



MAGNET

Alexander's Meander

“Nothing at last is sacred,” said Emerson, “but the integrity of your own mind.” This is a truth of radical depth. But in today’s world it is hard to live in this truth. From the moment we awaken to the moment we lay ourselves back down to sleep, the world makes a seemingly infinite number of demands upon us. Where, in the midst of the morning news and demands of the job and the clamor of the kids in the evening do we find the time even to know our own minds? This requires a moment (maybe several) of daily solitude and reflection that is sorely lacking in today’s world. How, then, do we honor our minds, let alone live by the integrity of our minds?

Well, I have no panacea for this, save this piece of advice. Let us consider returning to the Sabbath. Yes, I mean a day of rest away from all the trials and turmoil of the world. I mean a day of rest amongst like minded individuals whose presence helps us return to the integrity of our own minds. I mean a day of rest when we do not feel the need to fend off yet one more pressure to “do this” or “think that.” And, of course, I will suggest that there is no better place for this Sabbath than UUCF!

However, I would also suggest incorporating a little piece of the Sabbath into each and every day. Carve out a time and space for fifteen minutes of genuine Sabbath time in your daily life. Every day we ought to be taking the time to stop and remember and honor the integrity of our minds (and

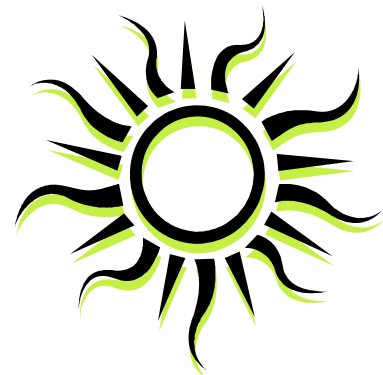
hearts and bodies, too!). This restores a little sanity to what can be a rather insane world at times!

If you do this, you will find you own company easier to keep, others would also find your company easier to keep, and, you would find the company of others easier to keep. In a word, honoring a little Sabbath every day can help return a sacred dimension to life that is invaluable both yourself and the others in your life.

By honoring a little Sabbath every day, and of course for a full day at week’s end, our lives truly do change. We break habits of behavior that cause us to “zone out,” as the youth say, and bring to the foreground a fresh perspective, greater understanding, patience, personal endurance, and well being. So take a day on Sunday, and a little time each day, to reincorporate the Sabbath into your life. It sounds simplistic and almost trite, but the benefits are remarkable!

Remember,

Alex



RELIGIOUS EDUCATION



“There is no way to balance work and home, because they exist on the same side of the scale – what I consider the ‘outer’ part. On the other side of the scale is your personal private life – the ‘inner’ person. I encourage clients not to think about balancing work life and home life, but to balance outer life and inner life.” Douglas LaBier, psychotherapist

So just after I read this article in the Ann Arbor News entitled “Frame of Mind – Balancing inner, outer life is key to well-being”, there was a column in the Dexter Leader called “We should all strive for inner peace” by Roy Schmidt, a guy in a baseball cap. I took it as a sign that I should write about this topic.

According to LaBier, your outer life is filled with all of your daily complex logistics - work, errands, family obligations, chores, e-mail. The list is nearly endless. On the other side of the scale is your inner life – your thoughts, fantasies, spiritual practices, religious beliefs, capacity to love and sense of purpose in life. These all seem to me to be pretty important things. Yet we spend far more time every day working on the outer logistics, while we neglect the inner framework that gives it all meaning.

Our culture is constantly forcing us to take care of the needs of our outer worlds and encourages us to keep hidden our inner lives. Sometimes we may even hide our inner lives from ourselves! All of this causes us to become vulnerable to stress, and a wide range of physical and emotional ailments such as hypertension, diabetes, depression, anxiety, skin disorders, migraines and a weakened immune system. So, what can we do? LaBier suggests that we begin by focusing on our breathing, slowly in and slowly out. Even sitting quietly and breathing for 5 minutes a day (20 is ideal) can help us to feel more peaceful and connected to our inner selves. Use your energy to focus on your positive emotions rather than your negative ones. Visualize putting your negative feelings in a box and storing it away, especially feelings about those situations that you cannot change. Increasing your mind-body health by practicing yoga, walking in nature, singing, playing sports, or dancing can add to your sense of well-being in your inner life.

