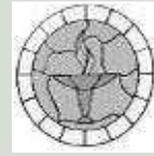




# BRANCHES



## PAINT BRANCH UNITARIAN UNIVERSALIST CHURCH

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

**April 2013**

### SUNDAYS AT 10 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.*

**April 7**

### Church in the Social Media Age

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

Even the Pope tweets! Join us for fun as well as serious explorations of the opportunities and limits of being a Beloved Community in the internet era. Today is Signing Sunday – those who are ready to join the church are invited to meet the Minister and Board member at the chalice after the postlude.

**April 14**

### World on the Edge Revisited: the Hopeful Picture

*Members of the World on the Edge Discussion Group, with John Sebastian, Worship Associate,  
With guest pianist Audrey Andrist*

In this follow-up to last year's "World on the Edge" service on climate change, we'll celebrate progress, share the hopeful picture, and offer ideas for next steps. (See page 8 for more information).

**April 21**

### Who Speaks for Wolf?

#### Earth Day Celebration: All Ages Service

*Rev. Diane Teichert and Erica Shadowsong, Director of Religious Exploration,  
With Montana Monardes, Worship Associate, and the Choir*

*Nursery care is provided for the very youngest while children and youth remain in the Meeting House.*

A tale from the Oneida people teaches us to listen to all voices, including that of nature itself. We will take a Special Collection for EarthJustice (see page 7). The choir will sing "The Sacred Circle" from Jason Shelton's "Sources: A Unitarian Universalist Cantata." Newcomers are invited to meet for informal Q&A about PBUUC and UUism with the minister from 11:30-12:30 in her office in the RE Building.

**April 28**

### The Annual Dance Service: And So We Dance

#### Connecting with Our Sources

*The Paint Branch Chalice Dancers, Sharon Werth, Director  
With the Erika Thimey Dance Company*

*Rev. Diane Teichert, with Carol Carter Walker, Worship Associate.*

Our Unitarian Universalist tradition draws from many sources which ennoble and enrich our faith. We invite you to join us as we give expression through dance to these diverse sources which unite us as we continue our spiritual journey together. In the words of Maya Angelou, "Everything in the universe has rhythm. Everything dances." We join the Chalice Dancers in celebrating their Twentieth Anniversary this year (please see page 8).

*Surely, you know someone who will accept your invitation to attend one of these services with you!*

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### 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...

Pastoral care is on my mind for many reasons right now. One is that we have a new Pastoral Care Associate as of March: Jeri Holloway. You may know of her as a We Care Coordinator. In that role, rotating with the other Coordinators once every four months, she orchestrated the congregation's efforts to meet the practical needs of its members and friends, such as rides, meals, cards and phone contact. Now, like the other Pastoral Care Associates (Lynn Johnson, Mike McMenamin, and Will Snyder), she is providing a listening ear and caring heart for congregants contending with physical or mental illness, grief, or loneliness; and leading the Meditation on Joys and Sorrows approximately one Sunday a month. As a result, we are looking for a new We Care Coordinator – if that role appeals to you, please talk with me or one of the ongoing We Care Coordinators: Allison Hughes, Esther Nichols, and Genie Van Pelt.

Pastoral care is also on my mind because recently a congregant called me in tears. The conversation started with, "I'm sorry to bother you..." and later included, "I didn't mean to dump on you..." and ended with, "I feel better now, but I'm sorry to have taken your time." I tried to provide reassurance that the call was welcome and that being responsive in this way is a really meaningful aspect of ministry for me. This reminded me that it's been a long time since I've written my newsletter column about pastoral care and why you should call me.

Call me when life has gotten you down and you face the day in tears. Call me when you're at the emergency

room with a loved one facing life-threatening illness or accident. Call me when the family has gathered at the bedside of someone nearing death or when memorial service arrangements must be made. I will make every effort to will try to accommodate your schedule.

What can I offer? I do not have the education or the time to meet with one person, couple or family repeatedly, but I am trained in pastoral care. I do know how to listen, provide solace, bring hope, or help you find more meaning in your experiences. Mostly, it is "presence" that I and the Pastoral Care Associates offer. We feel it is a privilege to walk beside members of the congregation in their times of need. Please call on me or one of them.

