



BRANCHES



PAINT BRANCH UNITARIAN UNIVERSALIST CHURCH

Affirming and promoting the inherent worth and dignity of every person since 1954

November 2012

SUNDAYS AT 10:00 AM

Nursery Care in Room 5 from 9:45-12:45

Refreshments and Fellowship after the service

Adult Enrichment Hour from 11:45-12:45 - Childcare until 12:45

Families with young children are invited to sit in front for a better view until the Sing-away Song.

November 4

What is Set in Stone?

*Rev. Diane Teichert and Erica Shadowsong, Director of Religious Exploration
with Ken Redd, Worship Associate, and the Choir*

This service features 2011 Auction Fare: the Together Time about “hidden charity” won by Paul Young and the Sermon, won by Mike Stark and Jonathan Mawdsley, about “Ayn Rand, the financial collapse, and/or the music of Bruce Springsteen” (from a UU perspective, of course!).

November 11

Serving Our Country

Rev. Diane Teichert with Montana Monardes, Worship Associate

On this Veterans Day we ask, “Who is serving?” and explore the answer relative to the democratic process (our 5th UU Principle), touching in a non-partisan way on Election Day’s referenda results. Newcomers are invited for informal conversation with the Minister in her office from 11:30 to 12:30.

November 18

From This We Live

All Ages Thanksgiving Service

*Rev. Diane Teichert and Erica Shadowsong, Director of Religious Exploration
Bettie Young, Worship Associate, and the Choir*

We come together today grateful for so much giving and receiving - from the earth, each other, our community, the world! We will share a Bread Communion (if you can offer a home-made loaf, please let us know!) and hear about this year’s Guest at Your Table collection for the UU Service Committee (page 7). Please bring not-too-perishable produce or non-perishables for a local pantry. It is also Signing Sunday – for those who are ready to sign the PBUUC Membership Book, meet the Minister and Board member at the chalice after the service. Stay for lunch and a forum on our Site Improvement plans for the parking lot and its environs, with childcare provided.

November 25

Credo Means “I Believe”

*Three PBUUC’ers and Celinda Marsh, Worship Associate,
Erica Shadowsong, Director of Religious Exploration*

Three PBUUC members will tell about their faith journeys to Unitarian Universalism and share the nature of their beliefs today, always a favorite service because of how it reveals the commonalities and differences among us.

**Who among your friends, co-workers, and neighbors
might need an introduction to PBUUC from you?**

Table of Contents

November 2012 Sunday Services	Page 1	Diversity / Anti-Racism Transformation Team (DARTT)	
Table of Contents	Page 2	Kwanzaa Sharing Feast in December	Page 8
Note to Our Readers	Page 2	Goodloe Memorial Fundraiser	Page 8
The Minister's mUUsings	Page 3	Nature Spirituality Circle	Page 8
Note to Newcomers	Page 3	Site Improvement Committee	Page 9
We Care Coordinator Information	Page 4	Welcome New Members!	Page 9
Wheel of Life	Page 4	In and Around Paint Branch	
Religious Exploration	Pages 4-5	Staff Changes Underway	Page 9
Board of Trustees Column	Page 5	New Photography Exhibit	Page 10
PBUUC Annual Auction	Page 6	Thanks from Building & Grounds	Page 10
Social Action Committee (SAC) News		Transgender Remembrance Day	Page 10
Report from the 3rd Annual		UU College of Social Justice	Page 10
Social/Racial/Earth Justice Kick-off	Pages 6-7	A Couple of Last Minute Items	
Next SAC Meeting	Page 7	Last Words: Marriage Equality & Dream Act	Page 10
November 18 Special Collection		CASA Looking for Volunteers	Page 10
For Guest at Your Table	Page 7	Spirit of Life Center	Page 11
		Leadership Directory	Page 12

Note to Our Readers:

SUBMISSION OF ARTICLES FOR BRANCHES: All submissions for inclusion in Branches should be submitted by email to: branches@pbuuc.org.

The Leadership Directory, now listed on the last page, will contain names only. For more contact information, please consult your Membership Directory. All submitted articles will contain phone numbers for contact if listed. You may choose to list your email address only as a point of contact.

