



# BRANCHES



## PAINT BRANCH UNITARIAN UNIVERSALIST CHURCH

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

### AUGUST 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.*

**AUGUST 4**

#### FRESH FROM THE GARDEN (OF EDEN)

*Leo Jones, Worship Leader, with Ken Redd, Worship Associate*

The myth of Adam and Eve in the Garden of Eden has been told for millennia. Yet many important details have been overlooked. How can we make sense of the “real” story, and what does it tell us about human nature? Were Adam and Eve expelled from paradise, or were they set free into a world of wonder and beauty? Summer Fun for children, with youth assisting, after the Singaway Song.

**AUGUST 11**

#### NOW LET US SING—A HYMN SERVICE

*Carol Carter Walker, Worship Leader, with Bettie Young, Worship Associate*

We may connect now as Unitarian Universalists, but when we hear certain music—hymns from our childhood— we start to hum, tap our feet and even sing along. Today, we will enjoy some of your favorites hymns sung, played and performed. Summer Fun for children, with youth assisting, after the Singaway Song. Newcomers are invited to gather with the minister in her office after the service, from 11:30 to 12:30, with child care provided.

**AUGUST 18**

#### SO, HOW ARE YOU?

*Reverend Diane Teichert, Minister, with John Sebastian, Worship Associate*

The query “How are you?” can be mindlessly tossed, wanting no answer but “Fine.” Or it can be tossed like a lifesaver, as in “saying metta” in the Buddhist tradition. Summer Fun for children, with youth assisting, after the Singaway Song. 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.

**AUGUST 25**

#### INCOGNITO: THE INVISIBLE LIVES OF THE BRAIN

*Quest Discussion Group, Worship Leaders, with Celinda Marsh, Worship Associate*

The Quest Discussion Group will showcase its reading of “Incognito: The Secret Lives Of The Brain” by David Eagleman. The book describes the extraordinarily rich and varied inner life of subconscious brain processes along with possible implications for topics such as reality vs. perception, the self, free will, and personal responsibility. Summer Fun for children, with youth assisting, after the Singaway Song.

**SEPTEMBER 1**

#### LEADING FROM THE HEART: A NEW VISION FOR LEADERSHIP AT PBUUC

*Michel Léger, Worship Leader, with Jonathan Mawdsley, Worship Associate*

Join former Board of Trustees Chair Michel Léger for an inquiry into the heart of leadership. How does leadership change when it proceeds from the heart of who we are and from the heart of the work our church does? When the heart of the individual leader is aligned with the heart of the leadership task, the chances are good that leadership will nurture rather than exhaust the leader and inspire collaboration rather than isolation. In this service, we'll kick off the Church year's Curriculum in Leadership and invite Paint Branchers to come and see what lies at the heart of their own leadership gifts. Summer Fun for children, with youth assisting, after the Singaway Song.

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## PBUUC Leadership Directory

### ☞ Officers and Board of Trustees ☞

Co-Chair	Don Gerson
Co-Chair	Charles Towe
Vice chair	Don Mitchell
Vice chair	Alice Tyler
Trustee	Peter Dowling
Trustee	Melody Lawrence
Trustee	Theresa Myrdon
Trustee	Evangeline Wells
Secretary	vacant
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	vacant
Personnel	Jim Flaherty
Religious Exploration	Tabitha Pierzchala
Site Improvement	Marguerite Summers
Social Action	Nancy Boardman
Spirit of Life Center	Raman Pathik
Stewardship	vacant
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 <a href="tel:301-937-3666">301-937-3666</a> for Staff listed.	
Minister	Rev. Diane Teichert
Music Director & Pianist	David Chapman
Director of Religious Exploration	Dayna Edwards
Religious Exploration Assistant	vacant
Director, Chalice Dancers	Sharon Werth
Church Administrator	Charles Bury
Administrative Assistant	Amanda Tracy
Bookkeeper	Debra McCann
Sunday Service/Building Managers:	Jesse Crowley
	vacant
Child Care Providers:	Beth Judy
	Marina Miguel

## The Minister's mUUsings...

Rev. Teichert's monthly column will return next month. This month, she instead poses this question:

### Shall we each explore one of the Six Sources of Unitarian Universalism in depth?

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, perhaps four to six times over the course of the months until May?

