



BRANCHES



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

JULY 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.

JULY 7

FREEDOM OF CHOICE—IN FOOD

Mary Tyrtle Rooker, Worship Leader, with Ken Redd, Worship Associate

We think we eat as we do because we choose to do so; but do we? Some experts say that every meal is the result of an invisible belief system that has shaped our thoughts, preferences, feelings, and behaviors. Is such a "food matrix" real? There will be an opportunity to share food and reverberations during Enrichment Hour in the Kelley Room. Summer Fun for children, with youth assisting, after the Singaway Song.

JULY 14

MAN-IFESTATIONS: THE WORK MEN DO TO INHABIT THEIR LIVES IN WESTERN CULTURE

Michel Léger, Worship Leader, with Celinda Marsh, Worship Associate

Join a veteran of many battles from the margins of "masculinity," as we invite men to speak of their experiences as men, in a culture which defines and rewards us according to what we do and how we wield power, and by how well we bury the rest of who we are. Discovering, honoring, and inhabiting that "rest" is the work men do to become whole. Summer Fun for children, with youth assisting, after the Singaway Song.

JULY 21

A CELEBRATION OF THE ARTS

Ken Redd, Worship Leader, with John Sebastian, Worship Associate

Members and friends will display their artistic gifts through poetry, music, dance, photography, and painting. The artists among us will share in diverse and colorful ways. Summer Fun for children, with youth assisting, after the Singaway Song.

JULY 28

BELIEFS

Lynn Johnson, Worship Leader, with Jonathan Mawdsley, Worship Associate

Mahatma Gandhi said, "Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny." Yet where do our beliefs come from and what is the relationship between our feelings and our beliefs? Summer Fun for children, with youth assisting, after the Singaway Song.

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PBUUC Leadership Directory

☞ Officers and Board of Trustees ☞

Chair	Charles Towe
Vice chair	Don Gerson
Trustee	Peter Dowling
Trustee	Melody Lawrence
Trustee	Don Mitchell
Trustee	Theresa Myrdon
Trustee	Alice Tyler
Trustee	Evangeline Wells
Secretary	Melody Lawrence
Treasurer	David Nation
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 (2012-13)	Bettie Young (2012-15)
Ken Redd (2011-14)	

☞ Pastoral Care Associates ☞

Jeri Holloway
Lynn Johnson
Mike McMenamin
Will Snyder

☞ We Care Coordinators ☞

Allison Hughes
Esther Nichols
Gloria "Genie" Van Pelt

☞ Committees ☞

Adult RE	vacant
Arts Council	Pat Tompkins
Budget Leadership Team	Mark Shute
Buildings & Grounds	Lowell Owens (Acting Chair)
DARTT (co-chairs)	Tricia Most & Carol Carter Walker
Denominational Affairs	Don Gerson (temporary)
Finance	Shantida
Green Team (co-chairs)	Penny O'Brien & Will Snyder
Legacy Fund	Ken Montville
Leasing Team	Church Office
Membership	Polly Pettit
Ministry	John Bartoli
Nominating	Jonathan Mawdsley
Personnel	Jim Flaherty
Religious Exploration	Tabitha Pierzchala
Site Improvement	Karine Bouis-Towe
Social Action	Nancy Boardman
Spirit of Life Center	Raman Pathik
Stewardship	Sherry Mitchell
Visual Arts	Jane Trout

☞ Groups and Activities ☞

Archivist	Rebecca Birnie
Auction	Mark Shute
Bookstore	Carol Carter Walker
Bridge Group	Penny O'Brien
Chalice Dancers	Wendy Schlegel
Choir	David Chapman
Coffee Coordinator	Charles Towe
Community Café	Esther Nichols
Ethnic Dinners	Marilyn Pearl
Food for Thought	Mary Tyrtle Rooker
Gift Card Sales	John Bartoli
Handcraft Circle	Marj Donn
Head & Heart History	Kweli Powell
Listserv & Facebook Group	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	Sabrina Finlay
Webmaster	Mark Shute
Women's Group & Women's Retreat	Wendy Schlegel

☞ Staff ☞

Please contact the Church Office at 301-937-3666 for Staff listed.	
Minister	Rev. Diane Teichert
Music Director & Pianist	David Chapman
Director of Religious Exploration	Erica Shadowsong
Religious Exploration Assistant	Vacant
Church Administrator	Charles Bury
Administrative Assistant	Allie Miraglia
Bookkeeper	Debra McCann
Director, Chalice Dancers	Sharon Werth
Sunday Service/Building Managers:	Jesse Crowley
	Dan Turner
Child Care Providers:	Beth Judy
	Marina Miguel

The Minister's mUUsings...