In Religious Education, we are always trying to enhance the inner lives of our students and volunteers. We provide opportunities to think about important values, which then make us stronger in our ability to negotiate the outer part of our lives. We practice our breathing and our singing. We try yoga, and whirling, and listening to music. We imagine ourselves in the place of other people around the world, and try to understand their cultures and attitudes. We create art and make crafts, share our joys and concerns, and try to do good for others. All of us, children and adults alike, are sometimes overwhelmed by everything that happens in our outer lives. On Sundays, we can take a rest, and nurture the light of our inner lives. The children and youth here at UUCF need your help to learn how to do this. Come join us in RE and let your light shine!!! Contact me to volunteer.

On April 16, Easter Sunday, Reverend Alex and I will lead two intergenerational services to celebrate Hinduism and the spring festival of Holi. All young people who attend will have a part to play in the services. This is a wonderful opportunity for you to worship together as a family and to learn about the world’s oldest organized religion. Come and nurture your inner life with us!

Best Wishes,
Kathy

LIFELONG LEARNING FORUM UPDATE

Our Thursday night classes continue to be a great success with an average of 45 people per night. Just to highlight a couple of the classes coming up: On Thursday April 13th The Revs. Alex and Kimi Riegel will present an overview of the Adult Owl Program. This is the Adult Sexuality curriculum that is part of the Lifespan sexuality program offered by the UUA. Many of you may be familiar with the program that we offer to the middle school students.. See the LLF brochure for more information.

Also on Thursday April 13th The Welcoming Congregation in conjunction with LLF will host Sean Kosofsky He's going to talk about current Gay Political Issues and what can we do as Allies to help.

Sean Kosofsky, Director of Policy, has been active in the gay, lesbian, bisexual, and transgender community since early 1994. Since he began this work, he has become one of the most visible, recognizable and accomplished GLBT activists in Michigan and is known nationally for his work. Kosofsky addresses groups throughout the Great Lakes Region on a range of topics. He is one of the most sought-after GLBT diversity trainer in Michigan for law enforcement professionals and he conducts trainings for professionals and students in many others fields including social work and education. Kosofsky also trains GLBT people and allies on critical activist skills, such as message development, media advocacy, lobbying, grassroots activism and youth/student advocacy.

Kosofsky joined the staff of Triangle Foundation in the fall of 1996. He has been responsible for a wide range of projects including the Anti-Violence Project, the statewide speaker's bureau and the creation of a statewide network of grassroots activists who monitor the media and communicate with policy makers.

Currently Kosofsky is the Director of Policy and works at every level of public and private policy development in Michigan to advance pro-GLBT policies and defeat anti-GLBT policies. He also supervises the advocacy staff and is responsible for producing many of Triangle's issue papers and talking points.

Kosofsky has received several awards from the GLBT community including at 1997 Rising Star award and the 2002 Prism Award, and the coveted Spirit of Detroit Award from the Detroit City Council. Kosofsky is also Co-Chair of the Federation of Statewide GLBT Advocacy Organizations, which collectively is the largest GLBT lobbying and activist entity in the nation. As Co-Chair he is responsible for helping to build, lead and support state and local GLBT activism. National GLBT organizations and leaders work closely with him to strategize work with local and state activists around the country.



Nietzsche's Nook meets continuously on the second Sunday of the month. We will meet in the Marge Brown room following the second service. Please feel free to bring yourself a bag lunch. All interested parties are invited to attend. No previous attendance is required. For updates on the Nook and the discussion topics please email. Rev. Riegel and put Nook in the subject line. Faciliated by Rev. Alexander Riegel and Professor Jim Berry.

Words From George

Next month, Sunday 7 May at 6PM at UUCF, we will convene our first Congregational Meeting of 2006. Our UUCF By Laws require at least two congregational meetings each year, in May and December. These meetings are one of the ways we, as members, make the choices that direct our church. The main agenda in May will be the election of our Executive Board (Board) and Program Council (PC) leaders.

