

LFD NEWSLETTER

COMING SOON!

SoulCollage® Workshop - An Intuitive Collage Process for Self-Discovery & Community by Seena Frost, M.A., M.Div. tells us that the intention of SoulCollage® is to offer a creative practice through the creation and intuitive analysis of a deck of collaged cards for exploring, healing and evolving our many-faceted Souls so every Soul is able to manifest its unique SoulEssence in increasingly balanced and joy-filled forms.

Weaving the Fabric of Diversity - An Anti-Bias Program

This program devotes individual sessions to the problems of **ableism, racism, heterosexism, ageism, and classism**. As J. James and J. A. Frediani, the creators of the program, state -- Weaving the Fabric of Diversity helps participants:

- Reflect on what it means to be faithful to our UU religious principles, particularly the first and second: to affirm and promote the inherent worth and dignity of every human being; and to promote justice, equity, and compassion in human relations.
- Acquire the basic skills necessary to build bridges across racial, ethnic, and cultural divisions, thereby building a deeper sense of community.
- Understand that each of us can make a difference, that we can help to create relationships, organizations, and religious communities where all people are respected, valued and affirmed.

Child Dedication Ceremony

Are you committed to UUCSV and do you feel like UUCSV is committed to you and your family? Would you like your child to be dedicated at UUCSV? In our Unitarian Universalist dedication ceremonies, our congregation pledges to support you and your child(ren) throughout your lives and to help you grow in mind, body and spirit both as individuals and as a family. This special child dedication ceremony will take place during the worship service in the near future. Please contact Rev. Russ or Cory to have your child(ren) included.

Covenant Group News



Our spiritual theme for the month of February is **Fair is**

Fair. Most people have at least one vivid childhood memory of something that was unfair. Fairness is hardwired into human beings and is in our genes.

However fairness is not something we see in the natural world. Tornadoes, hurricanes, and fires can leave devastating paths of destruction and death.

In our discussions we will explore several ideas in which we explain the unfairness of life and how it is really not unfair.

We will also talk about a specific type of fairness - justice. "Justice is the fairness of governments and social structures that have the force of law. It is how laws apply to everyone, how officials treat different people and how social good gets divided." As we unpack "fair is fair" we will discover that the concept of fairness is quite complicated.

By understanding that there are different kinds of fairness we can come to understand why good people can sometimes differ about what is fair and help us to communicate with those of different opinions.

Nothings's fair in this world. You might as well get that string right now. -Sue Monk Kidd

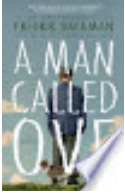
Fairness and justice do not exist in nature; the sun and iron set and rise without justification. - Jason A. Junge

Adult Education Offerings

Book Club

FEBRUARY - A Man Called Ove: A Novel

by Fredrik Backman



From Amazon – Meet Ove. He's a curmudgeon—the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him “the bitter neighbor from hell.” But must Ove be bitter just

because he doesn't walk around with a smile plastered to his face all the time?

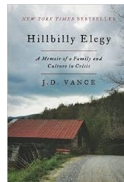
Facilitator: TBD

Date: Wednesday, February 22nd @ 10:15 a.m.

MARCH - Hillbilly Elegy: A Memoir of a Family and Culture in Crisis by J.D. Vance

From Amazon – #1 NEW YORK TIMES BESTSELLER, NAMED BY THE TIMES AS ONE OF "6 BOOKS TO HELP UNDERSTAND TRUMP'S WIN"

From a former marine and Yale Law School graduate, a powerful account of growing up in a poor Rust Belt town that offers a broader, probing look at the struggles of America's white working class *Hillbilly Elegy* is a passionate and personal analysis of a culture in crisis—that of white working-class Americans. The decline of this group, a demographic of our country that has been slowly disintegrating over forty years, has been reported on with growing frequency and alarm, but has never before been written about as searingly from the inside. J. D. Vance tells the true story of what a social, regional, and class decline feels like when you were born with it hung around your neck.



Facilitator: TBD

Date: Wednesday, March 22nd @ 10:15 a.m.

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**For More Information contact:** Cory Ness, Director of Religious Education at 717-487-8036 or [corythedre@gmail.com](mailto:corythedre@gmail.com)

## Showing Up for Racial Justice (SURJ)

You are invited to join our reading group with **Showing Up for Racial Justice** - DC area! Marie Francis is the facilitator/organizer for the Shenandoah Valley group. She is pleased to announce that the reading group curriculums are now available to us for the new year. This group is planning on following the [2.0 general curriculum](#) this year, with some supplementary materials, as needed.

They meet regularly on the 2nd Thursday of each month at the Unitarian Universalist Church of the Shenandoah Valley, in Stephens City, VA. For more details about our upcoming meeting on **February 9th at 6:30 pm**, please join the [Facebook group](#) - shenandoahvalleyracialjustice and check out the event page for the initial 2.0 meeting where you will find links to the February materials.

\*Tip: these meetings increase in quality of learning for all when you come prepared. Please allow time in the week or so prior to each meeting to listen/read and reflect on the relevant links.\*

For more information you may contact:  
-Marie Francis, [dragonflyshift@gmail.com](mailto:dragonflyshift@gmail.com)

## ONGOING

### Elder Meeting

**Facilitators:** Charlotte Detwiler

**Dates:** 4<sup>th</sup> Monday of Each Month

**Time:** 1:30 – 3:30 p.m.

**Location:** UUCSV Library

### Adult OWL

**Facilitator:** Bob Haskins

**Dates:** Ongoing

**Location:** UUCSV Library