In my homily* on June 2, when the choir performed Sources: A Unitarian Universalist Cantata, I suggested that Unitarian Universalism faces a new challenge. What we (as a religious movement, but also as a congregation and as individuals) need now is to go deeper into our Six Sources and draw from them more directly in our living the Seven Principles. But, I said, just as many of us feel our daily lives are scattered or even shallow, drawing from six sources in order to live out seven principles is just too much – it's overwhelming! Our openness to diverse sources is appealing, but is it sufficiently sustaining?

So, I've been wondering: how we could go deeper at Paint Branch UU Church??

How could PBUUC help you focus on one of the Six Sources and help you make it a richer, more sustaining part of your life? How could we accomplish that in a way that also deepens relationships among us and builds our sense of community? Could it build multigenerational community? Could it increase our collective multicultural competency?

I have at least two ideas – I'm open to yours! Please let me know if you would like to work with me to develop or orchestrate the plan we settle on!

One (admittedly ambitious) idea is: what if we dedicated another year to the Six Sources, using a workshop format, one six-session workshop for each Source? What if, come September, each congregant (including any youth so interested) chooses the Source with which s/he feels most attuned and agrees to come together with others similarly attuned to learn and grow together in a workshop setting six times?

These workshops would take place concurrently on six "Sources Sundays" from October through May during Enrichment Hour. Coffee "Hour" on those Sundays would be turned into a simple community lunch of soup and bread, veggies and fruit. Then adults and interested youth would divide into the six workshops. Those youth and adults not interested could either clean up the lunch or help out with a concurrent activity-session for children. The children's session would focus on a different Source on each of the Sources Sundays, and in the last ten or fifteen minutes before 1 pm, the children would show up at the workshop of the Source they focused on and share some thing from their time together with those workshop participants, joined by

the people who cleaned up the lunch. Ideally, a couple people with prior depth of experience would co-lead all six sessions for a particular Source, but the facilitation could also be rotated among the workshop participants. Co-leaders and I would come up with suggested reading for each Source and common formats for all the workshop sessions, and work with the workshop leaders for each Source.

So, by June, all workshop participants would have delved into one Source of their choosing and the children would have explored all six. It could culminate with a Six Sources Service in June, or with a series of Summer Services, each on a Source, if there is interest among the workshop participants in presenting the service, and it might even include a reprise of the children's activity as the Together Time.

In case you are having trouble remembering the Six Sources: First, our own direct experience of awe and wonder; Second, words and deeds of prophetic women and men; Third, the world's religions; Fourth, Jewish and Christian scriptures; Fifth, reason and science; Sixth, nature-based spirituality.

My other, far more traditional idea for how to go deeper into the Sources is to choose one Source and lead an Adult RE program on it. When I preached about the Fourth Source, the congregation expressed interest in Bible Study. During my Study Leave this summer, I plan to read *The Jewish Annotated New Testament*, with a particular focus on the Book of Acts, which tells stories of the Jesus Movement going viral, to see what parallels there may be between congregational life then and now. It would be my hope to focus the Bible Study on Acts.

I look forward to receiving your comments on these ideas and suggestions of your own, and offers of orchestration or leadership. Please put "Sources" in the subject line of your email or below my name on your paper envelope, so that I can easily find it on my return from Study Leave and Vacation on August 5, or call me at 301-937-3666 that week.

Until my return, I hope you are well, and enjoy our excellent array of Sunday Services!

Diane

* The homily is posted at <http://www.pbuuc.org/sermons/sermon.php?id=360> and available in the Meeting House Foyer.

Wheel of Life

Graduation congratulations...