Hoping to see you on Sundays,

*Diane*

PS - Thanks to a grant from the PBUUC Legacy Fund, a team of four Worship Associates and the entire Worship Staff will be attending the 2013 Leading Edge Conference at the Middle Collegiate Church in New York City from April 13-15th. The purpose of our attending is to be introduced to the multicultural worship practices of that diverse and thriving congregation. Those attending are: Jonathan Mawdsley, Ken Redd, Carol Carter Walker and Bettie Young; David Chapman, Erica Shadowsong, Sharon Werth and myself. The service on April 14th will be led by Worship Associate John Sebastian and our World on the Edge Discussion Group, with Audrey Andrist as guest pianist.

## Wheel of Life



Our hearts go out with sympathy to Ed and Abby Crowley and their family. Ed's father Vincent died on March 15 at the age of 98.

We rejoice that Michel Léger, the chair of our Board of Trustees, is recovering so well from heart bypass surgery on March 12. He is at home, regaining energy and strength. He expresses his great gratitude for the support of the church community. Genie Van Pelt, the We Care Coordinator for April, will be coordinating any meals and rides that are needed, so please make your offers known to her (contact information below).

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 **Genie Van Pelt**, the **We Care Coordinator for April**, at **301-292-3328** or **ggvp@netzero.com**.

## Religious Exploration

### Greetings, PBUUC families!

I would like to take the opportunity in this month's column to highlight news, resources, and upcoming opportunities in religious exploration. Whether you are a parent of young children or single adult, youth or elder, whatever your stage in your personal journey of religious exploration, this article will have relevance to you!

**RE Committee Changes** – This year, we will be saying good bye to Matt Elliott, RE chair and member of three years. The RE Committee welcomes anyone interested in religious exploration at PBUUC to let us know of your interest and consider joining!

**RE Program Volunteers** – The RE Program is beginning its recruitment process for next year! We are interested in broadening our base of volunteers and are especially interested in the following: Adults who have not yet served in RE and adults with children who are grown or who do not have children in the RE program. Many of our current volunteers have served in RE for several years; vital RE ministry and growth of the church depends greatly on the whole congregation participating in religious exploration. Many training opportunities and supports are available. If you are a current member of the church and have been for at least six months, and are willing to submit to a background check free of charge, you are eligible to serve with our children and youth! Please consider making this year the year you serve with our wonderful RE program.

**OWL Facilitators** – We are looking to train a new group of volunteers in Our Whole Lives sexuality education! OWL facilitators are motivated and passionate about equipping our youth with tools for self-esteem, making healthy decisions about their sexuality, and standing up to negative images and messages in mass media about sexuality and gender. Although we will not be offering OWL next year, we will the year after, and would like to train at least two more male teachers and one more female. Volunteers who identify as LGBTQ are encouraged to apply, as are volunteers of minority ethnicity.

**Neighboring Faiths & Coming of Age** – Next year, we hope to offer Neighboring Faiths, our world religions and local houses of worship exploratory class. It has been a few years since we have had it here, and we are interested in volunteers who would like to explore this subject with our middle school aged youth. We are also looking for volunteers who would consider training in Coming of Age, the youth credo and Unitarian Universalist identity program, which would be offered the following year.

**UU Family Enrichment Workshops** – No matter the makeup of your family, religious exploration and enrich-

ment is a critical component for enriching and living out your Unitarian Universalist path. The RE program is committed to serving families and volunteers even as they serve the church, so keep an eye out for upcoming enrichment workshops... and let us know what you'd like to see. All suggestions welcome! Also, consider perusing the RE library materials; there are many resources of relevance to parents, families, teachers and the congregation as a whole.

Help the RE program foster a true intergenerational congregation here at PBUUC by committing to learning more, or considering involvement. We would love to have you!

