



# BRANCHES



**PAINT BRANCH UNITARIAN UNIVERSALIST CHURCH**  
*Affirming and promoting the inherent worth and dignity of every person since 1954*

**February 2013**

**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.*

**February 3**

**When Living “Right,” Isn’t**

*Guest Preacher Rev. Aaron McEmrys with Carol Carter Walker, Worship Associate  
And the Choir singing an Auction Song won by Carol Carter Walker*

“Effective. Efficient. Accomplished.” If you wake up at 3 am, and realize these words are no longer enough for you, then it’s time to practice living whole-heartedly. Come find out how. (See bio on page 8).

**February 10**

**Heart, Mind, Soul**

*Rev. Diane Teichert with Jonathan Mawdsley, Worship Associate,  
And Erica Shadowsong, Director of Religious Exploration*

One of the most hidden of the many kinds of diversities among us as a congregation and society is in the arena of “mental health.” What does our PBUUC hospitality in this regard mean for us as individuals and as a “Community” wanting to be “Beloved”? This is Signing Sunday – those who are ready to sign the PBUUC Membership Book, please meet the Minister and Board member at the chalice after the service.

**February 17**

**Our Third Source: the World’s Religions**

*Rev. Diane Teichert and Ken Redd, Worship Associate, and the Choir*

How do we Unitarian Universalists *authentically* draw meaning from the world’s religions to inspire us ethically and spiritually? This is one of a series of sermons exploring the Six Sources of UUism. Following the service, please stay for the Congregational Meeting featuring the latest on our Site Improvement plans, and more!

**February 24**

**The Greatest Moral Issue of Our Time**

*Guest Preacher Rev. Dr. Terry Ellen with Celinda Marsh, Worship Associate  
Erica Shadowsong, Director of Religious Exploration*

How do the effects of the climate crisis - those already upon us and those more dire ones coming the more we delay - make an imperative moral claim upon us all? The monthly Special Collection will be taken today for Unitarian Universalists for Social Justice (see bio on page 8 and description of UUSJ on page 6).

**Which of your friends, co-workers, and neighbors  
made a New Year’s Resolution to find a spiritual community?  
Please invite them to our Sunday service!**

## Table of Contents

<b>February 2013 Sunday Services</b>	Page 1	<b>The Wider UU Universe</b>	
<b>Table of Contents</b>	Page 2	UUSJ Forum	Page 7
<b>Note to Our Readers</b>	Page 2	Environmental Film Screening	Page 7
<b>The Minister's mUUsings</b>	Page 3	<b>Stewardship Campaign 2013</b>	Page 8
<b>Wheel of Life</b>	Page 3	<b>Acting Locally: CONCERN</b>	Page 8
<b>We Care Coordinator Information</b>	Page 3	<b>In and Around Paint Branch</b>	
<b>Religious Exploration</b>	Page 4	Meet the Guest Preachers	Page 8
<b>Board of Trustees Column</b>	Page 5	SINKS & DINKS	Page 8
<b>Social Action Committee (SAC) News</b>		Annual Women's Retreat	Page 9
PBUUC Tutoring Update	Page 6	Art Happenings	Page 9
February Special Collections	Page 6	A Buildings and Grounds Thank You	Page 9
Next Social Action Committee Meeting	Page 6	Ethnic Dinners Update	Page 9
<b>Diversity / Anti-Racism Transformation Team (DARTT)</b>	Page 6	Are You Planning a Food Related Event	Page 9
<b>Aging Well to the End: A Workshop</b>	Page 7	<b>Spirit of Life Center</b>	Page 10
<b>Introducing Our New Member</b>	Page 7	<b>Leadership Directory</b>	Page 11

### Note to Our Readers:

The Church Administrator has now assumed responsibility for the production of the newsletter.

**SUBMISSION OF ARTICLES FOR BRANCHES:** All submissions for inclusion in Branches should be submitted by email to: [branches@pbuuc.org](mailto: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.
- 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](http://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...



How grateful I am for this beautiful and symbolic new stole! What reciprocal love I felt! You can see I'm beaming! Thank you, everyone, from the bottom of my heart!