Our Nominating Committee has been working over the past several months talking with and selecting members to be candidates for these leadership positions. The work of our Nominating Committee is one of the most important tasks we do each year. The commitment, vision, and energy of our leadership directly impacts how effectively we conduct the business of our church and the scope and vibrancy of our programs.

The Nominating committee has done an excellent job this year. Our thanks to Vanessa Baber, Tom Adis, Leslie Travis and Peg Campbell.

Many of you are relatively new to UUCF and may not realize that we have had a number of different forms of governance over the past four decades. Our present form, comprised of a Board and PC, is only a few years old and we are still learning how to most effectively use it. We chose it based upon UUA recommendations and the experiences of other churches. Our Board, five elected members, is responsible for church policy, staff employment issues, and the financial management of UUCF; i.e. "the business of the church". Our minister, DRE, and Office Administrator also attend Board meetings and provide valuable advice.

Our PC is comprised of our Moderator, Vice Moderator, and the chairpersons of our nine standing committees. Other committee/group leaders are also invited to attend PC meetings. The PC is the place where we find out the future plans of each committee and discover ways committees can assist each other. A second ma-

yor function of the PC is the development of Integrated Programs involving a number of committees working on a single program. Our new program focused on Religious Diversity is the first integrated program developed by our PC. Members of our PC have dual roles, representing their individual committees and representing the church as a whole.

Please plan to attend our Congregational Meeting. I don't expect the meeting will last longer than one hour. There will be child care available if needed. Please let Mary Mancini, our Office Administrator, know if you will need child care, number of children and ages.

- George



The 21st Annual Farmington/Farmington Hills /West Bloomfield Area CROP WALK will take place on Sunday, May 7th at 1:30 pm (Registration at 1:00 pm) starting at First United Methodist Church: 33112 Grand River in Downtown Farmington. The money raised goes to Church World Service.

The regular walk is 10 kilometers long (6.2 miles). The mini-walk is 3 kilometers (2 miles) long. Pledges can be a straight dollar amount or based on kilometers or miles walked.

The money goes to stop hunger and help people in the 80 or more countries in which Church World Service Works, but also to help people here at home. Twenty-five percent of the money goes to the following five local charities: Salvation Army, Neighborhood House, St. Alexander's Food Cupboard, Baldwin Center and Yad Ezra.

Walkers—Please put this date on your calendars and start looking for people to sponsor you on your walk. Pledge envelopes will be available starting Sunday, April 9th.

-Pat Blackard

WHAT'S HAPPENING?

The First Friday Movie will be April 7th .

The scheduled movie is "The Battle of Algiers"

A 1960's black/white subtitled film about French imperialism in Algeria following their defeat in Vietnam. Striking comparisons between the mentality that has been developed by the U.S. Department of Defense with regards to Iraq and terrorism. Pontecorvo's aesthetically pleasing approach to showing the oppressed and their efforts to improve their standard of life is unparalleled in political cinema.

<http://www.rialtopictures.com/battle.html>

A quote from the movie, " Journalist: M. Ben M'Hidi, don't you think it's a bit cowardly to use women's baskets and handbags to carry explosive devices that kill so many innocent people?

Ben M'Hidi: And doesn't it seem to you even more cowardly to drop napalm bombs on defenseless villages, so that there are a thousand times more innocent victims? Of course, if we had your airplanes it would be a lot easier for us. Give us your bombers, and you can have our baskets."

Movie begins at 7:15 sharp 3:00 dollar donation will be accepted but not required (Donation is used to offset the costs of the projector) Snacks and Soft drinks provided.

Thanks for your support and interest

Vanessa Baber

Reminder:

Please mark your calendars to attend the UUCF Congregational Meeting on Sunday, May 7 at 6PM. If you cannot attend this important meeting, please make sure to contact our Office Administrator, Mary Mancini, for your proxy or absentee ballots. Hope to see you there!



