



BRANCHES



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

May 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.

May 5

Our Fifth Source: Science and Humanism

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

We will explore the ways humanism “counsels us to heed the guidance of reason and the results of science, and warns us against idolatries of the mind and spirit.” The choir will sing “No Other World” from Jason Shelton’s “SOURCES: A Unitarian Universalist Cantata.” Our newest Members will be welcomed in a brief ceremony.

May 12

Our Sixth Source: Mother Earth Wisdom

Rev. Diane Teichert with Ken Redd, Worship Associate

Reflections on the “spiritual teachings of earth-centered traditions and the rhythms of nature” from a Down Under perspective, based on the minister’s travels last summer to Australia where the constellation “Orion” was upside down and the birds were very strange. The Special Collection will be for CWS/CROP Hunger Walk ([see page 7](#)). 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.

May 19

Reclaiming Wonder

*Rev. Gabriele Parks and Erica Shadowsong, Director of Religious Exploration,
With Carol Carter Walker, Worship Associate*

As children, we look at the world out of big eyes, surprised and awed by the many wondrous things around us. As adults, we seem to have misplaced this ability; most of us can barely keep up with the daily rat race and the many worries and problems in our lives. How can we reclaim our sense of wonder? ([See bio on p. 8](#))

May 26

Freedmen, Transcendentalists, and Decoration Day

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

On this Memorial Day Weekend, we will go back in time to its origins. Its intertwining stories reveal the love of country and freedom that may be said to be “true patriotism.” There will be a ceremony of child dedication ([see page 6](#)). After the service, there will be an opportunity to sign the Membership Book for those who have found Paint Branch UU Church to be their spiritual home.

***“Blessed are those who bring their friends to church,
to join in fellowship, service, learning and spiritual growth.”***

-Rev. John Buehrens, former President, Unitarian Universalist Association

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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 of Religious Exploration	Erica Shadowson
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

☞ Worship Associates ☞

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

☞ Pastoral Care Associates ☞

Lynn Johnson
Mike McMenamin
Will Snyder

☞ We Care Coordinators ☞

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

☞ Committees ☞

Adult RE	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

Finance
Green Team (co-chairs)
Legacy Fund
Leasing Team
Membership
Ministry
Nominating
Personnel
Religious Exploration (co-chairs)
Site Improvement
Social Action
Spirit of Life Center
Stewardship
Visual Arts

*Temporary

Archivist
Auction
Bookstore
Bridge Group
Chalice Dancers
Choir
Coffee Coordinator
Community Café
Ethnic Dinners
Gift Card Sales
Handcraft Circle
Head & Heart History
Listserv & Facebook Page
Marriage Enrichment
Mediation Program
Men's Group
Moms of Young Ones
Nature Spirituality Circle
Quest Discussion Group
Poetry Out Loud
Shamanic Journeying
Simplicity Circle
SINKS and DINKS
Spirituality Circle
TWedHUULK
Ushers
Warm Nights
Webmaster
Women's Group
Women's Retreat

Don Gerson *

Shantida
Penny O'Brien & Will Snyder
Ken Montville
Church Office
Polly Pettit
Theresa Brown Shute
Jonathan Mawdsley
Jim Flaherty
Tabitha Pierzchala & Matt Elliott
Karine Bouis-Towe
Nancy Boardman
Raman Pathik
Sherry Mitchell
Jane Trout

☞ Groups and Activities ☞

Rebecca Birnie
Mark Shute
Carol Carter Walker
Penny O'Brien
Wendy Schlegel
David Chapman
Charles Towe
Esther Nichols
Marilyn Pearl
John Bartoli
Marj Donn
Kweli Powell
Ken Montville
Don Fairfield
David Haberman
Peter Wathen-Dunn
Renée Katz
Tabitha Pierzchala
Lowell Owens
Shantida
Mary Tyrtle Rooker
Raman Pathik
Kathy Kearns
Amy Steiner
Marge Owens
Esther Nichols
Tricia Most
Mark Shute
Wendy Schlegel
Wendy Schlegel

The Minister's mUUsings...

We have an opportunity from which we must not turn away. We face an upcoming loss we do not want to suffer. Erica Shadowsong has informed me that she must leave her Director of Religious Exploration position, which she loves, to go back to full-time teaching, because she cannot survive on what we are paying her for this half-time position. But, we want to keep her!