Early in our service on January 6, Chair Michel Leger presented the stole "On behalf of the Board of Trustees and the Congregation... in recognition and gratitude for your always standing on the side of

love." On that day, we celebrated the fact that marriage equality went into effect on January 1st with our joyous and deeply moving service "Love and Loyalty: A Celebration of Enduring Love" and the "wedding reception" that followed. People of all ages enjoyed dancing to the tunes spun by DJ Sonny Katz (thanks to his boss Twist for the use of the equipment at no charge!), wedding cake, sparkling cider and toasts! Toasts were offered by representatives of the Human Rights Campaign and Equality Maryland to UU's in Maryland for our early and dedicated work on behalf of marriage equality and by Michel in honor of all supporting elected officials, noting those in attendance: PBUUC member State Senator Doyle Niemann, State Senator Paul Pinsky, Prince Georges County Councilmember Eric Olson and College Park City Councilmember Patrick Wojhan who was, with his partner, a plaintiff in the 2004 Equality Maryland and ACLU lawsuit against the county clerk offices which was ultimately unsuccessful but an important step in achieving marriage equality this year.

Yesterday, being on the Mall to experience my first Inauguration in person, I felt the same joy and gratitude to be an American as I felt on January 6 to be a Marylander when I heard President Obama unambiguously say, "We the people, declare today that the most evident of truths – that all of us are created equal – is the star that guides us still; just as it guided our forbears through Seneca Falls and Selma and Stonewall... It is now our generation's task to carry on what those pioneers began... For our journey is not complete until our gay brothers and sisters are treated like anyone else under the law – for if we are truly created equal, then surely the love we commit to one another must be equal as well." I hope the nine justices of the Supreme Court were listening!

Three years ago in my Valentines Day sermon I said:

*Let's re-imagine a Valentine's Day when gay couples can hold hands, sneak a kiss, buy flowers or gifts for one another openly, without experiencing stares, unkind comments, open hostility or violence.*

*Let's imagine a Valentine's Day when a man can say to his male lover and a woman to her female lover, "On this Valentine's Day, I want to ask, will you marry me?" and know that doing so will open up for them the same rights and responsibilities, challenges and delights as it would if it was a man and a woman agreeing to wed.*

Today in these United States of America we are so much closer to that kind of Valentines Day than I could have imagined we would be. This is the "arc of the universe bending toward justice" (in the words of Unitarian minister Theodore Parker borrowed by Rev. Dr. Martin Luther King, Jr.). right before our very eyes. Behold, and rejoice!

May it continue to be so!

Hoping to see you on Sundays,

*Diane*

## Wheel of Life



A memorial service for Bert Donn, husband of Marj Donn, was held on Saturday, January 5 at PBUUC. Bert's Rabbi, Binyamin Biber of Machar – the Washington Congregation for Secular Humanistic Judaism, gave the eulogy.

We are relieved that Marge Owens is recovering well with treatment for a lung embolism, and that toddler Maggie Myrdon-Ward's eye surgery was successful.

### We Care Coordinator Information

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** or at **781-676-0097** if urgent.

If you are in need of practical assistance (such as rides, meals, visits, or phone conversation), please contact the February We Care coordinator: Genie Van Pelt at **301-292-3328**, or [ggvp@netzero.net](mailto:ggvp@netzero.net).

## Religious Exploration

Dear PBUUC families;

During my time at the LREDA Fall Conference, I attended some workshops on religious exploration and how it continues beyond the walls of the Sunday RE classroom. One of the best experiences we had was in a workshop called, "Rooted in the Sacred."

We examined ways that we all lived our various principles and beliefs in our home lives, perhaps without really thinking about it or identifying it as spiritual practice. The workshop facilitator showed us slides of home altars sent to her by families when she had begun this project of documenting how many UU families are rooted in the sacred.

I thought I'd take some time in this column to share with you some of the wisdom from the room, and invite you and your family to think about how religious exploration continues in your own lives, beyond Sunday. In fact, if you'd like to send me some examples of your own or pictures of a home altar or other symbol of your faith, principles and spiritual practice, go right ahead! I'd love to see and share them, with your permission!