The UUCF CUUPS (Unitarian Pagans) will be observing the pre-Christian tradition of Beltane, later known as May Day, on Saturday May 6 from 4-6 PM. Weather permitting, the celebration of the coming of Spring and re-awakening of the Earth will be outside, and will include a weaving of ribbons around the maypole.

All ages are welcome.

Children's Book Exchange



**April 30th, in Adams Hall
During Coffee Hour**

Religious Education Committee Sponsoring A Book Exchange

Bring in some books, and take some books home. (if you bring 2 books, then take 2 books).

Our goal is to give Ms. Bea a new selection of books for the nursery.

All donations accepted. Books not used by the Religious Education Dept will be donated to Neighborhood house.

DAYTIMERS



The Daytimers, the seniors group of the church, met in Adams Hall for bag lunches at noon on March 16, the third Thursday of March. One of our new members Joanne Monier brought the dessert. She outdid herself and produced three homemade goodies - two pies plus a chocolate cake with chocolate frosting. Thanks, Joanne. For the April meeting which will be at the church at noon on Thursday, April 20, Beverly Manheimer will be bringing the dessert. We always enjoy our get-togethers the third Thursday of each month. After everyone has pretty much finished with their lunches, we go around the table, and each member tells of any interesting things that have happened in his life since the last meeting. It is very interesting to hear what everyone has been doing, and we enjoy keeping up with each other's lives. Any UUCF member or friend age 50 or older is welcome to join us the third Thursday of each month in Adams Hall at noon. Bring a bag lunch from home, and we'll supply the dessert, coffee, tea, and hot chocolate.



CAMP DEARBORN 2006 FAMILY & FRIENDS CAMPING



A UUCF tradition of many years has been to go camping for a 3-day weekend at Camp Dearborn!

This year our camping trip will be Friday through Sunday, June 2 - 4. While we can't guarantee how the weather will be, it's good to know that we have had many years of great weather with sunny skies, even years we have swam in the lake. Different family combinations have enjoyed the weekend with us in the past, including families with children, singles, folks with no children . . . whatever works for you!

Camp Dearborn is located on General Motors Road in Milford. It encompasses 626 acres of rolling hills, six lakes, a half-mile sandy beach, shaded picnic grounds and family-oriented camping areas. Each tent is constructed on a cement base and furnished with 6 cots, a refrigerator, electric cook-top, electricity, charcoal grill and a covered patio area with picnic table. You bring sleeping bags & pillows, food & drinks, your own propane grill (if you wish), cookware, eating utensils, cups & plates, lawn chairs, and fixings for s'mores. There are buildings with toilets and showers, a swimming pool, a 27-hole golf course, softball diamonds, miniature golf, paddleboats, and tennis courts. You may fish, roller blade, and bike. Also don't forget your board games and cards. Sorry, no pets allowed.

Please sign up on the Social Events bulletin board in Adams Hall not later than February 26 to participate in this weekend event. While we occasionally have a family sign up and are then unable to attend, I never reserve additional tents. The total cost for camping the 2 nights is \$50 (\$25/night). This money is due to me when you sign up.

- Linda Rourk, Social Events Committee

THE MYSTERY BOOK CLUB

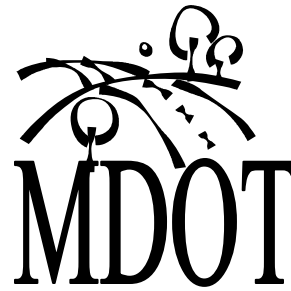


The Mystery Book Club will meet on Monday, April 24. The book we are reading this month is *The Rottweiler* by Ruth Rendell. A serial murderer is loose in London. In the midst of the investigation, we get a glimpse of life within an antique shop/apartment house owned by Inez Ferry. Her tenants include an eclectic assortment of characters and one of them could be the killer. In typical Rendell fashion, the killer is revealed by page 100 but the how and why is not and as the killer himself seeks an answer as to why he is doing these deeds, so is the reader and it keeps us turning the pages.