Warmly,

*Erica Shadowson*

Director of Religious Exploration

### IMPORTANT DATES:

#### **April 21: All Ages Service – “Earth Day”**

Infants & toddlers' child care

\*Flower communion

#### **May 26: Children's Worship**

No RE classes, Infants' child care

#### **June 9: All Ages Service – “RE Sunday”**

**RE Classes present the service.**

#### **RE Volunteer Recognitions.**

Infants & toddlers' child care

### OWL-Out Needs Trained OWL Leaders

OWL-Out is just what its name implies: OWL is going out, beyond our UU walls, into the community! The organization OWL-Out has provided life-saving comprehensive sexuality education to youth in Arlington, Alexandria and DC. Now, OWL-Out is exploring bringing it to Prince George's County in the fall. If you know of youth organizations that might be interested in sponsoring an OWL-Out series, or if you are a trained OWL leader who would like to get involved, please be in touch with UU minister Rev. Archene Turner: [archene@gmail.com](mailto:archene@gmail.com) or 202-288-7511. Young adults, people of color, straight or LGBTQ, are especially encouraged to become part of the OWL-Out team. Our Whole Lives (OWL) is the award-winning, Unitarian Universalist faith-based, life-span sexuality education curriculum with segments for pre-school, elementary, middle school, high school, adult and elder adults.



## Board of Trustees Column

### The Board Beat, April 2013: GRATITUDE, again...

Hello Paint Branch:

As I begin to write this it is a week, to the hour, after I underwent double bypass surgery to correct a 95% blockage that had carried the potential to end my life. For MOST of the past week, I have been filled with gratitude and joy for the fact that my life has been saved and I have been surrounded by love and support. I have also experienced (as predicted by my discharge planners) the shock, disbelief, and depression that follows such a major operation. I have been told to expect a 6-12 week recovery period, and I expect to be back in Church for a Sunday service within the next couple of weeks.

When I FIRST brought my physical symptom to my physician, we agreed the most likely explanation was GERD (gastro-esophageal reflux disease), and began treating it as such; nevertheless, my family history prompted him to refer me for a nuclear stress test. At THAT point, I decided I had to look at my stress-management strategies, and determined that in addition to increasing the frequency of meditation, I needed to look at my job and my volunteer activities, including my Board service, to find those things I could be either delegating or refusing. This is, of course, one of the central observations Erik Wikstrom makes in *Serving With Grace*, the book I'm always talking about: find out what you are passionate about and good at, and be open to serving in ways that nurture your passions and utilize your best gifts; to the rest, prepare to say a "sacred 'No'."

Frankly, I could not find much in my list of activities that doesn't align pretty well with my passions and my gifts—but there was too much of everything, and SOME of my passions were getting NO airtime whatsoever; so my challenge over the next weeks will be to add INTO my schedule those activities I love but have not found ENOUGH time for, including meditating, reading, writ-

ing, and studying languages, and to remove SOME of the activities I had been overloaded on.

I say this because one of my most present concerns is that my current medical issues might be taken as further proof that service to the church, lay leadership, is dangerously stressful. While I certainly think it CAN be, I do NOT believe that this is what has been operating for me in this case.

ONE of my chief passions, since I have been on the Board, has been to help shift the culture of leadership at PBUUC toward a model that will honor individual gifts AND limitations and that will INVITE individuals into intentional commitment of those gifts they have INCLUDING an intentional honoring of their own boundaries. For too long (this is my observation and interpretation and I offer it only as such) a few people have given their all and beyond, while most people have withheld because they perceive they are being asked to do EVERYTHING associated with a task and they (rightly) acknowledge that they, alone, cannot do it.

The genius of Wikstrom's book is BOTH in his observation that we can only give (healthily) what we HAVE to give (time, passion, talents), AND that MOST tasks combine a range of requirements in terms of "skills" needed to accomplish them: so that those who ARE good at detail, process, and planning, can do those portions of a task that require such skills; while the "hands-on" portions of those same tasks can best be accomplished by those whose skill sets incline them toward practical application. Of course, it is a practical as well as a spiritual imperative that we as a community honor ALL contributions AND that we remain conscious within the PROCESSES by which we work together: respecting, nurturing, loving each other in, with and for the differences we each bring to the communal task.