Yours, *Erica Shadowsong*

## Rooted in the Sacred

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|--|---|
| <ul style="list-style-type: none"> <li>• Mindfulness bell</li> <li>• Consumption/ethical eating as spiritual practice</li> <li>• Family altar</li> <li>• Family going to homeless shelter together</li> <li>• Family joys and concerns</li> <li>• Family CD, songbook, videos</li> <li>• Family covenant/sibling covenant</li> <li>• Newsletter column</li> <li>• Workshop on family worship</li> <li>• Asking, "What did you do as a UU today?"</li> <li>• Drinking from a glass instead of bottled water</li> <li>• DRE and volunteer communication about things to do (Taking it Home activities)</li> <li>• Family life liturgy</li> <li>• Quilt squares</li> <li>• Table graces – "For whom shall we pray?"</li> <li>• Family camps</li> <li>• Illuminations app</li> <li>• Evensong (worship curriculum)</li> <li>• Popcorn Theology (curriculum)</li> </ul> | <ul style="list-style-type: none"> <li>• UU Family Songbook</li> <li>• "Come Sing a Song with Me"</li> <li>• Asking, "What did you do as a UU today?"</li> <li>• Drinking from a glass instead of bottled water</li> <li>• DRE and volunteer communication about things to do (Taking it Home activities)</li> <li>• Family life liturgy</li> <li>• Quilt squares</li> <li>• Table graces – "For whom shall we pray?"</li> <li>• Family camps</li> <li>• Illuminations app</li> <li>• Evensong (worship curriculum)</li> <li>• Popcorn Theology (curriculum)</li> <li>• UU Family Songbook</li> <li>• "Come Sing a Song with Me"</li> <li>• Family graffiti board (ask families to share their spiritual practices)</li> <li>• Car questions/questions of the week in the order of service (Driving it Home)</li> </ul> |
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## Board of Trustees Column

### The Board Beat

February 2013

#### AN INVITATION TO LEADERSHIP

My heartiest greetings in this month when the light becomes noticeably more present and the earth begins its first awakenings! I hope that you felt as warmed and inspired, as awakened to compassion, as I did by the example of Tricia Most and the Warm Nights volunteers who helped care for 30 or so homeless folks during the last week of January and the first week of February—the coldest time of the year here. I hope that as with the changes our Great Mother, Earth, is experiencing as the year unfolds, the new year will bring surprising awakenings to unanticipated possibilities for each and all of us at Paint Branch Unitarian Universalist Church.

This month will bring the Town Hall meeting at which we will take our next collective step toward achieving our Site Improvement dreams, as well as learning more about our relationship to the Denomination and further discussing our uses of the generous donations that have come in over the past few months. This month will also begin a new initiative in leadership development at Paint Branch.

I have never been used to thinking of myself in terms of my leadership potential. Growing up effectively as the youngest in a family of nine children, in a household very much structured around patriarchal hierarchy, it never fell to me naturally to lead the pack. I was socialized to be a follower, if only to survive the chaos. On another level, however, that very chaos socialized me to be the leader at least of my own life. I began to discover my own potential for leadership when I was invited onto the Worship Associate team, a couple of years after John and I joined PBUUC. Toward the end of my tenure in that role, I applied for a position on the Ministerial Search Committee, and ended up co-chairing that committee concurrently with co-chairing the Worship Associate Leadership Team during the most recent Ministerial Interim year. In my life outside PBUUC as well, I have for the past few years sought out leadership roles and learned to occupy them with increasing comfort. Surprise!

Have you ever wondered about your leadership potential? Have you ever wondered whether it would be possible for you to assume a leadership role without neglecting the rest of your life? Have you ever wondered how you could find the right “[b]alance between stepping forward to assume leadership and taking time for personal growth and regeneration; between stewardship responsibilities and partici-

pating in church ministries”? (Imagine Paint Branch, p.5)

Come explore with us the possibilities of nurturing your spirit AND enriching our community with your service and with your leadership. Join me and Nominating Committee Chair Jonathan Mawdsley as we facilitate the process of looking deep within to find the spark of spirit you can use to ignite the flame of your leadership, beginning in February with a book-discussion (2 sessions) on the book that has been one of the Board of Trustees’ guides to leading the congregation: *Serving With Grace*. I have thirteen extra copies of the book to lend or sell.

