

LFD NEWSLETTER

Unleash your Creativity & Feed Your Soul!

Introduction to SoulCollage® Workshop

FACILITATOR: Sue Ann Hastings MA, Art Therapist, LGPAT

DATE & TIME: Saturday, April 8th @ 10 a.m. – 2 p.m.

COST: \$20/person includes all supplies, please bring a sack lunch.

A light snack and hot tea and coffee will be provided

For reservation call or email Cory:

corythedre@gmail.com



A Day of Fun, Creativity, and Inspirational Renewal

- Have you lost touch with your life's purpose?
- Are you feeling overwhelmed with life's stresses?
- Finding it hard to keep up in the information age?
- Does your life feel out of balance?
- Do you need a way to access your inner wisdom?
- Have you lost your capacity for creativity and fun?
- Do you need time to recharge?

JOIN US for a day of creative renewal in a relaxing rural environment!



EASTER Canned Good Hunt

The Children & Youth Religious Education Committee and Cory are planning for our yearly Easter Canned Good Hunt. Please bring in canned goods this Sunday through **Easter Sunday, April 16th before the service begins.** Canned goods may be placed in the basket located in the Narthex. Our youth will hide the cans during the service for our younger children to find. The cans will be donated to the local food bank. Everyone is welcome to stay and watch.

What better way to bring the message of Easter into the world than to provide real sustenance to people who need it the most.

Covenant Group News



Our spiritual theme for the month of **April** is **Cultivating Ourselves.**

Our Transcendentalists - Channing, Thoreau, Emerson and more popularized the idea of cultivating ourselves. Not just for the upper class but for everybody. They taught us that everybody has a duty to cultivate their gifts or talents. What do you cultivate in yourself? or What might you want to cultivate? What ways might you engage in learning and growing in cultivating yourself?

One must finally stop, find repose, and send down roots to cultivate one's garden.

- John Bryant

Visit to All Dulles Area Muslim Society (ADAMS) Center – Adults Invited Too!

Cory is currently making arrangements for our youth to attend the Adams Center - located on 46903 Sugarland Road in Sterling, VA on Good Friday - **April 14th.** We will be leaving the church around 9:45 a.m. to attend the 11:30 service. After the service and discussion, we will go out to lunch for discussion.

Adults are also invited and welcome to attend. Please contact Cory if you would like to attend or if you would like more information.

Adult Education Offerings

Book Club

APRIL - Mister Owita's Guide to Gardening: How I Learned the Unexpected Joy of a Green Thumb and an Open Heart by Carol Wall

Facilitator: TBD

Date: Wednesday, April 26th @ 10:15 a.m.

A true story of a unique friendship between two people who had nothing—and ultimately everything—in common.

Carol Wall, living in a lily-white neighborhood in Middle America, is at a crossroads in her life. Her children are grown; she has successfully overcome illness; her beloved parents are getting older. One day she notices a dark-skinned African man tending her neighbor's yard. His name is Giles Owita. He bags groceries at the supermarket. He comes from Kenya. And he's very good at gardening.

Before long, Giles is transforming not only Carol's yard, but her life. Though they are seemingly quite different, a caring bond grows between them. But Carol and Giles both hold long-buried secrets that, when revealed, will cement their friendship forever.

ONGOING

Attitudes and Awareness About Sexuality

Facilitator: Bob Haskins

Dates: Ongoing in the UUCSV Library

Wired to Create

Facilitator: Rotating

Dates: 4th Monday @ 6:30 p.m. in the UUCSV Library

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 on **April 23**. Please contact Rev. Russ or Cory to have your child(ren) included.

A Public Safety Event - VACHIP

will be here at the UUCSV on

April 15 from 9 a.m. to 12 p.m.

What Is VACHIP?

The Virginia Child Identification Program



— is one of the most comprehensive Child Recovery, Identification, Safety, and Abduction Awareness programs ever to be offered to parents in the state of Virginia. **THERE IS NO CHARGE FOR THIS PROGRAM.** - For more information contact Michael Neese.

~~~~~

## **Journey for the Planet Volunteers Needed**

Introducing - *Journey for the Planet: An Adventure to Create an Earth-Friendly Life* is fun and engaging for everyone who wants to make a difference for the world. This program will guide children through a series of action steps that can impact both climate change and the environment as a whole. The core message is one of empowerment. Taught by a series of animal characters, each of its actions illustrates in clear, accessible language exactly how a simple change can positively impact the environment.

The pilot program, engaged 4,000 children in schools across the country, was praised by teachers, students and parents alike as an invaluable resource that empowers kids with the precious knowledge that they have the power to take the future in their own hands. Children, are experiencing concern for what is happening to our environment. This program will help them translate that concern into concrete action, and feel the heroism of being part of the solution.

The Children & Youth RE Committee and Cory are looking for volunteers to lead one Sunday morning between April 23 - May 23. Your supplies will be provided, you are asked however to bring a volunteer with you to assist. Sign up is in the Narthex on the LFD bulletin board. Questions may be directed to Cory.