Influenced by Wikstrom, the Board's focus on a Committee Charter Template is not primarily about standardization or about imposing on independent groups within

*Continued on next page*

# Stewardship Campaign 2013

## Opening New Doors

### March 3 - April 21, 2013



The Stewardship Campaign is underway! We have already collected \$119,280 in pledges as of March 17. This is from 30 pledging units. This is because we collected pledges from our Leadership prior to the start of the campaign.

Paint Branch is supported by donations from members. This takes the form of a yearly pledge. This year, we have asked 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. Some of these groups have already met. Some have yet to meet. Visiting Stewards will contact those of us who are not yet affiliated with a particular group. Pledge cards are available in the lobby, and on our website as well. Please help us to meet our goal of \$320,000. This is a 10% increase over the pledge income raised last year.

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* — [stewardship@pbuuc.org](mailto:stewardship@pbuuc.org) / 301-776-2359

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#### **The Board Beat** *Continued from previous page*

the church: the Template's primary focus has been on including details about tasks and about transmission of knowledge and authority: it is easier to divide large tasks into manageable portions completed by more actors if the details of a task are listed; individuals can thus choose a level of participation that feels manageable to them, and have a boundary beyond which to express a "sacred no." And circumscribed terms of service allow leaders to rotate off committees and move onto new tasks as their gifts grow and their time-needs shift. And given that most committees and many affinity groups reflect ongoing operational concerns of the Church, established Charters allow incoming members and leaders a place to start so that the burden of new creation does not have to discourage participation in the first place.

I invite you to consider YOUR gifts and the many volunteer and leadership needs around you at Paint Branch, and to ponder ways in which you can contribute your gifts, energies, and time to those needs. I look forward to continuing the conversation about how together we can create a culture of leadership here at Paint Branch to include as many as possible in the ongoing evolution of our Beloved Community.

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. 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 renewal as Spring unfolds!

*Michel Léger,*

*Chair, Board of Trustees*

## Social Action Committee (SAC) News

### New Process For Developing Congregational Social Justice Projects Emerging

Representatives from the Social Action Committee, Green Team and Diversity/Anti-Racism Transformation Team gathered recently to debrief about the Fall 2012 Social/Earth/Racial Justice Kickoff. We ended by beginning to plan a new way to engage the PBUUC community in social justice work. So far, the three committees' representatives have committed to developing a process to find out what the congregation's interests and passions are, rather than asking for a rubber-stamping of priorities developed by the committees. Look for focus groups after Sunday Services and a survey to uncover at least three major initiatives—one in each committee/team area—for the congregation's social justice work for the next year. Stay tuned!

### April Special Collections Update

**Special Collection for April 21.** A collection will be taken for Earthjustice on April 21. Earthjustice is a non-profit public interest law organization that is dedicated both nationally and internationally to protecting magnificent places, natural resources, and wildlife on this earth, and to defending the right of all people to a healthy environment. They accomplish this by working directly through the courts to ensure that government agencies and private interests follow the law. Please make checks payable to Earthjustice.

**Notice concerning January 27 collection for Housing Initiative Partnership (HIP).** Due to circumstances beyond our control, the special collection for HIP did not reach its intended destination. Individuals who wrote check donations may want to investigate if their check has cleared, but it appears likely that the checks have been lost in the mail. A call to the HIP office confirmed that the checks were not received, however, they will keep looking for a delivery. If nothing happens relatively soon, another special collection will be taken for HIP sometime in June. Thank you for your understanding.

*Submitted by Mary Dancy*

**Next Social Action Committee (SAC) Meeting:**  
Saturday, April 20, from 10 am to noon  
in Room 1 of the RE Building

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

### Diversity/Anti-Racism Transformation Team (DARTT) Monthly Meeting On Tuesday, April 2

DARTT has resumed a regular schedule of monthly meetings on the first Tuesday of the month. Our next meeting will be Tuesday, April 2 from 7:30 to 9 pm in Room 1, Religious Exploration Building. This meeting represents a safe space to bring concerns and information exchanges. If you cannot attend, but would like to share your thoughts or add items to the Agenda, please contact [dartt@pbuuc.org](mailto:dartt@pbuuc.org)

Please join us. All are welcome.