Otherwise, we will lose Erica's passion for and knowledge of UU religious exploration, her vision for our church, her love for kids, her commitment to their growth as individuals and as a community within the larger church community, her folklore background and storytelling gifts, her multicultural competency, her theological contributions as a pagan and her perspectives as a Gen-X'er, the time and funds we invested in her professional development so far, plus her intelligence and sense of humor!

So, I proposed to the Board of Trustees and the RE Committee that we increase Erica's hours and responsibilities, and therefore pay, giving her the job title of Director of Multigenerational Religious Exploration, as a $\frac{3}{4}$ time position, with an increase in salary up to \$30,000.

Erica and I have drafted an exciting new job description, which I presented to the RE Committee for their input. It includes all her present duties plus the coordination of more multigenerational events; expanding our reach to our underserved age groups: youth and young adults and parents; and upgrading our Sunday Summer Fun program for children for more of a year-round "feel" so that we don't lose as many of our new families over the summer, which will complement my intent to be more often present in the pulpit in the summer. Ideas? Let me know!

Expanding her role is an exciting opportunity, one that will strengthen PBUUC in the direction of a unique aspect of congregational life in our culture: **meaningful cross-generation relationships in a community of shared values.** Think about it... with extended families typically scattered geographically and local lives segregated by schedule into like-aged interactions, where else do children and youth get to know adults and elders whose values are congruent with the values of their parents, and vice versa?

While my plea is to keep Erica in particular, there is a broader context for this situation. The tenure of part-time DRE's is almost always short these days. No one could support themselves on less than \$20,000/year in this region, so usually DRE's have a spouse who works full-time whose job may necessitate relocation, or they are available part-time because they are home with young children but must contribute a full-time salary to the household income after the children start school, or they are in school themselves while they work as a DRE part-time after which they seek full-time employment in their field, or (like our former DRE, Carla Miller, now at the

UU Congregation of Columbia), they seek a full-time DRE position in another UU church.

So, if Erica resigns, the chances are great that we will end up hiring someone else who will be, judging by our other applicants two years ago, much less well-suited than Erica to the DRE role and our church in particular, whom we will orient and train and lose after two years. This succession of losses is extremely wearing on a community and weakens the RE programming. This was the experience of my former congregation in Canton, MA where we had five DRE's in the ten years I was the minister there!

Also, it should be noted that it is extremely difficult to schedule a second half-time job around a half-time DRE position, with its required hours on Sunday mornings and selected weekdays, plus periodic Saturday rehearsals for Sunday services and out-of-town trips for professional development at odd times. Furthermore, the creativity and the off-hours communications expected from our DRE cut into the time and energy available for personal entrepreneurial efforts.

I brought the Director of Multigenerational RE proposal to the PBUUC Board of Trustees at their March meeting. They unanimously (and I would say enthusiastically) endorsed moving forward with the proposed concept, as did the RE Committee in their April meeting provided funding could be secured.

So, the personnel budget request to the Budget Leadership Team includes Erica's salary at \$30,000/year for thirty hours/week. It also includes a long overdue increase to \$3,575 for the Director of our Chalice Dancers, professional choreographer Sharon Werth, whose current salary of \$2,500/year computes to being less than \$14/hour based on a calculation of hours worked, and whose creative contributions to worship planning go well beyond the Chalice Dancers performances you see in worship on Sunday mornings.

How will we fund these increased costs? It will be up to the Board – all ideas welcome. They are in discussion with a possible tenant for the Lower Level of the RE Building. Increased Sunday attendance this year has brought in increased pledge and plate contributions that will hopefully continue next year. The church received major gifts in 2012, which, if not needed to make the deck safe, could help. We may need some "angels" who will contribute substantially more than their pledge for the next fiscal year (which begins July 1). If you can be an "angel" at whatever amount, or want to help raise the funds, please send me or Michel Léger, Board Chair, a note via email or letter.

I envision gains, not losses!

And as always, I am hoping to see you on Sunday mornings,

Diane

Religious Exploration

Spirit Play

I'd like to take a moment this month to highlight and describe *Spirit Play*, the RE model the committee and I are looking to implement next year. You're going to hear us talking about it a lot, because we want it to be as familiar to our congregation as *Together Time* or the holiday party. There will be many opportunities to see it in action by fall of next year-but I hope this will give you a good introduction as to what it's all about, why we're doing it, what we hope to get from it, and where you come in!