Editorial Guidelines

- The deadline for submission of articles and other content to Branches is on the **20th day of every month**, except during the holidays. Mary Dancy is currently acting as coordinator of text and graphics for the newsletter.
 - * Articles should be submitted in their final form and content should be **250** words or less. Please submit the name of the author and any other contact information as necessary. **Reminder: Articles significantly over the 250 word limit may be returned to the author for re-editing.**
- The deadline for submission of announcements and other content to appear in the Sunday Order of Service bulletin is **every Wednesday at 12 noon**.
 - * Announcements should be submitted in their final form using the Times New Roman font, 12 point size, and content should be 120 words or less. Please include day, date, location, time, and contact information.

All deadlines are now on the web calendar. Go to www.pbuuc.org.

Scroll down to "This Week" and click on "More Upcoming Events."

Click on the Calendar grid to the left to advance to the next month.

The Minister's mUUsings...

A distressing thing happened in the minister's office one afternoon in the last week of September. At the time, I was sure it had metaphorical meaning...

I was straightening up, looking for a place to stash a roll of newsprint that had been sitting out since the meeting at which it was used for recording notes. I spotted an empty spot between a cupboard and a bookshelf and reached over to lean the roll there against the wall. But, just before the roll of paper met the floor, I saw a snake there, a two-foot snake!



At first I thought it was dead, but then its tongue flicked; yet I couldn't understand why it hadn't taken cover when it saw the roll of paper heading its way! I looked again and realized it was ensnared there, stuck onto one of those very adhesive-covered cardstock rodent glue traps! Poor thing!

Yes, our incredibly lovely woodland setting does bring us humans into contact with its animal and plant residents from time to time. Back in the summer, two mice attended an RE Committee meeting in Room 1, emerging from between the sofa cushions in Room 1 where sat a person! (Thus, the glue traps, but now that I've seen their cruelty at work, we will have to find another solution for mice). And in recent weeks, we've been startled by the gunshot sound of acorns barraging the roof and deck from the high oak canopy.

Anyway, I ran with my newsprint roll out into the hallway shouting, "There's a snake in my office!" Chuck Bury, who was working in the office that day as Administrative Assistant, came right over to see what I'd found. I'll admit I was glad he took charge while I got over my shock. Supporting the weight of the snake with his hand underneath the sticky trap, he carried it out onto the deck and down the stairs to the path nearby. I followed, wondering how in the world we would get the snake off the adhesive.

Between the two of us, using one of his feet and both of my hands, we held the glue trap at its not-sticky edges firmly pressed against the ground while Chuck steadily

grasped the snake's tail and slowly pulled it off, half inch by half inch, being careful to keep the released section away from the adhesive. I will spare you the details, but the snake appeared to be in excruciating pain, especially when Chuck finally tugged to release its bottom jaw, and I despaired for its life. However, once free, it slithered slowly away into the non-native invasive ivy and disappeared from view. I folded up the glue trap and put it in the trash. Phew, what a relief!

Metaphorically speaking, we all know the feeling of being stuck. As individuals, and as families and congregations, as a nation, and in all kinds of human organizations, we can get stuck in unhelpful patterns or with people who do not respect healthy boundaries. The process of release is often painful and requires steady, careful intent. But the alternative to the pain and struggle of achieving new freedom is continued demise and ultimately death, spiritual and/or physical.



Just like the Black Rat Snake needed our help that day, so too do we often need help out of our stuck places. Whether you seek help from people who love you or from professionals, and/or from whatever spiritual or other practices give you new life, and/or from the Universe, the Spirit of Life, the Goddess, God, or the divine by whatever name you call it... may each of us – and our families, our congregation, our nation, and the organizations which impact our lives – find release from captivities into freer, more joyful, compassionate, ethical and intentional living.

Hoping to see you on Sundays,

Diane

Note to Newcomers

Meet with the Minister Sunday, November 11
after the Service

An informal opportunity for Q&A

Contact Rev. Teichert at minister@pbuuc.org

If someone in your immediate family is hospitalized or if a PBUUC member or friend is dying or has died, or if you would find it helpful to talk about your faith, your church involvements, or the decisions, transitions, joys or sorrows in your life, please call Rev. Diane Teichert at [301-937-3666](tel:301-937-3666) or at [781-676-0097](tel:781-676-0097) if urgent.

If you are in need of practical assistance (such as rides, meals, visits, or phone conversation), please contact Allison Hughes, the We Care Coordinator for November, at [301-864-1889](tel:301-864-1889) or allisonih@gmail.com.

Wheel of Life



A memorial service for Frank McDonald, husband of PBUUC member Rene McDonald, will be held on Saturday, November 17 at 11:00 am in the Meeting House.