... to PBUUC Building Manager, Jesse Crowley, who graduated from University of Maryland and will be entering the Masters Program and interning in the English Department at Northwestern High School.

... to Erin Washburn, who graduated Summa Cum Laude from Bryn Mawr College in May.

... to Sam Washburn and Zach Bernheisel who graduated from Springbrook and Eleanor Roosevelt high schools, respectively

For pastoral care during Diane's Study Leave and Vacation through August 4, please contact a Pastoral Care Associate (Jeri Holloway, Lynn Johnson, Mike McMenamin, and Will Snyder). They will know how to reach the UU minister on-call if needed.

continued...



Wheel of Life continued...

If you are in need of practical assistance (such as rides, meals, visits, or phone conversation), please contact **Allison Hughes**, the We Care Coordinator for July, and Genie Van Pelt in August.

Do you like to help other people? Are you able to make phone calls or send emails to volunteers when someone in the congregation needs help, or when a reception for a memorial service is needed? If so, you would make a great We Care Coordinator, so please contact Diane to discuss the possibility!

NEWS about STAFF from DIANE

Goodbyes:

As of the end of June, we are saying goodbye to RE Assistant Eriall Steiner, and as of the end of the first week of July to Director of Religious Exploration Erica Shadowson. We will miss them, I will miss them, the RE Committee will miss them! And, we wish them well in their endeavors: Eriall to focus on her health coach career and Erica as DRE for the UU Church of Arlington VA.

Welcomes:

In June we welcomed Daniel Turner, our newest Building Manager. Daniel is currently a student at the Sheffield Institute for the Recording Arts in Baltimore where he is studying Radio and TV Broadcasting gaining daily direct hands-on experience operating sound equipment in their studio labs. His previous work experience involved customer-service.

In early August, we will welcome Dayna Edwards as Director of Religious Exploration. She comes to us from the UU Church of Annapolis where she administers the RE program for ages infant through grade five and participates in worship planning and speaking, orchestrates multi-generational events, and runs the church's evolution-oriented summer day camp called Camp Beagle.

Thanks:

To the DRE Search Committee (Ebeth Porter, chair; Carmelita Carter-Sykes, and Theresa Myrdon) – together we interviewed five UU's with RE experience, unanimously choosing Dayna Edwards as our first choice.

To Church Administrator Chuck Bury for filling in as Building Manager when we were understaffed and when the scheduled Building Manager was not able to work.

More hiring:

Chuck is still seeking one more Building Manager to share the workload with newly hired Dan Turner and long-timer Jesse Crowley. This part-time position, effective immediately, requires weekend availability including two Sunday mornings/month and other events as scheduled. It is a year-round position.

One of Dayna's first tasks as DRE will be to hire an RE Assistant, working in a support-capacity for the RE Program - eight hours/week, including all but one Sunday morning per month and some weekday hours from August through June.

These positions would fit well with a student, retiree or home-maker schedule. If you know someone who is interested in either job, please ask him or her to contact Chuck for the Building Manager or Dayna, after August 5th, for the RE Assistant. PBUUC policy is to not to hire Members for staff positions.

Religious Exploration Announcements

RE Committee

The RE Committee is looking for new members to share fresh visioning ideas in a non-teaching capacity. They welcome your interest! Please see the RE information table in the Foyer in the weeks to come.

Summer Fun Volunteer Opportunity

During the summer, volunteers lead fun recreational activities for our children of mixed ages to look forward to. We have had tie-dye, robots made from recycled cans, Legos, and many other activities. This summer, we are looking for some more volunteers to join us and help keep the tradition going so that our families can continue to look forward to attending throughout the summer! If you have a special activity or hobby that you love, and are interested in sharing it with our children, or if you are interested in leading an outing, email dre@pbuuc.org so we can talk about it! Thank you so much for considering this wonderful opportunity!

Fall RE: *Spirit Play* Storytellers & Doorkeepers!