As you may have heard, *Spirit Play* is not so much a curriculum as it is a model for child-centered classroom management and spiritual development. It is based on Montessori philosophies, and traces its beginnings right back to the work Maria Montessori and her colleagues did on religious education. The most important thing about this history is the valuation of the inherent worth and dignity of children in terms of their ability to explore spirit and reach their own conclusions to the "big questions." From a Unitarian Universalist point of view, this allows us to model and allow for our children to practice one of our most important values.

I also see *Spirit Play* as being a next logical step, a further evolution, if you will, in our attempts to help our children develop a strong sense of Unitarian Universalist identity. The *Spirit Play* classroom takes lessons and stories a step further than our already fairly good *Tapestry of Faith* curriculum. It does this by making them *experiential instead of didactic*. It also provides opportunities for children to respond to the lessons and stories in a way that is individually appropriate for them, instead of coercing them to all respond in the same way. It organizes the classroom in such a way that it becomes a worship space, child-appropriate, and encourages children to value the artistic and meditative activities they do in response to spirit as "work," fun but still separate from their everyday play. Most of all, perhaps, it seeks to aid in the development of a community of children, in which children learn together and engage with each other, guided by adults rather than interrupted by them. *Spirit Play* goes further than teaching our children *about* our Unitarian Universalist principles and values; it has these principles and values *embedded* in its structure.

What does it look like? Here are the elements of a *Spirit Play* classroom, according to Dr. Nita Penfold, who developed it:

Freedom: children are free to move about their environment, choose their own activities after the initial lesson, and interact with other children in a respectful and peaceful way

structure and order: materials are grouped according to intellectual area and sequenced according to their degree of difficulty on shelves easily reached by the child; no one is allowed to interrupt or interfere with the child's work and the child must return it to its place in the same condition that the child found it

reality and nature: all materials are authentic although child-sized and there is only one of each set of materials so that the child is encouraged to learn to wait or

to choose an alternative; plants and animals are cared for in the environment

beauty and order: well-made materials are arranged in an open and attractive manner

the manipulative materials which stimulate the child's attention span and encourage a focus of attention

development of a community life through mixed ages: children's responsibility for the care of the environment, and the respect shown for their work and others

How does *Spirit Play* affect RE Volunteers?

In the same way that we train our OWL facilitators, RE volunteers need to be trained in the *Spirit Play* method. As Dr. Penfold points out, it does not make sense that we would value OWL education enough to train our volunteers, but not give our regular RE program the same value.

Aside from being committed to this training, there are many aspects of *Spirit Play* that we felt would make RE easier for our volunteers. First of all, there are only two adult roles for every *Spirit Play* classroom (of which we plan to have no more than two next year). Second, the two roles have specific duties that are easy to learn. There is always a "Storyteller," who presents the lesson or story to the circle of children in the worship space, and asks the wondering questions that encourage them to respond, and there is the "Doorkeeper," who helps the children enter in a state of readiness and say goodbye to their parents. The Doorkeeper later assists children with their work and/or snack when needed, but does not have to be responsible for learning the story and manipulatives for the story in advance. This role may be good for people who would like to help in RE, but are worried about having time to learn the story or are not the "talkative" type.

Spirit Play encourages helping children and parents both to adjust to the necessary "threshold experiences" that are part of everyday life. *Spirit Play* volunteers may not be parents who have children in the room, and parents are encouraged to say goodbye at the door to respect the space and community of children that is being developed. Parents are allowed to visit in the classroom on occasion, and when doing so, they are given a special place to sit and watch, but do not join the circle of children. Their visiting occurs within the structure of the classroom, so that that structure is not disrupted, and they are asked to help affirm that structure by redirecting a distracted child to the circle or activities. A third volunteer may be present if an aide is needed to help children with special needs. For this reason, it will be very important to attract new volunteers, and for some of our current volunteers to consider being willing to work with age groups in which they do not have children. It will be an adjustment, but we believe the benefits will be very worthwhile for all involved. Will you help us try this new model next year? We'd love to have you.

Warmly,

Erica Shadowsong, Director of Religious Exploration

Board of Trustees Column

The Board Beat, May 2013:

Hello Paint Branch:

As I write this, from Michigan where STILL the trees have not begun budding and only the daffodils are up, I am reminded of how protracted our own Spring seemed, here in suburban DC. How late the Cherry Blossoms were this year! I am reminded of the need for patience and for the appreciation of process itself. Here are some of the focuses the Board is working on right now.