Religious Exploration

“In order to nurture our children’s spirituality, we must first find a way to nourish our own.”

Michelle Richards, *Tending the Flame*

The Chalice at Home



Dear PBUUC family;

As I write this column, I find that my thoughts are turning often to the question begged by the quote above. In October, I had the rich experience of traveling to Williamsburg, VA, for the LREDA Fall conference, an annual gathering of UU religious education professionals. One of the workshops I attended was called “Rooted in the Sacred: This do we affirm to share with one another.”

In this workshop, we examined ways that we can support our families and parents in bringing their faith home, as well as learning from them ways in which they already do so. We saw a rich panoply of pictures sent in by families all over the country, depicting family altars, bookshelves, décor and other ways in which their UU faith is present in their home.

We got together and shared ways in which we ourselves as couples, parents and families of all kinds create space for the sacred and living out our faith and principles. It was quite a smorgasbord of creativity!

In September, when we conducted our teacher orientation, I put out a questionnaire to find out what topics volunteers would most be interested in seeing presented in workshops, if any, that were offered to them to help with their own enrichment as part of their religious education ministry. Among the topics I suggested, I found that the overwhelming trend was an interest in UU parenting resources and overall ministry to children’s spiritual development, as well as special needs and character.

Because of these experiences and those shared among the gathering of my colleagues, I am feeling encouraged that there is an opportunity here to look at ways to help nourish ourselves in the whole PBUUC family, and think about ways in which the religious exploration that takes place here can continue throughout the week, organically and seamlessly, beyond just the rush to our beautiful buildings on Sunday.

As the months continue, I hope to explore with you some possibilities for building on this interest, including looking at offering workshops for families that look specifically at living UU at home.

I hope very much for your continued input and interest as I work to create space for this in our religious exploration program.

(continued on next page)

DRE Column (continued)

As our thoughts turn to gratitude during this month of November, I am grateful for the sharing of nourishing experiences and ideas that is our continual spiritual communion at PBUUC!

Blessed be,

Erica Shadowsong

Director of Religious Exploration

Board of Trustees Column

Hello, Paint Branch!

Welcome to the Pagan New Year, celebrated November 1! Nature is beginning to put on her multicolored shawl and doze. People are putting their gardens to bed. The Choir is preparing Holiday Music. I love this time of year.

This is the time of year the Board of Trustees reviews the membership rolls to be sure we are accurately reflecting our membership as we report to the Joseph Priestly District and the Unitarian Universalist Association. The Board's reason for doing this is twofold: we check in with people whose busy lives have kept them away from our beloved community in the hope of supporting their return to services and to fellowship; we keep the District and the UUA apprised of the health of our Congregation, and we help them to discern what our Fair-Share Contributions to the JPD and the UUA should be. So if we check in with you, you'll know why we're calling.

The Auction Committee has decided to forge ahead with the Annual Auction in its usual timeframe, rather than moving it to the Spring. I urge all Paint Branchers to throw your energy behind this effort and help out in any way Possible: through donations, monitoring Silent Auction rooms, setting up, data entry, etc. Check with anyone on the Auction Committee for details on how YOU can help make this the most successful Auction ever!!

It was exciting to be a part of the Social Action Committee kickoff event and to hear about the focuses the SAC is championing: Marriage Equality; ESL instruction; and the Green Focus of the Site Improvement Process. Presentations were followed by workshops in which participants brainstormed ways they can assist in these vital efforts.



I want to thank all those involved, especially Nancy Boardman, Carol Carter-Walker, Carmelita Carter Sykes, Karine Bouis-Towe, and Diane Teichert, for their impassioned advocacy and courageous vision of a world where equal access to the protection of the law and to education, and respectful stewardship are the norm.

The Board of Trustees holds OPEN Executive Committee meetings and Board of Trustees meetings. Typically the Executive Committee meeting, at which the agenda for the Board of Trustees meeting is finalized, is held on the THIRD Tuesday of each month, (usually in the Minister's Office), and the full Board of Trustees meeting is held in Room 4 of the RE Building on the FOURTH Wednesday of each month (these dates usually change in June, November, and December—but THIS November, these meetings WILL be on the third Tuesday and the Fourth Wednesday, and still neatly avoid conflicts with Thanksgiving). We welcome visitors: if you wish to request that an item be added to the agenda, please let the Chair or one of the Vice-Chairs know no later than the Monday before the Executive Committee meeting, or come to the meeting; if you wish to observe or to speak to an item on the agenda, come to the BOT meeting itself. For more information about the experience of visiting the BOT meetings, see the following page on the PBUUC website: <http://www.pbuuc.org/bot/visitors.php>.