Want to have an enriched experience of our UU History, principles and sources? Learn stories from world wisdom traditions? Explore world holidays and earth-centered rituals? Experience a worshipful and meaningful time with children in our community? We invite you to volunteer for *Spirit Play*, our new Montessori-based RE model for the 2013-14 church year. *Spirit Play* is highly structured for volunteers, with scripted help and beautiful props and materials. Classrooms are oriented for a maximized experience for children to listen to stories and respond with art projects and meditative toys and games. You won't want to miss experiencing *Spirit Play* at least once. Please let the DRE or the RE Committee know of your interest: Email dre@pbuuc.org.

Youth Advisors

If you saw this year's Youth Led Service, you know how wonderful, promising and genuine our PBUUC youth are! We will have at least one vacancy for advisors next year. If you have an interest, please contact the DRE at dre@pbuuc.org. Our youth would love to get to know you as they plan for service projects, Warm Nights, outings and overnights, and next year's Youth Led Service. Will you help provide the leadership and guidance they need?



Board of Trustees Column

The Board Beat, July 2013:

In this transition month, both Michel Léger and Charles Towe contributed to this column.

Hello Paint Branch:

From Michel: The Annual Meeting turned out to be foreshortened by an early rental that could not be rescheduled without severely inconveniencing a woman who so generously helped out during David Chapman's illness, pianist and piano/voice coach, Audrey Andrist. Because of confusion about several aspects of the Budget presented at that meeting, many wished to continue the discussion, and those who so wished attended the June Board of trustees meeting to voice their concerns. The concerns covered specific details of the Budget itself: the listings for the Community Café and Warm Nights that Social Action Committee Chair Nancy Boardman requested separating out from the SAC budget line item and that had been zeroed out in the interest of presenting a budget as close to balanced as possible; the lack of listing of the details for personnel expenses; the ongoing minimal payments of Fair Share dues to UUA and JPD; the lack of listing of original budget requests by each Committee.

The concerns also covered the perception that in the preparation and presentation of this Budget, the Board had acted with a "lack of transparency." The Board, and the Budget Leadership Team Chair, responded to the concerns with a review of the processes by which the Congregation had been invited into the Budgeting discussion, with explanations about and pledges with respect to revising the Budget to remove what in some cases were errors (the failure to separate the line items for Warm Nights and Community Café as requested; the inaccuracy of reflecting Zero-sums for these when at least part of their funding comes from special collections), and in one case reflected the BOT's not having given clear direction because it had not formalized a policy (this refers to inclusion of personnel-budget details).

There was also some discussion at the June BOT meeting about the implications of using the word "transparency" in the context of a request that the BOT "be more transparent." BOT members reported that the use of the phrase had the impact of an accusation impugning both actions and character, while visitors disclaimed any intention of conveying this and asserted that the inference of an "accusation" constituted "thin skin" on the part of the BOT members. This was not resolved during the meeting. To speak for myself: this seems to me to be a matter of how seriously we take our First Principle, which is all about treating people with the respect due those with inherent worth and dignity, whether they are visitors with mental illness, per-

sons of color, transgendered, gay, or Board trustees. It also reflects what I take to be a particular danger of Congregational Polity: distrust of leaders. I fervently hope Paint Branch will have open discussion through the Summer on these issues so that the new Board of Trustees and the fledgling Leadership Development efforts will be supported in ongoing efforts to serve PBUUC with grace.

Michel Léger.

Chair, Board of Trustees 2012-2013

From Charles –

First and foremost I would like to thank the current members of the Board that have completed their three year terms – Michel Leger, Mark Shute, and Don Henderson. The congregation is lucky to have such dedicated members willing to expend time and energy for the betterment of the church and your presence on the BOT will be missed. Looking ahead I am pleased to welcome three new Board members – Peter Dowling, Melody Lawrence, and Theresa Myrdon and I look forward to working with them in the upcoming year. I would also like to extend a gracious welcome to our new treasurer Dave Nation. I am excited to serve our congregational community as chair in the upcoming year and want to thank our continuing BOT members for their confidence in me. Thanks Don Gerson, Don Mitchell, Alice Tyler, and Evangeline Wells for your continued role on the BOT.

Specifically for the purpose of maintaining and promoting transparency in its operations, I would like to reiterate that the Board of Trustees holds open Executive Committee meetings and Board of Trustees meetings. 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 Tuesday of each month. In the past BOT meetings were on Wednesday but are moving to Tuesday to accommodate schedules.