I and others have been interested, over the course of the past several years, in initiating frank discussions about the phenomenon and nature of mental illness, to the end of enhancing our Community's ability to welcome and support those among us who live with the challenges of mental illness. In recent dialogues with Members I and the Board have again been asking how, and how well, we welcome and honor the inherent worth and dignity of those with mental illnesses and affective disorders.

This is the time of year when Committees and Affinity Groups are asked to prepare their annual reports to be compiled into the PBUUC Annual Report. As we have been doing for at least the past two years, the Board of Trustees is again asking these groups to report out on their progress in incorporating Intentional Multicultural strategies into those reports. As I hope all of you are aware, Intentional Multiculturalism has been a Congregational priority and a Board of Trustees focus for the past few years—consistent with the long history of PBUUC's engagement in the struggle for Civil Rights for all people. How, and how well, how consciously, how intentionally, do we use the lenses of race and gender to survey the quality of our welcome of persons of color not just when they are new visitors but also into the work of committees and into the structures and practical workings of Church governance?

This is also the time of year when Legacy-Fund Grant requests are being received and processed. As of this writing, the requests that have been received are being processed and determinations of Grants should be finalized around the same time the Branches Newsletter hits your in-box.

The BOT and the Buildings and Grounds Committee continue to work on developing solutions to the problem of the Deck. We are addressing immediate safety needs and developing strategies and plans for longer-term solutions. In fact, given the deadline for this Newsletter, this column is likely to be outstripped by solutions the BOT and BAG may implement before this goes to "press."

Your BOT Liaisons will be asking you again about your groups' Charters, in hopes of including each group's Charter into a resource book to be made available in the Church office to anyone curious about diving into the life of our Beloved Community. The intention here is, again, to make publicly available details about the focuses and work of committees and affinity groups. At the end of the Summer, when we gather again, our Annual Involvements and Opportunities Fair gives Congregants an opportunity to consider new ways they can participate in and serve the Community. Imagine how much easier it could be for curious members to find their best-fit if the group's Charter were accessible in the Church office, online, and right there at the Opportunities Fair.

NOW would be an excellent time for those who are curious about and/or interested in the experience of serving on the Board of Trustees to ask any of us on the Board about OUR experiences and about the work and workings of the Board of Trustees, and to visit us during a Board of Trustees meeting. Information on how to do that follows:

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>

I cannot let pass the opportunity to honor and thank David Chapman, Allison Hughes, and the Paint Branch Musicale Players for a hugely successful and thoroughly enjoyable performance. I laughed, I cried, and I shared the wonderful event with my niece and nephew both of whom were as impressed as I was (and am!) As the French say: "Chapeaux!" (Hats off to you!!)

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 joy of renewal that sweet May offers!

Michel Léger.

Chair, Board of Trustees

Child Dedication Ceremony on Sunday, May 26

The next Child Dedication Ceremony will take place during the May 26 Sunday Service. While most of the children dedicated are babies, families with older children who have not yet been dedicated are encouraged to participate. This is the Unitarian Universalist ritual of welcome, in which parents and congregation dedicate themselves to the spiritual and ethical development of children; it does not symbolize cleansing or initiation as in baptism.

In this lovely ceremony led by Director of Religious Exploration Erica Shadowsong and me, the parents dedicate themselves to raising their child to "do the work of love and justice in our world," the congregation dedicates itself to the nurturing of the child, with a special role for the other children present, and the child is offered a blessing and a rose without thorns. The parents receive a certificate of dedication. It takes place in the context of a normal worship service in the place of the Together Time so that all of the children and youth are present for it. The participating parents are welcome to invite family and friends to attend, who are welcome but are not required to stand with them for the ceremony.

If your family (children may be of any age) would like to participate, please contact me or Erica.

Rev. Diane Teichert,
Minister@pbuuc.org, 301-937-3666

Meet Our New Member



Harry Schomberg moved to the area last August from Athens, Georgia, where he had been a member of the Unitarian Universalist Fellowship of Athens since 2000. He grew up in southern Georgia and received several degrees in agronomy, culminating in a Ph.D. from Texas A&M. A transfer through work at USDA brought Harry to Greenbelt, MD. Only a few months before his move, Harry lost his wife, Joy, after 35 years of marriage. He enjoys being around people and has already become a valuable addition to the choir here at Paint Branch. He also enjoys dancing, and is looking forward to using his kayak this season. Welcome to Paint Branch, Harry!

Wheel of Life



Our hearts go out in sympathy to...