On behalf of your 2012-2013 Board of Trustees: Don Gerson and Charles Towe, Vice Chairs, and Trustees Evangeline Wells, Alice Tyler, Don Henderson, Mark Shute, and Don Mitchell, I wish you all the best as we head into the Autumn/Winter Holiday Season!

Michel Léger, Chair, Board of Trustees



Let It Be a Dance!

Let It Be A Dance. Auction 2012 Will Be Saturday, November 10

The 2012 Auction is only a few days away. The catalog will be published online and in hard copy on Sunday, **November 4**. The deadline for dinner reservations is Monday, **November 5**. We're having a catered BBQ featuring grass fed pork and chicken, locally grown vegetables and homemade desserts.

What can you do now:

Attend. The Silent Auction begins at 4 pm. The Bar opens at 4 pm. Dinner is at 6 pm. The Live Auction starts at 7 pm. A Cabaret begins at 8 pm. If all goes well, you'll be checking out and heading home beginning at 8:30 pm.

Volunteer. If you get a call to fill in on some last-minute tasks, say Yes!

Spend. All monies raised will go to the operating revenues of the church. Monies raised by dessert sales will be split with the Youth Group.

This is a community event. As will you see on Sunday, November 11, when all participants are asked to stand, without all of us working on this fun and fundraising event, there'd be no dancing.

Social Action Committee (SAC) News

Report from the 3rd Annual Kick-off: Social/Racial/Earth Justice Through a Multicultural Lens

First—a big thank you to all who planned, participated and assisted in the 3rd Annual Social/Racial/Earth Justice Kickoff Through A Multicultural Lens on September 29.

This year's Kickoff was a combination of further information and training on the external issues to which the Congregation was already deeply committed, Marriage Equality, and internal issues which evolved within the Congregation: Community Tutoring and PBUUC Site Improvement.

Presenters included fellow Paint Branchers Karine Bouis-Towe, Carmelita Carter Sykes, Peter Dowling, Muriel Morisey, Peter Wathen-Dunn, and Rev. Diane Teichert. Invited speakers Joanna Blotner, former staffer for Marylanders for Marriage Equality and Tina Schneider, Maryland National Capital Park and Planning Commission, consultant to the Site Improvement Committee provided additional perspective to the presentations.

The multicultural piece was a performance skit by Peter Dowling, Muriel Morisey and Peter Wathen-Dunn based on the Desserts Chapter of *The Anti-Racist Cookbook*.

(continued on next page)

SAC (continued)

Over 30 attendees enjoyed good information and inspiration from the day. Below are individual submissions by those who both presented as well as lead break-out sessions based on the three topics covered in the kick-off. Stay tuned to provide your ideas and input about next year's Kickoff.

*Submitted by Nancy Boardman
Chair, SAC*

Topic #1: Marriage Equality

Former Faith Organizer with Marylanders for Marriage Equality, Joanna Blotner, spoke during the plenary session about the ways in which Maryland faith communities are building support for Question 6, the referendum on the 2012 Equal Marriage Protection Act. She told an encouraging story from her own Jewish tradition and thanked PBUUC for its commitment. During the break-out session, in place of Tricia Most who was ill at the time, I presented a workshop on "how to engage in conversations with people we know" especially people whose religious convictions cause them to oppose marriage equality. Those who missed it mind find this video from Minnesota helpful: <http://mnunited.org/faith/videosignup/>.

*Submitted by Rev. Diane Teichert
Leader, break-out session*

Topic #2: Community Tutoring

"Yes! We Are the People". Paint Branchers who attended the annual kick-off were challenged to stand in community with our neighbors in the grocery store, on the metro and in our church. One way to contribute to this effort is through the establishment of our new tutoring/mentoring program. Some of the possible areas of focus will be GED preparation and tutoring to assist in obtaining citizenship status. We the people will work toward living our UU Principles by creating diverse respectful relationships, by promoting racial and social justice, and by honoring the contribution of everyone toward the common good. Volunteers are needed for this program.