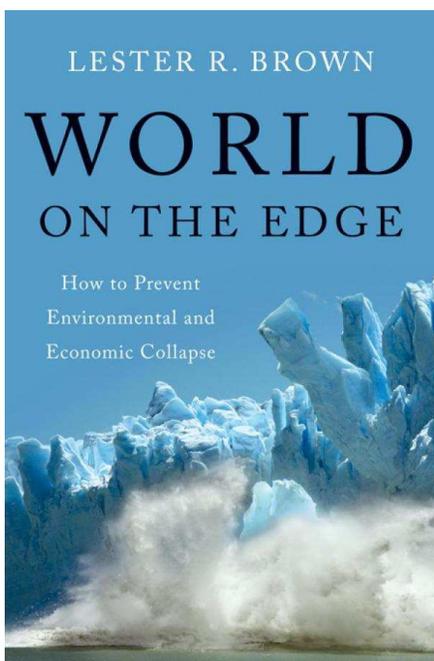


### Mosaic Harmony Annual Fundraising Concert Sunday, April 28

Mosaic Harmony is an interracial, interfaith community choir founded in 1993 by the UU Congregation of Fairfax. The choir draws primarily on the African-American spiritual heritage to demonstrate and encourage unity in the midst of diversity. The Rev. David K. North has been director since 1996. "MoHa" performs about 20 concerts each year in a mix of benefit concerts, fundraisers, and celebrations. You can learn more about their music, performances and CDs at their website: [www.mosaicharmony.com](http://www.mosaicharmony.com)

Its 20th Anniversary Fundraising Concert will be Sunday, April 28 at 4:00 pm at the Unitarian Universalist Congregation of Fairfax, Oakton, VA.

Tickets are \$25 for adults. Children are free. You can purchase tickets and arrange for carpooling from Paint Branch by contacting Carol Carter Walker at [dartt@pbuuc.org](mailto:dartt@pbuuc.org).



## MEET THE GUEST WORSHIP LEADERS

On **April 14**, the service will be led by Worship Associate John Sebastian and members of PBUUC's World on the Edge Discussion Group. When the Worship Associates led a service a year ago about the book *World on the Edge* by Lester Brown, they focused on the problems facing the environment and woke us up to the situation we face today. Those who discussed the book last summer want to share the hopeful picture, celebrate the progress we've made and give the congregation ideas about how each of us might want to address this topic next. During the social hour after the service, there will be a number of tables where people can take action, and a "Reverberations" discussion of the service will take place during Enrichment Hour. Those on the service planning committee are Meg Waugh, Genie Van Pelt, Mary "Tyrte" Rooker, Iris Peabody, Esther Nichols, Chris May, and Marj Donn (chair).

### Meet the Director of the Chalice Dancers

This year, we are proud to celebrate twenty years of liturgical dance in the worship and community life of Paint Branch Unitarian Universalist Church! Our annual dance service is this month, on Sunday April 28. In honor of their anniversary, the Chalice Dancers are also offering a dance concert on Saturday evening, June 8, so please mark your calendar accordingly!

For almost all of those years, the dances have been lovingly and creatively directed and choreographed by Sharon Werth. Sharon has been dancing since her youth. She was a Dance Major at California State University at Long Beach. Upon moving to the DC area, she danced with The Erika Thimey Dance Theater from 1975 until 1979, when Erika retired. Her introduction to Sacred Dance from Erika (a pioneer in this dance form since the 1930's) continued to influence her career as a teacher and performer. She also studied T'ai Chi with Al Chung-Liang Huang. Sharon has taught many forms of dance and currently teaches numerous Creative Movement classes throughout the DC Metro area, including an adult dance class at PBUUC on Thursday evenings from 6:30 to 7:30 pm.