Sabrina Finlay and her family on the death of her step-father on March 24 in Florida.
 Tricia Most and her family on the death of her mother on April 6 in Maryland.

And we rejoice with...

Nancy Boardman whose 32 year-old son Jaime is recovering from blood clots in his lung, which were determined to have not been caused by malignancy.

On April 17, Joann Alexander was released from Hospice care after enduring an illness most of the winter. She offers thanks for the many beautiful cards, pictures and flowers she was sent.

BOT Chair Michel Leger wants to thank many individual PBUUC Members and the Church as a whole for the outpouring of love and support that held him, and John Sebastian, his partner, during his recent unexpected illness, surgery and recovery. Michel will return to work May 1, and returned to his duties on the Board, officially, with the April meeting of the Board of Trustees, April 24.

The We Care Coordinator for May is Allison Hughes. If you or a congregant you know is in need of (or can provide) rides, meals, cards or visits, please contact her at allisonih@gmail.com or 301-864-1889.

Also, we are looking for a new We Care Coordinator. This ministry provides practical help to congregants in need. It is a rotating responsibility, once every four months. In addition the We Care Coordinators meet with me once every four to six weeks; the meetings are held in the daytime on a weekday, scheduled to be convenient for all. Please talk with me, or one of the We Care Coordinators: Allison Hughes, Genie Van Pelt and Esther Nichols if you might be interested.

Social Action Committee (SAC) News

UU's Welcome Passage of Progressive Legislation At the Conclusion of the Maryland General Assembly Session in April. Paint Branchers joined with the Unitarian Universalist Legislative Ministry of Maryland (UULM-MD) and others in working for passage of the *Firearm Safety Act of 2013*. To quote Vincent DeMarco, President of Marylanders to Prevent Gun Violence, "In the post-Newtown era, the State of Maryland has provided a model for common-sense gun violence prevention legislation to take illegal guns off of our streets through fingerprint handgun purchasers, ban military-style assault weapons, and limit high-capacity magazines to ten rounds. This is a huge step to save many lives from gun violence." In addition, victories came in the passage of the *Offshore Wind Energy Act of 2013* and in the *Death Penalty Repeal – Substitution of Life Without the Possibility of Parole*. Unfortunately both the *Fairness for All Marylanders Act of 2013* (which would end discrimination in public accommodations, housing, and employment based on gender identity or sexual orientation) and *The Maryland Hydraulic Fracturing Moratorium and Right to Know Act of 2013* failed to get favorable reports from their senate committees. Work has already begun to gain their passage in 2014!

A Survey to Determine Paint Branch Social Justice Priorities Will Be Coming in May. Working together the Social Action Committee (SAC), The Green Team, and the Diversity/Anti-Racism Transformation Team (DARTT) want to learn what Paint Branchers think our congregation's social justice priorities should be for the coming church year and where a significant number of members and friends are willing to volunteer their time and treasure. The survey has three sections, one for each team. Within each section Paint Branchers will be able to indicate their top 3 priorities for each team. The results will be analyzed and provided to the teams and the congregation at large - with important team presentations on the results at the annual meeting on June 9. Stay tuned! The survey is in final draft now and will be out soon for completion by Paint Branchers. Please complete it and help to ensure that our social justice work is a genuine reflection of Paint Branch concerns and interests!

*Submitted by Nancy Boardman
Chair, Social Action Committee*

Next Social Action Committee (SAC) Meeting:

Saturday, May 18, from 10 am to noon
In Room 1 of the RE Building

The Board of Trustees (BOT) Responds Favorably to SAC Recommendations that Information for the June Annual Meeting Be Provided to Congregation Members a Week or Two Before the Annual Meeting. Concerned that important annual meeting information last year was only provided on the day of the meeting, SAC recommended to the BOT that the annual report, officer nominations, and budget information that included expenditures to date be provided to members a week or two prior to the annual meeting. In this way SAC believes more informed and involved discussions and subsequent decisions can be made by members at this important meeting. In a reply to SAC Chair Nancy Boardman, BOT Vice chair Charles Towe, after a BOT meeting, wrote that annual report notifications will be sent two weeks earlier, in an attempt to have an earlier annual report deadline. Also nominations for officers will be requested earlier and cooperation urged so that nominations can be known sooner by congregants. Finally, clarification was requested and provided regarding what budget information for expenditures to date SAC was looking for in its request. SAC appreciates the BOT's positive response to its recommendations and believes it will lead to a more informed and productive annual meeting.