As usual we will meet for dinner at 5:30 at La Shish (12 mile and Halsted) and return to the church for the book discussion at 7. If you can't come for dinner, come for the book discussion. Contact Helen Head if you have any questions.

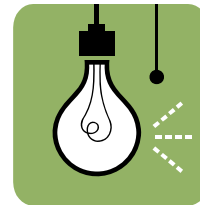
The Writer's Group

The Writers Group will meet on Thursday, April 20, 7 pm at UUCF. All are welcome. Contact Bud Baggett if you have any questions.



Our April MDOT Highway Trash Pickups which were scheduled for April 8 and 17 have been **CANCELLED** due to construction and road closures on I-696. MDOT advises us that it will be too hazardous to clean our stretch of highway in April. There will be further road closures there this summer, but dates are not yet announced. We hope that we will be able to fulfill our July and September commitments. Stay tuned for future announcements.

Green Sanctuary Committee
Thanks- Julia Petro



Bring Your Great Ideas

During booth duty last year at the Founders Festival, we had a brainstorming session on what we might do this year to enhance our exposure at the event this year. If you'd like to join the Publicity Committee to bring those ideas to fruition, or have some even better ones we haven't considered yet, please join us. We'll begin meeting in early May. Meetings will be arranged toward accommodating the schedules of those interested. If you'd like to participate, please contact Sally Richards.

- Publicity Committee

The Honorable Order of the Red Vest

If you wish to become a sage in the Red Vest Society and are 59 years old please contact Bud Baggett.

Ceremony will be May 21st, 2006.

-Bud

Scribe



"HOORAY FOR HOLLYWOOD"

**UUCF Fundraising Auction
8 April 2006**



Have you recently been a guest at a great Italian, chili, or lobster dinner? Seen slides of an exotic vacation? Been to a pool party? Worn a beautiful hand-knitted scarf? Had the assistance of a handyman? Spent the weekend at a cabin up north? Been to the theatre? Gotten a massage? Been to a wine tasting? Had your home immortalized on canvass? Had a big night at a card party? Gone golfing with friends? Been to a themed party? Spent a summer day at the lake? Received some music lessons? Practiced yoga? Had brunch with the Minister? Enjoyed the babysitting services from one of our members or teenagers? Or parked in your very own VIP parking spot at UUCF?

If you have, you were probably the recipient of one of MANY offerings from our 2005 Auction. Our Fundraising Auction is the party that lasts all year. That's because you can make purchases that you will take home that night or you can make purchases for some thing or some event in the future.

Our offerings come from our generous members and friends as well as from the businesses that we frequent in the area. The way you participate in this process is to donate something that you believe would be valuable to another UUCF member(s) or friend(s). I gave you some ideas in the first paragraph above. We're especially open to any new ideas that you may have. Another way to donate is to visit a restaurant, theater, or any other business you frequent and ask them to donate to our fundraising cause. We will provide you with donation forms that will make this process very easy.

This is our biggest fundraiser of the year outside of our annual pledges. And it's also the biggest party we throw. On April 8th we want you to come and enjoy a great dinner with wine, soda or other libation, and bid to your heart's content on items or events that you must have. Oh, and of course, you will want to dress to this year's theme, "Hooray for Hollywood".

We know that some of you have never been to this annual event. And we're wondering, "Why not?" Even if you're not sure if you want to bid on any items, it's still a way to enjoy a great dinner with friends and libation for the reasonable fee of \$15. And if you do happen to bid on something you can't live without, we can almost promise you'll be glad you did. You DON'T want to miss the biggest UUCF event of the year. Watch for further information as we lay out the timeline for this awesome event. But for now, just be sure to put this date on your calendar – APRIL 8 – for a truly FUNdraising time!!

- Your Fundraising Committee

HEARTLAND DISTRICT CHALICE LIGHTER GRANT PROGRAM

Help Spread the Light of Unitarian Universalism! Become a Heartland District Chalice Lighter! This program gives small grants to Heartland District churches for specific purposes. There are three calls a year (Winter, Spring and Fall), and you can pledge as little as \$10 for each call.