*Submitted by Carmelita Carter Sykes
Presenter and Leader, break-out session*

Topic #3: PBUUC Site Improvement

For the Environmental component of the kickoff we enjoyed

presentation and question and answer session by ecologist and landscape architect Tina Schneider. She presented the Site Analysis of the PBUUC Grounds which she was hired to complete in August of 2012 upon the recommendation by the Site Improvement Committee. Tina shared with us six trouble areas on our property that have excessive erosion, often leading to pollution into the Paint Branch Tributary which runs through the back of our property. Several of the trouble areas were due to storm-water run-off issues that were a result of poor county road and drainage designs, but one of the trouble areas could be improved by a thoughtful parking lot renovation which will be included in Phase I of the Site Improvement Committee's charter.

Tina presented several diagrams that visualized how open space on our property that abutted our forest were a common area for invasive plants, but there was little we could do to eradicate them entirely. However, continuous vigilance could bring them under control. In addition, Tina pointed out that our property connects directly to a contiguous piece of forested area; this enables us to attract wildlife that otherwise would not be possible. She encouraged the congregation to consider this issue when we work on future site improvement designs so we can focus attention on creating habitat that will attract wildlife such as birds, amphibians and small animals.

*Submitted by Karine Bouis-Towe
Leader, break-out session*

**Next Social Action Committee (SAC) Meeting, Saturday,
December 1 at 10:00 in Room #1 of the RE Building**

Our originally scheduled meeting for Saturday, November 17 has been cancelled and the December meeting is rescheduled.

November 18 Guest at Your Table Special Collection

Guest at Your Table is an annual tradition in which congregation members take home a box featuring photos of people that the Unitarian Universalist Service Committee (UUSC) has worked with recently. These people are your 'guests', and you are asked to share your blessings with them.

Guest at Your Table fosters understanding and awareness of UUSC's human-rights work. Guest at Your Table boxes will be collected in early January. Cash donations will be converted to a check to be mailed directly to UUSC.

Diversity/Anti-Racism Transformation Team (DARTT)

Kwanzaa Sharing Feast is Planned for December 30, 2012!

Plan ahead to attend the **Kwanzaa Worship** service the last Sunday of the month on December 30, 2012. The worship service will feature the Chalice Dancers and will be immediately followed by a **Kwanzaa Sharing Feast**.



Think now about participating in this warm-spirited, intentional community tradition by emailing DARTT@pbuuc.org or by phoning [301-452-1366](tel:301-452-1366) to let us know what favorite dish you wish to bring or to receive African, African-American or Southern recipe suggestions (or purchasing suggestions if you are not inclined to cook or bake).

Before the rush of holiday activities, put **December 30** on your calendar and email us now to plan your participation. Even if you don't want to think now about what you will bring on December 30, letting us know now your intention to participate, will allow us to contact you later about specifics. Your advance **RSVP** will also help us plan seating for the number of attendees. Spread the word: All are welcome!

*Submitted by Tricia Most
Co-Chair, DARTT*

Goodloe Memorial UU Congregation Hosts Sixth Annual Fundraiser for Bowie State University Scholarship Saturday, December 1



Goodloe will host a fundraiser to benefit an endowed scholarship at Bowie State University (a historically black institution) on Saturday, December 1. There is a reception at 6:30 pm; the program begins at 7:00 pm. The featured speaker will be Dr. Mickey Burnim, President, Bowie State University.

Free will donations are requested to continue to fund this permanent scholarship in honor of Reverend Don Speed Smith Goodloe, after whom the congregation is named. Rev. Goodloe was the first principal of the Maryland Normal and Industrial School, Bowie (now Bowie State University) from 1911-1921 and the first African American graduate of Meadville Theological School (now Meadville-Lombard), a Unitarian seminary. See flyers in the Meeting House Lobby. Spread the word to friends and family.

*Submitted by Carol Carter-Walker
Co-Chair, DARTT*

Nature Spirituality Circle (NSC)

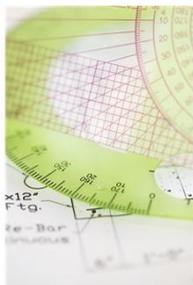
Nature Spirituality Circle will hold our Sabbat ritual for Samhain on 3 November in the RE building (lower level) starting at 5pm. This is a potluck feast event. We will commune with our ancestors and beloved dead, and at the end of the feast, we will "Close the Gates" to the afterworld.

