

# COME JOIN US IN SILVER SPRING, MARYLAND!

## UU Congregation of Silver Spring

July 25, 2021 at 10:30 am -- UUs At The Movies

### "Emotional Resilience from the Inside Out"

During our Summer Series of River of Grass Classics, we will be refreshing some favorite services that took place in the past year. As Rev. Amy is away for the summer months, we have nine more weeks to explore some old and new experiences on Sunday morning. Some lay led, some from Rev. Amy and, yes, there will be an opportunity for you to join other congregations on Sunday mornings to experience their worship services. A full schedule is on the [River of Grass website](#).

On Sunday, we'll be visiting the UU Congregation of Silver Spring Maryland. The Sunday service will be led by Deborah Thornton, a long time member of this congregation. The film being highlighted is "Inside Out." Here is the film description:

"It reminds us to embrace the wholeness of ourselves, give ourselves permission to not be "okay," and that it's important to give those around us a chance to work through their own emotional realizations. It's not about trying to avoid uncomfortable feelings but rather go towards them to become honest with ourselves and grow."



The pandemic revealed the importance of emotional resilience in times of chaos and uncertainty. In this service, Deborah will use the movie "Inside Out" to explore how honoring "the inherent worth and dignity of every human feeling" can help us develop that resilience and deepen our spiritual practice.

Please join us in Silver Spring, Maryland at 10:30 am! Please use this link to access the YouTube Channel; **click 'Premiere' video**.

<https://www.youtube.com/channel/UC-ggwJDOg70yLJT3aTCjuA>

Rita Cherubini, Worship Chair

## Summer Worship Series at River of Grass

Date	Time (EST)	Service
6/20	10:30AM	Kitty Oliver: "Rising In Stillness"
6/27	10:30AM	Rev Amy Carol Webb: "How Heavy The Stone"
7/4	11:00AM	UU Congregation of Atlanta*
7/11	10:30AM	UUA General Assembly: "Until Love Wins"
7/18	10:30AM	Rev Amy Carol Webb: "Great Turning"
7/25	10:30AM	UU Church of Silver Spring**
8/1	10:30AM	Rob & Deb Giblin-Davis: "Nature - The Heart of Our 7th Principle"
8/8	10:30AM	Wild Pines Covenant Group
8/15	10:30AM	Rev Amy Carol Webb: "Show Me Your Mug"
8/22	10:30AM	Unitarian Society of New Brunswick***
8/29	10:30AM	Amy Horton-Tavera: "On Finding The New - Again"

Important Access Information:

\*UU Congregation of Atlanta.

\*\*UU Church of Silver Spring: [Click Here](#) to access the YouTube channel; click 'Premiere' video.

\*\*\*Unitarian Society of New Brunswick: Be sure to sign into the [Zoom Room](#) by 10:15am to fill out a brief security form before services.