 to 6:30 PM EST)

Cost: \$170 per participant (includes cost for trainers and materials). \$85 for second or third person in same household. First person must register at \$170 for subsequent family members to receive the discount. Contributions in support of this work are welcome. To register, visit <https://www.paulacolejones.com/jubilee>



### 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](#)

# WHAT'S HAPPENING AT TUUC

Calendar is subject to change. Check the website calendar [here](#) for most current schedule.

19 May	Friday	Parkinson Support Group	12:30 PM
19 May	Friday	Writing as a Spiritual Practice	1:00 PM
20 May	Saturday	Third Saturday Work Party	9:00 AM
20 May	Saturday	Choir Rehearsal	10:00 AM
20 May	Saturday	The Faces of Depression	1:00 PM
21 May	Sunday	Fair Trade Sale	10:00 AM
21 May	Sunday	Special Music Sunday—It's Elemental	10:30 AM
21 May	Sunday	Social Action Committee Meeting	12:30 PM
21 May	Sunday	Cabin Fever—Till	4:30 PM
23 May	Tuesday	Aging Together	1:00 PM
23 May	Tuesday	Soul Matters Sharing Circles	7:30 PM
24 May	Wednesday	Book Group—Remarkably Bright Creatures	7:30 PM
25 May	Thursday	TUUC Choir Rehearsal	7:30 PM
27 May	Saturday	Cabin Fever—American Grafitti	4:30 PM
27 May	Saturday	Singles Fellowship Group Potluck	6:00 PM
28 May	Sunday	Sunday Service	10:30 AM
1 June	Thursday	Men's Brunch	11:30 AM
1 June	Thursday	TUUC Choir Rehearsal	7:30 PM
3 June	Saturday	Coming of Age Graduation Ceremony	9:00 AM

**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
05/14/2023	10:30 AM	Unknown / 21