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>

Charles Towe.

Chair, Board of Trustees 2013-2014

Social Action Committee (SAC) News

Volunteers Needed for Community Café

When: 4th Tuesday of every month

Time: 11:30 am – 1:30 pm

Where: First United Methodist Church, Hyattsville, MD



Community Café prepares a hot meal once a month to individuals and families at risk of hunger and currently needs volunteers to cook and/or purchase food. Community Café normally has 6 or 7 volunteers who help to serve a hot meal and dessert to between 50 – 70 guests. We can use three or more additional volunteers. For more information, or to sign up, contact Esther Nichols at 301-864-2068.

Special Collections Update

Special Collection for July: Beacon House on July 21

Beacon House is a year-round, non-sectarian, not-for-profit after-school tutoring, mentoring, athletic, creative arts and nutritional program for low to moderate income children and youth based in the Edgewood Terrace neighborhood of Northeast, Washington, D.C. For further information about Beacon House, please visit their web site at www.beaconhousedc.org, or call them at 202-529-7376.

Recent budget cuts means that Beacon House this year is in need of funding for their August Summer Camp activities. Questions? Contact Rene McDonald at rm.opal@verizon.net

CROP Walk

Thank you to everyone who contributed to the Communities Responding to Overcome Poverty (CROP) Stop Hunger Walk. This year's Special Collection yielded \$606, of which 25% (some \$150) will be donated to Help By Phone, a local program that helps our neighbors when they are in emergency need of food 301-699-9009.

Church World Service promotes CROP Hunger Walk across this nation. Help is provided as food and better food production around the world to starving children and adults. Local community pantries are more often empty due to the combination of increased hunger and hard economic times. Hunger is increasingly acute around the world. Thank you again for your generous financial help. Esther Nichols, CROP Coordinator.

Next Social Action Committee (SAC) Meeting:
Saturday, September 21, 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 Tuesday, July 2

DARTT's monthly meeting will be Tuesday, July 2 at 7:30 pm in Room 1 of the Religious Exploration Building. DARTT's major focus is to create a safe space for members of the PBUUC community to talk about issues of race and ethnicity by personal sharing; and by sponsoring services, events and activities designed to facilitate the congregation's implementation of its commitment to intentional multiculturalism. The main topic of the July 2 Meeting will be how to use our meeting time more effectively. All are welcome. If you can't attend, please send your input to dartt@pbuuc.org.

Buildings and Grounds (BAG)

Parking Lot Beautification

We have a beautiful parking lot full of flowers and shrubs - mostly planted by master gardener Lowell Owens.

But the parking lot is a growing, dynamic place. It needs tending to stay beautiful year round – especially in the spring with the rain. Sometimes the grass grows so fast that it needs to be cut almost every week.

To keep the parking looking great, Bag is planning a series of mini-Beautification days this season for just the parking lot.

One way it could work: Meet one to two times a month.

Start at 9 am before the heat. Quit at noon - leaving plenty of time for family chores. Only three to four volunteers are needed per session. Even if you only come for one hour it's appreciated.

Also possible: Mini-beautification sessions during the week. You can tell your boss you want to take the day off to go to church!

Dates so far will be: Saturdays—**June 29, July 13, July 27** and **August 17**. Pick a day, and get on the list to volunteer.

Come and work with us – it's really worth it.

Email Paul Young at kissmycubicle@gmail.com OR Call Paul Young at 301-440-0612



In and Around Paint Branch



Take me out to the ball game!

Only twelve seats remaining for the multigenerational, all-ages outing to Nationals Park on **July 6** to see the Washington Nationals play the San Diego Padres. The game begins at 4:05 pm. Each ticket costs \$14,

and includes a box of Cracker Jacks! If you're interested or have questions, contact Lee Dudek at leland.dudek@gmail.com.

ART HAPPENINGS

Did you see the Members and Friends exhibit now hanging in the Meeting House? There are one or two pieces of artwork by nineteen different artists. We are a creative congregation! This exhibit will be in place through Sunday, **July 7** when exhibitors will be taking their pieces home.