The 2005 Winter call brought in \$12,160.00. This was divided evenly between Epiphany Community Church in Fenton, MI and the UU Church of East Liberty in Clarklake, MI. Epiphany is in the process of purchasing land and constructing a church building. East Liberty will use its grant to help provide handicap accessibility for its church and schoolhouse.

The Spring 2005 call brought in \$11,433.00. Peoples Church in Ludington, MI had requested \$3500 for startup materials for a youth chimechoir, much of which can also be used for a handbell choir in the future. The remainder went to The UU Church in Fort Wayne, IN to hire a quarter time Director of Religious Education. There were no qualifying congregations for a Fall 2005 call.

The Spring 2006 grant will go to the Unitarian Church of Cincinnati, Ohio to help update the church facilities.

CHALICE LIGHTER BROCHURES ARE AVAILABLE IN THE RACK NEAR THE CHURCH ENTRANCE.

Millie Foss
UUCF Chalice Lighter Liaison

Social Action Corner

Current Events & Happenings

Social Action meetings fall on the fourth Wednesday of each month at 7pm in the Marge Brown Room. Everyone is invited to attend.

This month's meeting will fall on Wednesday, April 26.

Social Action Tip of the Month: Please join the ACLU, MARAL Pro-Choice Michigan, Michigan NOW, Planned Parenthood of Michigan, Triangle Foundation, and many other organizations on Tuesday, April 25, 2006 from 12 to 4:30pm for the 2nd Annual Michigan March for Choice - a day of lobbying and a rally to celebrate the historic 2004 March for Women's Lives!

Speakers at the rally will include Detroit Free Press columnist Desiree Cooper, former State Representative and current Oakland County Commissioner Dave Woodward, and many more.

For more information, please visit the website www.mimarch4choice.net.

Social Action Inspiration for April: Earth Day is coming up on April 22! There are many ways to celebrate, but don't forget that you can incorporate eco-action into every day life. Try shopping for products that are earth-friendly, organic, recycled, not tested on animals, fair-trade, etc. You can find a wide selection at local grocery stores, or you can shop online for unique gifts at www.greenfeet.com.

****DON'T FORGET****

Pat Blackard is collecting toiletries for Neighborhood House, so drop off your contributions in the collection box near the coat rack downstairs. Their need never ends, so please give whenever possible.

UUCF Crafters and Creative Types



Enjoy an evening of camaraderie and "getting stuff done!" with other UUCF people. Bring your own independent work, whether it be knitting, scrapbooking, creative writing, sorting those shoeboxes full of photographs, or whatever. Children are welcome but bring something to entertain them.

Thurs., April 20th, 7-10pm, Adams Hall

&

Tues., May 2nd, 7-10pm, Adams Hall

Wed., May 24th, 7-10pm, Adams Hall



WDET Challenge 2006 Thanks to those contributing to the WDET Challenge Fund. We delivered our funds totalling \$1,235 on Monday, Mar. 28th. Getting our underwriting funds into WDET program planning should give us the best choice of times to run our spots. Thanks again to Janet Barna, Barry Brown, Sue Breen, Betty Marshall, Noreen Palmer, Sally Richards, Julia Petro, Dolores Garden, Mary Smith, Dot/Bud Baggett, Kevin/Laurie Smith, Jim/Joni Tedesco, Hank/Irene Holst, George/Linda Rourk, Hannah Donigan, Libby Berger and Harry Munson, John/Susan Lightner, and Bob/Gloria Tweady. As soon as we've got the schedule of our spots back from WDET, we'll let everyone know so you can listen for them.

- Sally Richards Publicity Chairperson

2006 UU GENERAL ASSEMBLY JUNE 21-25

Attention UUCF - The GA will be held this year in St. Louis, Mo. at the American Center, 701 Convention Plaza, St. Louis, Mo. 63101. (for those wishing to use Mapquest). Rooms are now becoming available at several reserved downtown hotel locations near the convention. Hotel information can be found at www.uua.org/ga. Follow the navigation leads for GA Hotel reservations. You can also call the St. Louis Visitors commission at (800)916-0037 or visit www.explorestlouis.com for information about the area.