For additional information on the Nature Spirituality Circle, please visit our website at <http://www.pbuuc.org/worship/naturespirituality/index.html> or join our list serve. All Nature Spirituality Circle events are posted on the Circle's main listserve: PBUC-NSC@yahoogroups.com. This mailing list can be joined by sending a blank e-mail message to PBUC-NSC-subscribe@yahoogroups.com with the word "subscribe" in the subject line. You may also contact Tabitha Pierzchala at tabidee@aol.com.

Site Improvement Committee (SIC)

Save the Date

Sunday, November 18th from 1145-2pm



The **Site Improvement Committee (SIC)** invites you to a discussion and presentation of Phase I and substantial finger foods will be served! Tina Schneider, Landscape Architect and Ecologist, will be presenting three designs for each Phase I component. The components consist of: (1) The Complete Renovation of the Parking Lot (2) The Implementation of a Memorial Garden (3) A Children's play area, viewable from the deck. All aspects of Phase I will include a focus on Handicapped Accessibility.

This event will include a question and answer session, this will be your best opportunity to express your ideas and concerns to Tina. She will take the input and return in February with a final version for each component. For those who absolutely cannot make the November 18th event we will have the designs posted in the Lobby of the Meeting house for a few weeks to garner your feedback.

Substantial finger foods will be catered by Olive Tree of Takoma Park, MD. All food will be organic and locally produced. The menu items include falafel (fresh from the oven), humus and pita, coconut lentil soup and salad. Please bring a **\$5 donation** if you will be joining us for the food.

Our next presentation will be on **Sunday, February 17** for final review of the Phase I drawings. The Site Improvement Committee will begin to have their monthly meetings during Enrichment Hour and offer the first 30 minutes for comments/feedback from the congregation.

Schedule SIC, Enrichment hour meetings:

Sunday, October 28th, 2012

Sunday, December 9, 2012

January NO MEETING

Sunday, February 3, 2013

Welcome New Members

Please welcome our newest members, Beth and Chris Brittan-Powell, who signed the Membership Book on September 30. They have three sons: Jack, Sean and Henry, who are enrolled in our RE Program.

In and Around Paint Branch

Staff Changes Underway

Eric Welkos began as our new Building Manager the weekend of October 6-7, in training with Chuck Bury, who is one of our two continuing Building Managers, along with Jesse Crowley. They are scheduled and supervised by the Church Administrator. We know Eric through the family of PBUUC members Raman Pathik and Amy Steiner.

Marina Miguel began as our new Child Care Provider the same weekend. She and Beth Judy, our continuing Child Care Provider, are scheduled and supervised by the Director of Religious Exploration. We know Marina through Sharon Werth, Director of the Chalice Dancers, who works with Marina at the Greenwood Pre-school in Hyattsville.

The employment of Kweli Powell as Religious Exploration Assistant was terminated effective September 27. Director of RE Erica Shadowsong is re-assessing the job description and advertising the opening for this 8 hour/week position, which requires good organizational, and communication skills.

Please join us in giving a warm welcome to Erik and Marina and in wishing Kweli the best in her future endeavors.

In addition, Church Administrator Barbara Morton has submitted her resignation, effective December 21, to assume a ministerial position and pursue a doctorate. A search committee is forming to advertise, review applications, conduct interviews and recommend a candidate. If you are interested in serving, please contact one of us.

*Rev. Diane Teichert and
Michel Léger, Chair, Board of Trustees*

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IN AND AROUND PAINT BRANCH *continued*

New Photography Exhibit in Meeting House November 24

Douglas Bolt, longtime PBUUC member, has been taking pictures since early in his life, which began on a farm in Kansas in 1939. He was encouraged by his father, who also enjoyed taking photos. Doug used photography to document portions of his graduate work at Kansas State University, and post-graduate work at the University of Missouri where he started using photography as a form of artistic expression. It was not until purchasing his first digital camera in 2001 and a DSLR in 2004 that Doug got interested in fine art photography.

The 25 photos displayed in the Meeting House of PBUUC starting November 24 were all captured with a DSLR and most all were printed and framed by Doug. The theme of the show is "Many Faces of Nature," and includes scenes from around the world and close to home in Beltsville.

*Submitted by Jane Trout
Visual Arts Committee*



BUILDING & GROUNDS (BAG) BEAUTIFICATION DAY LOOKING GOOD!