Jonathan and I will lead this book discussion on February 3rd and 24th during Enrichment Hour. In March, April, and May, we will be bringing additional Enrichment Hour activities to continue the process of helping members discern their leadership potentials, explore and explode the myths of leadership, and consider the ways in which their unique leadership qualities might enrich the life of Paint Branch Unitarian Universalist Church.

If you are interested in joining this book discussion group for these two Sundays, or have questions about how the process of discerning leadership potential will unfold here at Paint Branch over the next several months, contact me or Jonathan or meet with us after service February 3rd and 24th . I look forward to accompanying you on your journey into the adventure of leadership here at Paint Branch.

The Board of Trustees (BOT) holds OPEN Executive Committee meetings and Board of Trustees meetings. Typically the Executive Committee meeting, at which the agenda for the BOT meeting is finalized, is held on the THIRD Tuesday of each month, (usually in the Minister’s Office), and the full BOT meeting is held in Room 4 of the RE Building on the FOURTH Wednesday of each month. 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 Exec Com 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, Don Mitchell and Mary Dancy, I wish you all the blessing of hope in this late winter time!

*Michel Léger*, Chair, Board of Trustees

## Social Action Committee (SAC) News



### PBUUC TUTORING PROGRAM UPDATE

We are on the move toward starting our own tutoring program. January 19, 2013 Carmelita Carter-Sykes and Nancy Boardman went to CASA de Maryland to observe the training and process for citizenship application.

We went at the request of Anna Anderson, the Manager of Immigrant Integration Programs. When our group had its last major meeting, we agreed to involve ourselves in the citizenship process since there seemed to be community need in this area. The next training and citizenship application day will be on February 23 at 8151 15th Avenue in Langley Park, MD. The training for volunteers is at 9 am and the application process starts at 10 am. Recently a list of PBUUC classroom volunteers was submitted to the Manager of Education Programs at CASA de Maryland. These PBUUC'ers will be helping teachers with English language learners. Carmelita is starting to work on curriculum ideas about how we can engage with our immigrant neighbors at our own church site. If you want to participate in any of these efforts, email Carmelita Carter-Sykes at [cartercarmelita@aol.com](mailto:cartercarmelita@aol.com) or call her at 202-236-8783.

#### Next Social Action Committee (SAC) Meeting:

Saturday, February 23, from 10 am to noon.

### FEBRUARY Special Collections Update

**December 24.** The collections taken for were **Warm Nights/Community Café** during the two Christmas Eve services resulted in a total collection of **\$1,439!** These funds will be used to support the week-long **Warm Nights/food and shelter** program to be held in the Meeting House beginning January 27 and also to support the monthly **Community Café** which provides a hot meal to those in need.

**January 13.** The special collection for **CERG-UU** Disaster Relief Fund to aid UU congregations and members affected by Superstorm Sandy resulted in a total collection of cash and checks in the amount of **\$654!**

**February 24.** This special collection will be taken for **Unitarian Universalists for Social Justice (UUSJ)**. UUSJ is a Unitarian Universalist partnership of congregations, organizations and individuals in the Baltimore Washington and Northern Virginia area who are deeply committed to UU religious principles of human dignity, justice and compassion for all people. UUSJ collaborates with and is a part of the **Joseph Priestley District (JPD)**, as well as a partner with regional representatives of the **UU Service Committee**. Annually, we hold an **Awards Gala** to celebrate social justice visionaries. Checks may be made payable to **UUSJ**.

## Diversity/Anti-Racism Transformation Team (DARTT)

### Diversity/Anti-Racism Transformation Team Offers A Covenant Group Using *The Anti-Racist Cookbook*

We all need more practice in learning how to talk about race and ethnicity. Tricia Most and Carol Carter Walker, DARTT Co-Chairs, will facilitate a six-session Covenant Group using an excellent resource: *The Anti-Racist Cookbook: A Recipe Guide For Conversations About Race That Goes Beyond Covered Dishes and Kum-Bah-Ya* by Robin Parker and Pamela Smith Chambers.