**Sharon Werth**

In addition to directing the Chalice Dancers, Sharon is also Co-Director of the revived Erika Thimey Dance & Theater Co. To celebrate the centennial year of Erika's birth, Sharon arranged for the Erika Thimey Dance & Theater Company to perform at two Unitarian Universalist churches. First, in November 2010 at the First Parish UU Church in Waltham, MA where Ms. Thimey danced for the first time on September 23, 1934 -

more than 2,000 people turned out for that historic service, so it had to be repeated to accommodate the crowd! And also in June 2011 at the First Unitarian Church of Chicago where Ms. Thimey had introduced liturgical dance, as she did in churches throughout the country.

"It is always a joy to express the spirit through the art of dance," Sharon says.

We are deeply grateful that she expresses her joyous spirit among us here at Paint Branch UU Church.

-Rev. Diane Teichert

## Meet our Newest Member

Originally from a small town in New York, **Janet Overton** moved to this area with her husband Mel in 1981. She had been working in the publishing industry in New York and continued in that field after moving here, working first for the National Academy of Sciences, then an environmental organization, and finally for the federal government. Mel and Janet both came from fairly large families, and most of their time was spent in events involving family and friends. In 2009, after they had been married 41 years, Mel died of a neurological disease. A little more than a year later, Janet retired and began planning trips with one of her sisters. Last October they went to South Africa, in April they are going to Costa Rica, and next year they plan to visit east Africa.

Welcome, Janet!



Janet is pictured here with her sister, Sharron Woodley, on Robben Island, the island prison where Nelson Mandela spent 27 years. Janet is in the blue sweater.



**The Paint Branch Musical Review** will showcase the amazing musical talent of PBUUC. Cameos by Diane and Erica! We're raising funds to hire an orchestra for the Choir Service in June. Donations accepted at the door. Comedy, tragedy, romance, musical theater, opera, operetta... You name it, it's in the show!

## In and Around Paint Branch

**The Paint Branch Legacy Fund** is beginning its annual process to award a limited amount of money for **special projects** that are not part of the church's operating budget. This year there is a total of \$3,500 to award. This pool can be awarded to a single project or divided among several projects. The Endowment Committee will review the requests and make recommendations to the Board of Trustees. If you wish to be considered, please email [ken@mbsuburbs.com](mailto:ken@mbsuburbs.com) to obtain a request form.

**THE DEADLINE FOR RETURN OF THE REQUEST FORMS IS FRIDAY, APRIL 19.**

### Why Do We Sell Grocery Gift Cards After Service?

After every Sunday service, Grocery Gift Cards for Giant Food, Shoppers Food Warehouse, Shop-Rite, Weis Markets, and Greenbelt Co-Op are sold in the Foyer of the Meeting House. PBUUC buys them at a 5% discount (3% for Greenbelt Co-Op) and sells them to members at full face value. For example, when you buy a \$100 Giant Gift Card, PBUUC gets \$5 and you still get your \$100 worth of groceries. The gift cards are good for any type of purchase. They can be used at both the cashier checkouts and the self-checkouts. (Giant gift cards can also be used for PeaPod purchases!) These sales usually account for about \$2,500 a year in income to the church.

Everyone's got to buy groceries. Why not use these Gift Cards and help your favorite church at the same time? Come to our table in the foyer after service and take a look! For more information, please call John Bartoli at 301-441-2516.

### You Are Invited to Lunch with Us

The Third Wednesday Handy UU Lunch Klub (TWedHUULK) will return to Fratelli's on Wed. April 17th at 1:00 pm. This Italian place treats us like royalty. On our two previous get-togethers there, we were given a private room and very attentive waiters. The food has been good and prices are moderate. Parking is plentiful.

Directions: Drive south on the Baltimore Washington Parkway; take the exit to "Rt. 202, Hospital" just after the exit to "Bladensburg"; turn right and immediately turn right again into the driveway of the restaurant and the motel just behind it. The motel and restaurant were a Howard Johnson's and still have the look of the HoJo chain. If you need a ride or can give a ride to another person please contact Marge Owens on 301-345-1572 or [lowlandmarge@verizon.net](mailto:lowlandmarge@verizon.net).