Many thanks to all those individuals who showed up on Saturday, October 20, for the annual fall beautification day! Among the usual tasks of cleaning windows in the Meeting House and RE Building, volunteers tackled the job of cleaning and organizing the boiler room where BAG keeps maintenance items and spackling the walls in the sanctuary. As usual, some boards were replaced on the deck. There were some welcome new faces this time, kids too! A light lunch of pizza and soft drinks was served. We'll be cleaning again in the spring so stay tuned!

*Submitted by Lee Dudek
Chair, Buildings and Grounds*

A Couple of Last Minute Items

Supporting Marriage Equality and the Dream Act in November's Election. Special thanks to Paint Branchers for your strong support for these two Maryland election referenda! The yard signs, buttons, sign-up sheets, and one-on-one conversation guides have been eagerly picked up. The sermons on these topics have been inspiring. And now it's time to vote! Thanks again for your support. Here's to a victory party in early November for both!

CASA de Maryland is looking for volunteers to help undocumented DREAM students fill out their applications for Deferred Action at Clinics on Sunday November 18 and Sunday December 2 from 10am – 4pm.

For information and clinic locations, please contact Rommel Sandino - Youth Organizer Department of Community Organizing at 301-431-4185. For more info on Deferred Action, check the CASA website at:

www.casademaryland.org/get-involved-mainmenu-102/dream-deferred-action



Transgender Day of Remembrance Bethesda United Church - November 17

Over the last decade more than one person a month has died due to anti-transgender biased prejudice. We call on our community to stand with us to remember those whose lives have been taken due to hatred and prejudice and join together in hope for a future of peace and justice. Join us at Bethesda United Church of Christ, 10010 Fernwood Rd., Bethesda, MD, from 6-9 pm for a service of Remembrance and Hope, dinner and time to socialize together.

For more information, call Susan at **301-244-5610** or email dstaff44@comcast.net.

Put Your Faith to Work! Unitarian Universalist College of Social Justice (UUCSJ). Check us out at www.uucsj.org.





Spirit of Life Center

Paint Branch Unitarian Universalist Church
3215 Powder Mill Road, Adelphi, MD 20783
Web: www.pbuuc.org/solcc/ Phone: 301-937-3666

Spirit of Life Center is the place for the neighborhood community to come together to experience, learn and enjoy simple activities through a variety of classes and workshops. Join us to explore and grow your own spirituality, health, and community through an open and accepting environment of friends.

CHAKRA TA'I CHI Class with SEVA Stress Release: by Lynn Johnson. **1st and 3rd Saturday. 9:30 am-10:30 am.** Chakra Ta'i Chi is a gentle yet powerful centering series of movements created by Aminah Raheem and based on Ta'i Chi Chuan. It is designed to open the chakras, the energy centers of the body, and to align the soul, body, emotions and mind. Chakra Ta'i Chi is stress reducing and calming. The class will begin with the SEVA Stress Release acupressure protocol of Soul Lightening International for deep relaxation. (Suggested donation \$10/class or \$32/4 classes)

Meditation Workshop: by Raman Pathik. **2nd and 4th Saturday. 9:30am-11:00am. Breath as a guide.** Another way of looking at your breath is as a spiritual light house to guide you back to the present moment. The goal of meditation is to allow you to spend as much of your life in the present as possible, instead of the future or the past; Staying on the path of the now is the road that leads to happiness. (Suggested donation \$5.00 requested)

Laughter Yoga-mix Class: by Tina McCloud. **Saturday 9:30am-10:30am.** A fun and gentle yoga mix of breathing, poses, stretches, meditation, and laughter therapy. All physical levels are welcome, as we are able to modify any limitations (mat, floor, wheel-chair) or skill levels. No experience necessary. (Suggested donation \$10/class or \$32/4 classes)

Zumba Class: by Shawna Webster. **Saturday 11:00am-12:00pm.** An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning class that's moving millions of people toward joy and health. Suggested donation \$10/class or \$32/4 classes)

Quality of Life Workshop: by Raman Pathik. **Saturday 11:00 am-12:30 pm.** Explore the meaning of quality of life for you and develop a blueprint to implement better habits that will improve balance in your life. Experience how to connect with your true self, nature, your family, your community, your finances, your body, health and the world. (Suggested donation \$5.00)

Simplicity Circle Workshop: by **Simplicity Matters Earth Institute.** TBD

Simple living is about making conscious choices about what you do with your time, your money, and your energy. Simple living is about mindfulness, not deprivation. Simple living is about focusing your energies on what you personally consider important, and improving your quality of life as a result. 7 sessions following the book (\$22.00 for book) (Suggested donation \$5.00 requested)

Dancing Within Class: by Sharon Werth. **Thursday 6:30 pm-7:30pm.** The Dancer in You! Discover the movement that is in your body. Let the dance of your inner spirit out! No experience necessary. Please note day change. (Suggested donation \$10/class or \$32/4 classes)



PBUUC Leadership Directory

☞ Staff ☞

Please contact the Church Office at [301-937-3666](tel:301-937-3666) for Staff listed.