Members are asked to commit to attending all six sessions, the first of which will begin with a simple lunch at noon on Monday, February 18, 2013 (Washington's Birthday Holiday). At that first gathering, the group will decide on meeting times that are convenient to all members. This six session primer on discussing race will be a helpful precursor to a future group reading of Michelle Alexander's "The New Jim Crow: Mass Incarceration in the Age of Colorblindness." For more information or to register for the Anti-Racist Covenant Group, email [DARTT@PBUUC.org](mailto:DARTT@PBUUC.org) or talk to Tricia Most 301-452-1366 or Carol Carter Walker 202-636-8138.

Submitted by Tricia Most, Co-Chair, DARRT

### Aging Well to the End: A Workshop

Second Session: Sunday, February 10 from 11:45 am to 1:30 pm. (That's a long time! Bring a snack!)

In the first session on January 13, we looked at how to prepare for aging, related disability, and care giving. We learned about living wills, health care and financial powers of attorney, and communicating about one's wishes with family and others involved. It is not necessary to have attended the first session in order to attend the second session.

In this second session, we will focus on planning for the very end of life. What is a "good death"? What choices do we have? Cynthia Saunders, Volunteer and Outreach of CapitalCaring Hospice in the Largo, Maryland office will be our guest presenter: what is hospice, when should hospice be called, what does it offer by whom and where, and how is it paid for? In addition, we will return to some topics from the previous session, including powers of attorney, and identify topics of interest for possible future sessions.

Led by Deb Rubenstein, Paint Branch UU Church member and former Pastoral Care Associate who is a clinical social worker and attorney with eighteen years of experience working with older adults and caregivers, with Rev. Diane Teichert.

RSVP is helpful, but not necessary: call 301-937-3666 or email [minister@pbuuc.org](mailto:minister@pbuuc.org).

### Please welcome new member Laura Abdi!

who signed the Membership Book on December 2, 2012. Laura values the study of science and philosophy, and respect and appreciation for the Earth. She is a mother to Nadiya, who is 4, and Shabbir, who is 2. She enjoys traveling, reading, writing poetry, immersing herself in nature, and any kind of dancing. Also important to her are education and outdoor activities for youth. After moving to the Laurel area, Laura's search for community led her to Paint Branch, where she felt welcomed and heartened by the people she met. We at Paint Branch look forward to being a part of Laura's adventures as she aims to live life to its fullest!



## The Wider Unitarian Universalist Universe

**UUSJ Forum with Bob Edgar, President of Common Cause** to discuss money in politics and the effect on the growing wealth divide. Saturday, February 9, 10 am - noon at All Souls Church Unitarian, D.C.

*Inequalities Matter: The Poisonous Effects of Dark Money in Politics* -- Join UUs for Social Justice in the National Capital Region and Bob Edgar, President of Common Cause for a discussion of one of the root causes of wealth inequality - unlimited amounts of secret "dark money" in politics. Learn what that means for "we the people," share resources and action steps for what your congregation can do to make our voices heard. Location: All Souls Church Unitarian at 1500 Harvard St. NW, Washington, DC. Metro Columbia Heights Metro Station. For more information and to register: [www.uusj.org](http://www.uusj.org) or 202-600-9132 or [info@uusj.org](mailto:info@uusj.org)

### Environmental Film Screening

The Unitarian Universalist Congregation of Rockville (<http://www.uucr.org/>) Green Sanctuary Team is hosting a screening of the film 'The End of the Line' on Friday, February 8 at 7 pm. The film is a documentary about the global implications of overfishing. Scientists predict that if current fishing trends continue, we will see the end of most seafood by 2048. The film points to solutions that are simple and doable, but makes the point that political will and activism are crucial to solve this international problem. More information on this film can be found at <http://endoftheline.com/film/> Coffee and tea will be provided. Feel free to bring guests and a snack or bag dinner. All are welcome.

Catherine Higgins-Bisnett



**Stewardship Campaign 2013  
Opening New Doors  
March 3 - April 21, 2013**

The theme of this year's stewardship campaign is "Opening New Doors". Think about all of the ways that we open our doors at Paint Branch. What makes you keep coming through the meeting house or RE building doors to Paint Branch? You will be hearing more about this theme in the next two months.

Paint Branch is supported by donations from members. This takes the form of a yearly pledge. This year, we will be asking our affinity groups to set aside an evening, talk about what Paint Branch means to them, and make their financial commitment while among the groups with which they spend time at Paint Branch.

