

Sabbatical Concludes 29 Mar

Claudia will return from the second half of her Sabbatical this month. We know you enjoyed the opportunity to focus deeply on your studies.

We look forward to hearing about your research and new insights in the coming months!

Tai Chi / Qigong

The Tai Chi class will be adding a new component, 5 element Qigong (Chi Gong). This practice uses a variety of breathing and gentle moving meditative exercises to strengthen your Chi.

This will provide a more relaxing transition to the 6:30 meditation session.

Drum Circle on Friday 27th

The Circle will begin at 6:30 on Friday. Plenty of drums are available or bring your favorite percussion instrument. Besides being easy and fun there is growing research that, as reported at WebMD.com that, ‘Simply put, group drumming seems to have a de-stressing effect on the immune system.’

V-Day Owensboro

Thanks to the talented company, they raised over \$1,500 in support of New Beginnings-Sexual Assault Support Services. New Beginnings help men, women, & children rise above sexual victimization in a 7 county area.



Time Change March 8 ‘Spring Forward’

Regular UUCO Meetings/Events

Wed 04	Board Mtg. 6pm
Thu 05	Tai Chi/Qigong 6pm Meditation 6:30
Tue 10	Interfaith Study 12n (CC)
Thu 12	Tai Chi/Qigong 6pm Meditation 6:30
Thu 19	Tai Chi/Qigong 6pm Meditation 6:30
Thu 26	Tai Chi/Qigong 6pm Meditation 6:30
Fri 27	Drum Circle 6:30 pm
Sun 29	Potluck after service All American Theme

Interfaith Moment

Holi (3/5-6/15) is a spring festival also known as the festival of colors or the festival of love. It is an ancient Hindu religious festival which has become popular with non-Hindus in many parts of South Asia, as well as people of other communities outside Asia.

It is primarily observed in India, Nepal, and other regions of the world with significant populations of Hindus or people of Indian origin. The festival has, in recent times, spread to parts of Europe and North America as a spring celebration of love, frolic, and colors.

Holi celebrations start with a Holika bonfire on the night before Holi where people gather, sing and dance. The next morning is a free-for-all carnival of colors, where participants play, chase and color each other with dry powder and colored water, with some carrying water

guns and colored water-filled balloons for their water fight. Anyone and everyone is fair game, friend or stranger, rich or poor, man or woman, children and elders. The frolic and fight with colors occurs in the open streets, open parks, outside temples and buildings. Groups carry drums and musical instruments, go from place to place, sing and dance. People visit family, friends and foes to throw colors on each other, laugh and chit-chat, then share Holi delicacies, food and drinks. Some drinks are intoxicating. For example, Bhang, an intoxicating ingredient made from cannabis leaves, is mixed into drinks and sweets and consumed by many. In the evening, after sobering up, people dress up, visit friends and family.

Holi is celebrated at the approach of vernal equinox, on the Phalguna Purnima (Full Moon). The festival date varies every year, per the Hindu calendar, and typically comes in March, sometimes February in the Gregorian Calendar. The festival signifies the victory of good over evil, the arrival of spring, end of winter, and for many a festive day to meet others, play and laugh, forget and forgive, and repair ruptured relationships. (from Wikipedia.org)

Nowruz (3/20-21/15) is the name of the Persian / Iranian New Year.

Nowruz marks the first day of spring or Equinox as and the beginning of the year in the Persian calendar. It is celebrated on the day of the astronomical Northward equinox, which usually occurs on March 21 or the previous/following day depending on where it is observed. The moment the sun crosses the celestial equator and equalizes night and day is calculated exactly every year and families gather together to observe the rituals.

Nowruz is celebrated by people from diverse ethnic communities and religious backgrounds for thousands of years. It is a secular holiday

that is enjoyed by people of several different faiths. It originated in Persia in one of the capitals of the Achaemenid empire in Persis in Iran and is also celebrated by the cultural region that came under Iranian influence or had migrations by Persians including Azerbaijan, the North Caucasus, Kurdish inhabited regions of eastern Turkey and Northern Iraq, Afghanistan, Tajikistan, Turkmenistan, Uzbekistan, Kyrgyzstan, Kazakhstan and other scattered populations in Central Asia.

Nowruz is partly rooted in the religious tradition of Zoroastrianism. Among other ideas, Zoroastrianism is the first monotheistic religion that emphasizes broad concepts such as the corresponding work of good and evil in the world, and the connection of humans to nature. Zoroastrian practices were dominant for much of the history of ancient Persia (centered in what is now Iran). Nowruz is believed to have been invented by Zoroaster himself, although there is no clear date of origin. Since the Achaemenid era the official year has begun with the New Day when the Sun leaves the zodiac of Pisces and enters the zodiacal sign of Aries, signifying the Spring Equinox. Nowruz is also a holy day for Sufi Muslims, Bektashis, Ismailis, Alawites, Alevis, Babis and adherents of the Bahá'í Faith.

The term Nowruz in writing first appeared in historical Persian records in the 2nd century AD, but it was also an important day during the time of the Achaemenids (c. 550–330 BCE), where kings from different nations under the Persian Empire used to bring gifts to the Emperor, also called King of Kings (Shahanshah), of Persia on Nowruz. The significance of Nowruz in the Achaemenid Empire was such that the great Persian king Cambyses II's appointment as the king of Babylon was legitimized only after his participation in the New Year festival (Nowruz). (from Wikipedia.org)