May Special Collections Update

Our special collection for May will be for CROP Walk. Church World Service (CWS), together with worship communities, works to eradicate hunger and poverty around the world. They promote peace and justice among the world's most vulnerable by participating in CROP fight hunger walk.

Paint Branch Unitarian Universalist Church has supported CROP walk for more than twenty years. This year, the CROP Walk will be on Sunday, May 5 at 1 pm around Lake Artemesia in College Park. The special collection will be on Sunday, May 12. Please write donation checks to CWS/ CROP.

Join the walk to fight hunger! If you have questions, please contact Esther Nichols at 301-864-2068. (She received the award for the oldest walker the past 2 years – at 94 ears old).
Submitted by Esther Nichols



MEET THE GUEST PREACHER

On Sunday, May 19, we will welcome the Rev. Gabriele Parks as our guest preacher. She has been a Unitarian Universalist minister for six years. She has served two congregations and is currently looking for an interim ministry position while working on her Doctor of Ministry in Narrative Theology at Wesley Theological Seminary in D. C. Rev. Ga-

bi came to the U. S. in 1991 from Germany, and now lives in Ellicott City with her husband Roger, her twin daughters, four dogs and six cats.



The Wider Unitarian Universalist Universe

Effective Faith-Based Advocacy on Capitol Hill through a Climate Change Lens: A Unitarian Universalist for Social Justice (UUSJ) Program on Saturday, May 4 from 2 – 3:30 at the Mt. Vernon Unitarian Church in Alexandria, VA. Jose Aguto, Legislative Secretary on Sustainable Energy and Environment for the Friends Committee on National Legislation (FCNL) will be the presenter. FCNL has built a very high reputation for principled religious advocacy over its sixty-five years of experience in the nation's capital. They have learned important lessons to share and set a high standard in listening and building trust across differences of opinion. The presentation will cover both FCNL's general principles of advocacy and their specific application to climate change, where FCNL is initiating a major new strategy.

Registration (free) and information is at info@uusj.org, <http://www.uusj.org>, or by phone 202-600-9132. The Mt. Vernon Unitarian Church is at 1909 Windmill Lane, Alexandria, VA 22307. Directions at: www.mvuc.org

Diversity/Anti-Racism Transformation Team (DARTT)

Diversity/Anti-Racism Transformation Team (DARTT) Next Meeting Tuesday, May 7

DARTT has resumed a regular schedule of monthly meetings on the first Tuesday of the month. The next meeting is Tuesday, May 7 at 7:30 pm in Room 1, Religious Exploration Building. This meeting represents a safe space to bring concerns and exchange information about issues of race, ethnicity, gender and sexual identity. If you cannot attend, but would like to share your thoughts or add items to the Agenda, please contact dartt@pbuuc.org

All are welcome.

A Juneteenth Seder

On Saturday, June 15, 2013, at 6:30 pm, members and friends will gather in the Meeting House to celebrate Juneteenth by participating in a ritual meal that will incorporate stories, music, poetry, first-person narratives, and good food.

Juneteenth commemorates June 19, 1865, the day on which the slaves of Galveston Island, Texas, first learned of the Emancipation Proclamation, which had been signed by President Abraham Lincoln, and became effective on January 1, 1863.

Tickets will be sold on May 12 and 19, following Sunday worship services. Seating will be limited, so reserve your place at the table now by sending an email to leo_jones@verizon.net or calling 301-776-1175. Ticket prices: Adults \$15; Children (ages 5 to 15) \$5.

Stewardship Campaign 2013

Opening New Doors

March 3 - April 21, 2013

The stewardship campaign officially ended on April 21. As

of that day we had collected \$264,308 in pledges from 103 pledging units. This is approximately two thirds of the number of pledges we collected last year. We have several brand new pledges included in our total. We are not finished yet, but by the time you read this we will have collected more pledges. We had some meaningful discussions in our affinity group gatherings. We had a small but hearty group of visiting stewards. They were:

Steve Bernheisal
Ethelyn Bishop
Jeri Holloway
Jonathan Mawdsley
Mike McMenamain
Tricia Most

Penny O'Brien
Marge Owens
Raman Pathik
Jenny Story
Jane Trout
Alice Tyler



I have included in this list the affinity group leaders who agreed to follow up with those who were unable to attend their affinity group gatherings.

If you see one of these people, thank them for doing this important job. Thanks to all of you who pledged by the end of the campaign, especially those of you who made a pledge without being asked. Every pledge is important, and we can't do it without you!