Minister	Rev. Diane Teichert
Music Director & Pianist	David Chapman
Director, Religious Exploration	Erica Shadowsong
Religious Exploration Assistant	TBD
Church Administrator	Barbara J. Morton
Administrative Assistant	Chuck Bury
Bookkeeper	Debra McCann
Director, Chalice Dancers	Sharon Werth
Sunday Service/Bldg. Mgrs:	
	Chuck Bury
	Jesse Crowley
	Eric Welkos
Child Care:	Marina Miguel

☞ Officers and Board of Trustees ☞

Chair	Michel Léger
Vice chair	Don Gerson
Vice chair	Charles Towe
Trustee	Don Henderson
Trustee	Mark Shute
Trustee	Evangeline Wells
Trustee	Alice Tyler
Trustee	Don Mitchell
Trustee	Vacant
Secretary	Melody Lawrence
Treasurer	Marcie Washburn
Asst. Treasurer	Marilyn Pearl

☞ Pastoral Care Associates ☞

Lynn Johnson
Mike McMenamin
Will Snyder

☞ We Care Coordinators ☞

Esther Nichols
Jeri Holloway
Allison Hughes
Gloria "Genie" Van Pelt

☞ Worship Associates ☞

Claire Boston (2011-12)
Celinda Marsh (2011-14)
Jonathan Mawdsley (2012-15)
Montana Monardes (2012-15)
Ken Redd (2011-14)
John Sebastian (2010-13)
Carol Carter Walker (2010-13)
Bettie Young (2012-15)

☞ Committees ☞

Adult Religious Education	Michael Léger *
Arts Council	Pat Tompkins
Budget Leadership Team	Mark Shute
Buildings & Grounds	Lee Dudek
DARTT (co-chairs)	Tricia Most
	Carol Carter Walker
Denominational Affairs	Don Gerson *
Finance	Shantida
Green Team	Penny O'Brien
	Will Snyder
Legacy Fund	Ken Montville
Leasing Team	Church Office
Membership	Polly Pettit
Ministry	Wendy Schlegel
Nominating	Jonathan Mawdsley
Personnel	Will Snyder
Religious Exploration (Co-chair)	Tabitha Pierzchala
Site Improvement	Matt Elliott
Social Action	Karine Bouis-Towe
Spirit of Life Center	Nancy Boardman
Stewardship	Raman Pathik
Visual Arts	Sherry Mitchell
*Temporary	Jane Trout

☞ Groups and Activities ☞

Archivist	Rebecca Birnie
Auction	Carol Carter Walker
Bookstore	Carol Carter Walker
Bridge	Penny O'Brien
Chalice Dancers	Wendy Schlegel
Choir	David Chapman
Coffee Coordinator	Charles Towe
Community Café	Esther Nichols
Ethnic Dinners	Marilyn Pearl
Facebook Page	Ken Montville
Handcraft Circle	Marj Donn
Head & Heart History	Kweli Powell
Listserv	Ken Montville
Marriage Enrichment	Don Fairfield
Mediation Program	David Haberman
Men's Group	Peter Wathen-Dunn
Moms of Young Ones	Renée Katz
Nature Spirituality Circle	Tabitha Pierzchala
Quest Discussion Group	Lowell Owens
Poetry Out Loud	Shantida
Shamanic Journeying	Mary Tyrtle Rooker
Simplicity Circle	Raman Pathik
SINKS and DINKS	Kathy Kearns
Spirituality Circle	Amy Steiner
TWedHUULK	Marge Owens
Ushers	Esther Nichols
Warm Nights	Tricia Most
Webmaster	Mark Shute
Women's Retreat	Wendy Schlegel

PAINT BRANCH UNITARIAN UNIVERSALIST CHURCH

3215 POWDER MILL ROAD

ADELPHI, MD 20783-1030

(301) 937-3666

WEBSITE: WWW.PBUUC.ORG

EMAIL: CHURCHADMIN@PBUUC.ORG

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