For those of you thinking of going or definitely planning to go now is the time to book early. A goal of our delegation may be to try to stay at the same hotel. Of those of you who this idea sounds appealing, please contact George Rourk or Sly Porambo so we can start arranging this. Thanks Sly Porambo

CAMPBELL LABELS REMINDER AND UPDATE

Just a reminder to keep those Campbell Labels for Education coming in for the Farmington Community School and Head Start. The School recently acquired a Seated Scooter for the gym. It has pedals and handlebars. To operate it the child must move his/her arms and legs, alternating sides, thus encouraging good large muscle use and upper body coordination. This one item required almost as many label points as their last acquisition, a rider tractor for one rider/peddler and a fire engine for one rider/peddler and a standing passenger in the rear.

Any CAMPBELL product qualifies, including SOUP, V8 AND OTHER JUICES, GRAVY, and CHILI; PREGO; FRANCO AMERICAN; PEPPERIDGE FARM and SWANSON (broths only). Save the label from cans (we'd appreciate it if you would submit just the front part of the label, with the name of the product); save the UPC code from bags (such as stuffing) and boxes; and save the lid from Prego Pasta Bake Sauce and pasta sauces 46 oz. or larger. Please submit in a zipperlock bag if possible. For more information, see me or visit www.labelsforeducation.com. The collection box is usually in the entryway during Sunday services, otherwise at the foot of the stairs on the Adams Hall level, on top of the chest for Neighborhood House donations. It has pictures of Campbell products on it.

A LIBERAL VOICE OF
REASON IN FARMINGTON
FOR OVER 150 YEARS

UUCF ANNUAL RETREAT

APRIL 22, 2006

Have you ever thought “Wouldn’t it be great if we had: better RE classrooms...easier access to our building...more flexible meeting/social space...nicer bathrooms...etc.? Now’s your chance to participate in planning what our church home could become, without committing to months of meetings! The topic for this year’s retreat will be the fourth goal we adopted last year—improving our building and grounds.

The building team has been working on this goal for several months. Their recent activity has focused on interviewing and selecting an architect to work with us in creating plans for a new RE wing. The final decision is being made this week, and the architects will join us for our retreat. The planned topics include: a workshop with the architects to gather YOUR ideas on what our church home could become; a presentation on the latest in “green” principles in design and construction (the Building team wants to include as many as possible—but we’d like to hear what YOU think); and an overview of the process—or “how we get there from here?”

The schedule is as follows:

- 8-9 AM** (Optional) Yoga with Tada Gunter (Marge Brown Room) OR Meditation with Rev. Alex (Meeting House)
- 9-9:45 AM** Continental Breakfast including coffee, tea, juice, yogurt, rice pudding, donuts & bagels
- 9:45 AM** Program Starts
- 1:15 PM** Catered Lunch provided
- 4:30 PM** Program completes. Enjoy an “afterglow” with drinks (BYO), snacks & further conversation.

The cost will be \$23 PP. Childcare will be provided at no cost to you, but you must inform us by April 16 of your need. This is a great opportunity for you to gather information and participate in discussions about what UUCF will look like in the future. Please Join Us!

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UU CHURCH
OF FARMINGTON

E-Mail –

25301 HALSTED,
FARMINGTON HILLS 48335
(248) 478-7272

info@uufarmington.org

UUCF Website: <http://uufarmington.org>

Listen to sermons via the Internet:

<http://sermons.uufarmington.org>

Church Hours: Monday, Tuesday, Wednesday,
Friday—8:00 a.m. – 2:00 p.m.

Rev. Alexander Riegel, *Minister*

Kathy Silver, *Director of Religious Education*

Diana Munch, *Music Director*

Mary Mancini, *Office Administrator*

Jennifer Parke, *Magnet Editor*

Magnet E-Mail: magnet@uufarmington.org

Priscilla Fleming, Nancy Hayden, Joan Larson, Barb Windsor
- *Magnet Distribution*

Next Magnet Deadline:

March 5th, 2006