As always, all situations are different. All pledges are important, whether large or small. We look forward to talking with you.

For the stewardship committee,

*Sherry Mitchell, chair*

### CONCERN

#### Providing Therapeutic Foster Care in the Community

CONCERN is a private non-profit child welfare agency that provides therapeutic care primarily to abused, neglected, and delinquent children who may also have physical and/or emotional disabilities. CONCERN also provides structured foster care for expectant and/or young mothers and their infants. Currently, CONCERN is seeking to facilitate the certification of therapeutic foster homes in Maryland. If you are interested in helping pregnant women or children with disabilities, please visit [www.concern4kids.org](http://www.concern4kids.org) or contact them at [kjohnson@concern4kids.org](mailto:kjohnson@concern4kids.org). Brochures are posted on the Meeting House hallway bulletin board.

## In and Around Paint Branch

### MEET THE GUEST PREACHERS



On February 3, we will welcome the Rev. Aaron McEmrys to our pulpit. He is the Senior Minister of the Unitarian Society of Santa Barbara, CA. Before pursuing a life in ministry, Aaron worked extensively with low-wage and immigrant workers as a labor and community organizer. An avid storyteller, Aaron is the author of *After Aesop:*

*Stories for All Ages.*

On February 24, we will welcome the Rev. Dr. Terence Ellen. He is Executive Director of Unitarian Universalists for Social Justice in the National Capital Region, for which a Special Collection will be taken on this day. He is also Consulting Minister at the Unitarian Universalist Fellowship of Greater Cumberland, MD. He has previously served UU congregations in Wakefield, MA, Ridgewood, NJ, and at Cedar Lane in Bethesda. He is a founding member of Interfaith Moral Action on Climate and serves as Board Chair of Chesapeake Climate Action Network.



### SINKS & DINKS

Do you have the winter doldrums? Looking for something to do that doesn't require dressing up or spending money? Then come to the SINKS & DINKS (Single Income No Kids, Double Income No Kids) Appetizer Potluck! Enjoy eating a variety of appetizers (more than enough for a meal) and sipping beverages while visiting with fellow Paint Branchers. All are welcome! If you have children, leave them at home (hopefully with a babysitter), and enjoy some grown-up conversation. Bring an appetizer to share. Drinks will be provided. The event takes place on February 23 at 6:30 pm at the home of James Alexander and Kathy Kearns. Please RSVP to Kathy Kearns at **301-277-3211** or at [kkearns@hotmail.com](mailto:kkearns@hotmail.com).

*In and Around Paint Branch* continued

### ANNUAL WOMEN'S RETREAT

**Saturday, March 2 from 8 am to 5 pm**

The annual Women's Retreat is coming soon. The Women's Group Committee is busy recruiting workshop leaders and planning the annual retreat to be held at Paint Branch on March 2 from 8 am till 5 pm. We will start our morning with breakfast followed by a full day of workshops, lunch and activities (with ample opportunities to be inactive).

All of our food is home-made, fresh and vegetarian. Child-care will be provided at no extra cost if we know in advance. Women and girls of all ages are welcome, so bring your friends, your moms and your daughters.

Registration will start soon so look for a friendly Women's Retreat coordinator in the lobby and announcements in the order of service with registration information.

*Submitted by Wendy Schlegel*

### ART HAPPENINGS

We will be enjoying a retrospective exhibit of serigraphs and handmade paper by Riderwood resident Peggy Zee. She has a degree in art and during her life she has worked in many different media, exhibiting widely in the Washington area. She has also supplemented her income by teaching, framing and selling art supplies. If you have any questions about her work you may call her at **301-890-1069**. This show will hang through March 10, 2013.



Jane Trout, Visual Arts Committee

### A Buildings and Grounds Thank You!

On a warm sunshiny Saturday Morning (01/12/13), Buildings & Grounds members worked for over six hours to repair our deck and rejuvenate the Meeting House Women's Bathroom. Andy Myrup, Fred Teal, Mary Dancy, Paul Young, Peter Dowling, & Peter Wathen-Dunn deserve our thanks and recognition for their efforts. The deck is in much better condition today than at the beginning of the year, and the Woman's Bathroom has never been so clean!