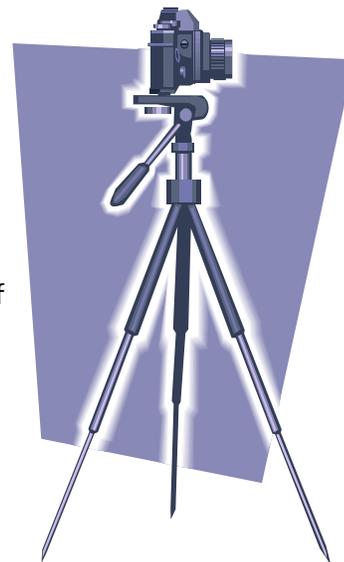
### ART HAPPENINGS:

#### New Photo Exhibit

In the Meeting House, Don Gerson is sharing some photographs he took in Berlin in 1993. He says, "The infamous Berlin Wall had been down for four years. Many of the remnants of the wall remained, in many different forms, but the physical separation no longer existed.

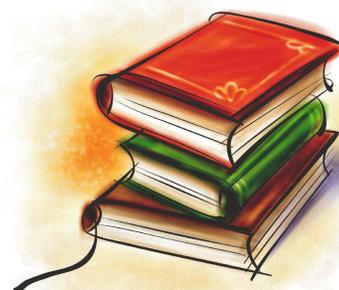
East was still very different from west, but those differences were changing. The area where the wall had existed was an area of massive construction. Since a full city block had been cleared on the eastern side of the wall large areas of prime real estate were now available for modern construction on a very large scale. Old and cherished buildings were beginning to show new life. The amazing museums still existed in their old form, but some of the buildings that housed them were long due for improvement, and that had begun.

This exhibit tries to capture as much as can be shown, in just a few images, of this time of major change in one of the world's great cities." Enjoy this fascinating exhibit. If you have questions or are interested in purchasing a photograph, please contact Don at 240 293-6570 or email him at [donauldgerson@yahoo.com](mailto:donauldgerson@yahoo.com). Jane Trout, Visual Arts Committee



### Invitation To Daytime Book Discussion Group

You are invited to discuss Al Gore's new book, The Future, with other PBUUCers and friends on a weekday afternoon twice a month. We will begin on Tuesday, **April 9**, from 1 - 3 pm and will always meet on the second Tuesday. We will select a day for a second time each month once the group meets. Everyone welcome. For more information or to order a book, call Genie Van Pelt at 301-292-3328.



*In and Around Paint Branch ... continued***ETHNIC DINNERS ~ HAVE YOU MISSED US?**

The next Ethnic Dinner, Saturday May 4, our third South American theme, will be Brazil, the largest country on that continent, and the only one colonized by Portugal. Because the Portuguese Ethnic Dinner was our largest (overwhelmingly large), I shied away from doing it again. But it seems, like other colonies of a foreign country, Portugal was not the sole influence on Brazil's cuisine. Indigenous people and African slaves had significant impact with additional influence from Germany, Italy and Japan. How much and what kind will be seen when we do the research and create our menu.

Because May 4 falls early in that month, we are announcing it now, but as of the deadline for this newsletter, I don't yet have much information, so watch Sunday bulletins for updates. You now know the theme and date. The time is 6:30 pm at church. Tickets will be available April 14, 21 & 28 following the services, \$15 for adults, less for kids. If you have a coupon for a free ticket, redeem it on one of those dates. The Menu Planning meeting is during Enrichment Hour, April 7. It's open to anyone with a suggestion or recipe, or just interested in observing or participating in the process. Sometimes, we even serve samples at the meeting! If you can't attend, get your idea or recipe to Marilyn before April 7. Our Portugal connection, Nancy Boardman, has a Brazilian neighbor with whom we will be consulting for ultimate authenticity.

As usual, volunteers are needed. Cooks of course, and any who are willing to make more than one dish will be especially appreciated. We supply the recipes, let you know how much to make, and reimburse the cost. Don't cook? We still need you. Come in at 5 to help set up, come at 6 to tend the door, provide some recorded Brazilian music (see paragraph below), brew coffee, or stay later to clean the meeting hall and kitchen, run the dishwasher, or launder tablecloths. Select your task when you get your ticket.