For the stewardship committee, *Sherry Mitchell*, chair — stewardship@pbuuc.org / 301-776-2359

In and Around Paint Branch

URGENT! DON'T MISS THE ETHNIC DINNER!

The next Ethnic Dinner, featuring the cuisine of Brazil, is Saturday, May 4. Because that is so early in the month, this dinner was first announced in the April issue of Branches and again in every Sunday bulletin since then. If you somehow missed all that, but are seeing this on or before April 30, you still have time to make reservations. The evening of April 30 is when the cooks will be informed how many to prepare food for, so must be the last day we can add to that number.

Tickets are \$15 for adults, and \$7.50 for children ages 3 – 11. We don't charge extra for making reservations and paying at the door, but do encourage you to volunteer to come early and help set up, or stay later and help clean up. If you were given a coupon for a free ticket, please call and make a reservation so you will be included in the count given to the cooks, then turn your coupon in at the door.

The dinner is held at the church and we will be serving the appetizers at 6:30. Hope you can make it! For reservations, questions, or to volunteer to help, please contact Marilyn Pearl at buffalo_gal@verizon.net or 301-805-1218 by 6:00 pm on Tuesday, April 30.

TWedHUULK Will Lunch in Greenbelt

The New Deal Café in the Roosevelt Center in old Greenbelt on

Centerway will be our lunch spot on Wednesday, May 15 at 1 pm. The New Deal features Lebanese food and produces daily specials including a couple of hearty soups and several Middle-Eastern appetizers, along with tempting desserts. Anyone who is free in the middle of the day is very welcome to join us. The Third Wednesday Handy UU Lunch Klub is a venerable Paint Branch institution known for good conversation and an extended lunch hour. If you need a ride, or can offer a ride to someone else, please contact Marge Owens on 301-345-1572 or lowellandmarge@verizon.net.



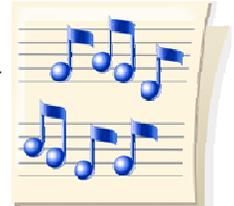
ART HAPPENINGS



On the walls of the Meeting House through May 5 there are photographs of Berlin taken in 1993 by Don Gerson. In 1993 the Berlin Wall had been down for four years and the photos show differences in the architecture between the east and west side of the Wall and new construction beginning. If you have questions or would like to purchase one, please contact Don at 240-293-6570 donauldgerson@yahoo.com.

By May 11 we will be seeing the Members and Friends Exhibit. We have 21 exhibitors and are looking forward to a diverse and exciting show. If you have questions please contact Jane Trout at 301 572-2898 or jd_trout@msn.com. Submitted by Jane Trout

Music at Paint Branch in May



This month we will feature our own David Chapman, pianist and Barbara Brown, cellist in recital on Sunday, May 5 at 4 pm. This recital is free but donations will be graciously accepted. A reception will follow. Support the musical arts at Paint Branch. The program is as follows:

- Sonata No. 2 in g minorBeethoven
- Barbara Brown, cello and David Chapman, piano
- Sonata for cello and piano.....Francis Poulenc
- Sonata for cello and piano.....Sergey Rachmaninoff

Submitted by Jeri Holloway

Paint Branchers Invited to emma's revolution Hometown Concert Friday, May 10 in Mount Rainier, MD

emma's revolution should be on your bucket list. It is an award-winning songwriter, activist duo, Sandy O. and Pat Humphries, who are "smart, funny and informative, like Rachel Maddow and Jon Stewart, with guitars."

They were featured at the 2012 Unitarian Universalist 'Justice' General Assembly (GA) and will be at the 2013 GA. The UU Legislative Ministry of Maryland featured emma's revolution in its annual fundraiser. Their annual hometown concert will be Friday, May 10 at 8 pm at Joe's Movement Emporium, 3309 Bunker Hill Road, Mount Rainier, MD. Tickets are available at Joe's and online <http://goo.gl/eulNw> - note: no one is turned away. For more information, call 301-699-1819.