### Ethnic Dinner Hiatus – No February Dinner

Up until now we have had a tradition of holding 3 Ethnic Dinners a year, usually in October, February and May. Recently February has presented problems which cause more uncertainty and stress than its poorly attended dinner warrants. Requiring one Sunday for menu planning, the next 3 for ticket selling and volunteer recruiting, the following Saturday for the dinner, and the next day for the leftover sale, meant we needed 5 successive weeks in which there was no snow or ice event which either closed the church or made folks hesitant to venture out. That's asking a lot of January and February. Then there are auction events scheduled on some February Saturdays, choir exchanges with other UU churches which take our entire choir away one week and have them playing host to the other choir the following week. And let's not forget Valentine's Day and the President's Day weekend. With so much packed into the shortest month, the Ethnic Dinner tended to have very low attendance, so we are dropping the February dinners.

We considered doing something in March, but that is Stewardship month. We thought maybe one in April and then again in July, but since October is the one certain month for a dinner, that would mean 3 dinners just 3 months apart – too many, too close? So, until we have some better ideas, this year at least, we will have just two dinners – the one we had in October and another in May. So far, we don't have a date or theme yet, and are open to suggestions. Don't forget May has Mother's Day, the Memorial Day weekend, and probably some weddings and graduations, as well.

After 24 years and 61 dinners, it is high time for some fresh leadership, ideas, and support for Ethnic Dinners if they are to continue, especially as PBUUC focuses on Multiculturalism. Ideas and volunteers are welcome. Contact Marilyn Pearl, **301-805-1218**, [buffalo\\_gal@verizon.net](mailto:buffalo_gal@verizon.net).

### If You Are Planning A Food-Related Event At Paint Branch

Read This Before Purchasing Any Supplies

In the process of helping to clean our kitchen in preparation for Warm Nights, I discovered the lower cabinet closest to the refrigerator was overflowing with the following: Paper and plastic cups in various sizes, colors and designs, for both hot & cold drinks, plastic flatware – knives (lots of knives), forks and spoons; boxes full (and there's even more in a drawer, and still more on top of the upper cabinets), paper plates in various sizes, colors and designs, and some paper bowls, paper napkins in various sizes, colors and designs. Some of these supplies will be used by Warm Nights, but even then there will still be an abundance of the cups and flatware. Please, do not purchase any more of these items until you've determined if you can use what is already there.

*Marilyn Pearl*



## Spirit of Life Center

Paint Branch Unitarian Universalist Church  
3215 Powder Mill Road, Adelphi, MD 20783  
Web: [www.pbuuc.org/solcc/](http://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. **1<sup>st</sup> and 3<sup>rd</sup> 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 acupuncture protocol of Soul Lightening International for deep relaxation. (Suggested donation \$10/class or \$32/4 classes)

**Meditation Workshop:** by Raman Pathik. **2<sup>nd</sup> and 4<sup>th</sup> 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	Eriall A. Steiner
Church Administrator	Charles Bury
Administrative Assistant	vacant
Bookkeeper	Debra McCann
Director, Chalice Dancers	Sharon Werth
Sunday Service/Bldg. Mgrs:	Jesse Crowley
	Eric Welkos
Child Care:	Beth Judy
	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	Mary Dancy
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	Michel 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 (co-chairs)	Penny O'Brien
	Will Snyder
Legacy Fund	Ken Montville
Leasing Team	Church Office
Membership	Polly Pettit
Ministry	Wendy Schlegel
Nominating	Jonathan Mawdsley
Personnel	Jim Flaherty
Religious Exploration	Tabitha Pierzchala
(Co-chair)	Matt Elliott
Site Improvement	Karine Bouis-Towe
Social Action	Nancy Boardman
Spirit of Life Center	Raman Pathik
Stewardship	Sherry Mitchell
Visual Arts	Jane Trout
<b>*Temporary</b>	

### ☞ 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](http://WWW.PBUUC.ORG)**

**EMAIL: [CHURCHADMIN@PBUUC.ORG](mailto:CHURCHADMIN@PBUUC.ORG)**

Check here if you no longer wish to receive this mailing and return to PBUUC