Here are two other Ethnic Dinner-related bits of information not restricted to this particular dinner.

**Music** - Do you like music and know how to find and download it to a device from which it can be played? I am woefully ignorant of any of this, so am hoping there is someone out there who could take on the task of doing this for the dinners. It would involve finding a variety (fast, slow, instrumental, vocal, etc.) of music appropriate to the theme of the dinner, and collecting it on your device to be played at the dinner, enough to play for about 4 hours. If you're interested in doing this, or maybe have a teen who knows how, please contact Marilyn.

**Want a recipe?** - Often someone will ask me at an Ethnic Dinner to give them the recipe for some dish. I would always like to and intend to, but things can get in the way. One is that by the time I finish all that has to be done after a dinner, I've forgotten who asked or which recipe they wanted. Another is, when cooks choose the dish they want to make, we often hand them 3 or 4 different recipes, giving them the option of following one or another, or combining several. Sometimes they can't obtain all the ingredients and have to make substitutions. Therefore, I'd have to ask that cook to get the exact recipe used for the dinner. So, if you want a recipe, by all means let me know at the dinner, but then follow it up with an email to remind me. I will do my best to get it to you.

Contact: Marilyn Pearl, 301-805-1218 or [buffalo\\_gal@verizon.net](mailto:buffalo_gal@verizon.net).



### The Wider Unitarian Universalist Universe

**The Rev. Dr. William Schulz** – CEO and President of the UU Service Committee and Past President of the UUA - will speak on Saturday, April 27 from 4 – 6 at the UU Congregation of Columbia. This is an event not to be missed! Dr. Schulz is an outstanding and widely respected UU leader. He will be speaking in support of the UU Legislative Ministry of Maryland and their social justice ministry as they coordinate advocacy of UUs on specific issues before the Maryland General Assembly. Light refreshments will be served. Space is limited. So please RSVP by Friday, April 19 to [info@uulmmd.org](mailto:info@uulmmd.org) or call 410-266-8044, ext 111. You'll be asked to support the next phase of growth for the UULM-MD at this event. The Columbia UU Congregation is located at 7246 Cradlerock Way, Columbia, MD 21045.



## 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> Saturdays 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. **2<sup>nd</sup> and 4<sup>th</sup> Saturdays 9:30 am - 11 am.** **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 requested)

**Laughter Yoga-mix Class:** by Tina McCloud. **Saturday 9:30 am - 10:30 am.** 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)

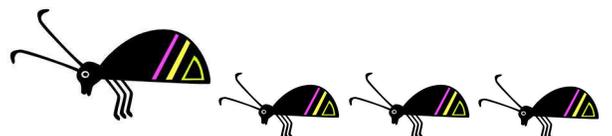
**Zumba Class:** by Shawna Webster. **Saturday 11 am - noon.** An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning class that's moving millions of people toward joy and health. Suggested donation \$10/class or \$32/4 classes)

**Quality of Life Workshop:** by Raman Pathik. **Saturday 11 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)

**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 for book) (Suggested donation \$5 requested)

**Dancing Within Class:** by Sharon Werth. **Thursday 6:30 pm - 7:30 pm.** 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 \$12/class)



## 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	Allie Miraglia
Bookkeeper	Debra McCann
Director, Chalice Dancers	Sharon Werth
Sunday Service/Building Managers:	Jesse Crowley Casey Nuttle
Child Care Providers:	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 ☞

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	Penny O'Brien
	Will Snyder
Legacy Fund	Ken Montville
Leasing Team	Church Office
Membership	Polly Pettit
Ministry	Theresa Brown Shute
Nominating	Jonathan Mawdsley
Personnel	Jim Flaherty
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
<b>*Temporary</b>	Jane Trout

### ☞ Groups and Activities ☞

Archivist	Rebecca Birnie
Auction	Mark Shute
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
Gift Card Sales	John Bartoli
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