Jane Trout, Visual Arts Committee



Friends and Family Social Presents: An All Ages PBUUC TALENT SHOW on Friday, July 12

Vegan and regular pizzas, punch and salad will be served at 6:30 pm. Donations \$5/person requested. Under 5 years old are free. Bring all of your friends, family and neighbors to enjoy the evening. RSVP to Raman Pathik at 301-890-9072 or rpathik@verizon.net with how many people may attend by **July 10** so we can order pizza.



Teppanyaki Grill in Laurel, Wednesday, July 17, 1 pm

The Third Wednesday Handy UU Lunch Klub will return to this super-buffet. They have expanded their menu but kept their bargain prices at lunch time. There are Japanese, Chinese, Italian sections and seafood is a specialty. We met at this still-new restaurant once last year. It is located on Route 1 at 14150 Baltimore Ave. on the left as one drives north toward Laurel. It is among the many restaurants in that area but has a hard-to-miss sign.

If you need a ride or can offer a ride to someone please contact Marge Owens at lowelland-marge@verizon.net or 301-345-1572.



A Message from the Finance Committee

An envelope system has been developed to assist members who would like to make an accountable *cash* contribution toward their stewardship pledge. The use of this envelope presents special accounting and recording issues and it is hoped that its use will be reserved for this purpose only. The envelopes can be found near the display of sermon copies in the foyer. An usher can direct you to them. Questions? Contact finance@pbuuc.org.

Does Your PBUUC Committee, Team, or Affiliate Group have an activity or event you'd like to promote to PBUUC Members and Friends?

If so, please submit an article to Branches for inclusion in our next monthly issue. Article submission guidelines are provided on the back page. Please remember to email them to branches@pbuuc.org.





Spirit of Life Center

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

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

CHAKRA TA'I CHI Class with SEVA Stress Release: by Lynn Johnson. **1st and 3rd Saturday. 9:30 am - 10:30 am.** Chakra Ta'i Chi is a gentle yet powerful centering series of movements created by Aminah Raheem and based on Ta'i Chi Chuan. It is designed to open the chakras, the energy centers of the body, and to align the soul, body, emotions and mind. Chakra Ta'i Chi is stress reducing and calming. The class will begin with the Seva Stress Release 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 Saturday. 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 - 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. **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. **Starting September 7, 2013—see next page**
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 \$10/class or \$32/4 classes)





Spirit of Life Center

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

The Spirit of Life Center welcomes individuals from the local community to practice enriching activities through a variety of classes and workshops that are designed to promote a better quality of life, health, and connection with others

CHANGING DIRECTION DOES NOT HAVE TO BE DIFFICULT!

“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.” --Albert Einstein

The Spirit of Life Center is devoted to bringing our inner and outer mind into harmony with each other through our *Breath Awareness Practice*, *Quality of Life Workshop*, and *Simplicity Circle Workshop*, starting September 7, 2013. These programs will help you to take baby steps towards becoming a healthy, happy, and loving person. You can be a role model for your family and community. Read these descriptions of what to expect in these workshops and decide for yourself whether these workshops can be the start of your evolution:

“Your breath anchors you to life. Being aware of your breathing will make you aware of your life”

Breath Awareness Practice: by Raman Pathik

Saturday 10 am - 10:30 am

Another way of looking at your breath is as an inner light house to guide you back to the present moment. The goal of breath awareness 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.

Quality of Life Workshop: by Raman Pathik

Saturday 10:30 am - 12 pm

What does "quality of life" mean to you? Develop a blueprint to implement better habits that will improve the balance in your life. Experience connecting with your true self, nature, your family, your community, your finances, your body, and the world.

Simplicity Circle Workshop: by Simplicity Matters Earth Institute

Saturday 12 pm - 1 pm

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. Six sessions following the workbook.

Each one of these workshops is a comprehensive six-week program taking place on Saturdays from 10 am to 1 pm at Paint Branch Unitarian Universalist Church. For more information, contact Raman Pathik at 301-890-9072 or email solcc@pbuuc.org. A special suggested donation of \$50 covers all three workshops for six weeks. The Simplicity Circle workbook is an extra \$28.

Class sizes are limited; RSVP required.

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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