Submitted by Carol Carter Walker

Ethical Eating

No Mother's Day for These Exploited Moms

Can you imagine having a baby and then having someone take your baby away from you...just so that they can have your baby's milk? Many African American writers note that enslaved women were, in fact, forced to suckle someone else's children. The cows are deeply traumatized; in The Face on Your Plate,^[1] Jeffrey Masson writes:

The terrible sound one hears on any dairy farm after a cow has given birth is the call of a lost calf, calling her mother, and the mother answering in desperation.^[2] One expert, Professor Temple Grandin, said of the great tumult of bellowing that they heard when they arrived at one dairy farm: "They must have separated the calves from the cows this morning... We saw one cow outside the stockade, roaming, looking for her calf, and bellowing... 'She wants her baby. Bellowing for it, hunting for it. She'll [stop] for a while, and then start again. It's like grieving, mourning—not much written about it.'"^[3]

"Not much written about it." We generally don't talk about it, either. Even as a vegan of 20 years, I hadn't much thought about it; you probably haven't either. Whether the dairy farm is conventional or a small family farm, such moms have their babies taken from them every day. And their milk is stolen and given to the children and adults of another species—us.

As if that weren't enough, these cow mothers are also artificially impregnated using what the industry calls "rape racks" and are constantly being milked while pregnant. Can you imagine enduring that? The average Holstein cow produces ten to fifteen times the normal amount of milk. The physical cost of this overproduction is enormous. "The dairy cow is exposed to more abnormal physiological demands than any other farm animal. She is the supreme example of an overworked mother."^[4]

The reproductive systems of chickens have similarly been hyper-exploited. A normal wild hen will lay one or two clutches a year with a total of about 20 eggs, instead of the 260 or more she is now bred to lay in captivity.^[5] Even "humane" and backyard chickens are these hyper-reproducing varieties, and our purchase of their eggs,

chicks, or chicken meat supports their reproductive exploitation.

Caged hens' productivity declines by 25% in the first year. Now called "spent" hens, before their second birthday most are sent for slaughter to be used as pet food. Increasingly, they are simply buried alive because slaughterhouses will not accept them any longer (they are fragile and have little meat left on their small overworked bodies, so it is not worth the effort to kill them).^[6]

I invite you to continue awakening from the industry-imposed denial by taking 3 minutes to watch a poignant, free, online video: *A Woman's View*, by Mercy for Animals, at <http://goo.gl/hPI8Y> If you can't bear to watch it, you might want to consider why that is, and who benefits from your looking the other way. What we choose to eat has heart-breaking consequences when it's meat, eggs, or dairy, so please be gentle with yourself. Powerful financial and cultural forces work to keep us in the dark and eating what we've been eating. Awakening from the trance is painful momentarily but liberating and joyous in the long run.

Meanwhile, let's keep working to change our food choices so that, one day soon, all moms will enjoy a wonderful Mother's Day.

submitted by Mary Turtle Rooker

[1] Masson, Jeffrey Moussaieff (2009-02-07). *The Face on Your Plate: The Truth About Food*. Norton. Kindle Edition.

[2] See J. N. Marchant-Forde, et al., "Responses of dairy cows and calves to each other's vocalisations after early separation," *Applied Animal Behaviour Science*, 78 (2002), pp. 19–28. Mentioned in Masson, Jeffrey (Kindle Locations 2757-2758).

[3] Oliver Sacks, *An Anthropologist on Mars: Seven Paradoxical Tales* (New York: Vintage Books, 1996). Mentioned in Masson, Jeffrey. (Kindle Locations 916-925).

[4] Masson, Jeffrey. (Kindle Locations 972-974).

[5] Masson, Jeffrey. (Kindle Locations 728-729).

[6] Masson, Jeffrey. (Kindle Locations 767-772).



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 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 acupuncture protocol of Soul Lightening International for deep relaxation. (Suggested donation \$10/class or \$32/4 classes)

Meditation Workshop: by Raman Pathik. **2nd and 4th Saturdays 9:30 am - 11:00 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. **Saturdays 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. **Saturdays 11 am - 12 pm.** 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. **Saturdays 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. Seven sessions following the book (\$22 for book) (Suggested donation \$5 requested)

Dancing Within Class: by Sharon Werth. **Thursdays 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)



Note to Our Readers:

The Church Administrator is responsible 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.

The Leadership Directory, (on page 2 of this issue), will contain names only. For more contact information, please consult your Membership Directory or call the Church Office at 301-937-3666. All submitted articles will contain phone numbers and or email addresses 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**.
- **Sunday Bulletin announcements** should be submitted in their final form, and content should be **120** words or less. Please try to keep announcements one paragraph with a clear headline or topic sentence. Please include day, date, location, time, and contact information. Announcements should be PBUUC related, non-PBUUC events must have explicitly stated UU connection.

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.

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