These six workshops would take place concurrently during Enrichment Hour on "Sources Sundays." After the service, we will enjoy a simple community lunch of soup and bread, veggies and fruit with our coffee and tea. Then adults and interested youth would divide into the six workshops, one on each Source. Those youth and adults not interested could either clean up the lunch or help out with a concurrent activity-session for children.

The concurrent 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.

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 Celebration 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, which it might even include a reprise of the children's activity as the Together Time that day!

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

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; Five, reason and science; Six, nature-based spirituality.

The minister invites 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 her name on an old-fashioned envelope, so that she can easily find it on her return from Vacation on August 5, or call her at 301-937-3666 that week or after.

\* Rev. Teichert's homily on the Six Sources is posted at <http://www.pbuuc.org/sermons/sermon.php?id=360> and is available in the Meeting House Foyer.

*Diane*

## Wheel of Life

We were saddened to hear of the recent passing of former 25-year PBUUC member Mildred 'Mid' Cutchis. Mildred Farr Cutchis of Sykesville passed on July 18, 2013. She was the wife of the late Pythagoras Cutchis and is survived by stepson Protagoras Cutchis, and stepdaughter Elektra Athena Dalrymple. A memorial service will be held August 24, 2013. Please call Elektra Athena Dalrymple at 410-964-2910 to learn the time and place.

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.

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 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!



## Board of Trustees Column

### The Board Beat, August 2013:

Things have been relatively quiet in and around PBUUC for the last few weeks, at least in regards to the Board, but as summer seems at long last to be revving up so are we. We are putting the finishing touches on next year's budget by incorporating very recent changes - including the hiring of our new DRE and conducting some housecleaning on antiquated line items. We are getting familiar with our newest members and watching with cautious optimism as the deck sheds some rotted and worn sections for a bit of renewal. We hope that as the deck makes its transformation we too will transform our role in the organization, amongst ourselves, and with the congregation to one of greater clarity, understanding, and mutual respect.

As we begin the new Church year, there remain a few leadership positions that need to be filled. Most notable among them is the vital position of Church Secretary. It is surely one of the more demanding jobs to be filled by a volunteer, but the life of our Church depends on volunteers, and this position puts you at the center of Church activity. The major role of the Church Secretary is to take the minutes of all Board and congregational meetings, compile them, and put them into a standard form. These minutes become part of the Church records, are available to all members who wish to keep aware of Board activities, and also form a permanent and accessible record of Board decisions. If you are ready to take on a challenge, and want to be constantly in touch with, and be part of what is happening, consider taking on this position. Please contact me at [boardchair@pbuuc.org](mailto:boardchair@pbuuc.org) to seek further details.

Please note that 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 and the full Board of Trustees meeting is held in Room 4 of the RE Building on the fourth Tuesday of each month.

We welcome visitors: if you wish to request that an item be added to the agenda, please let a Co-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 Toue*, Co-Chair, Board of Trustees

## 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](mailto: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](mailto: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](mailto: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?



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

### Diversity/Anti-Racism Transformation Team to Begin Enrichment Hour Discussion Series

At the DARTT summer service on June 30, “In Six Words: The Race Card Project,” speakers provided a wide range of perspectives on their experiences, questions, hopes, and observations related to race, racism, and identity—from memories of being subjected to racist behavior at age 8 to praise for PBUUC’s efforts toward ending injustice. The congregation’s response to the service and during the Enrichment Hour Reverberations was exciting and heartening. The Enrichment Hour discussion was open and honest, and participants clearly felt safe enough to allow themselves to be vulnerable. In the spirit of the honest, straight-forward give-and-take experienced during the Enrichment Hour, DARTT will be holding ongoing Enrichment Hour discussions to provide an open and safe forum for sharing our thoughts and ideas in an environment where justice, equity, and compassion in human relations is the ultimate goal. Although we enter our sanctuary with the intention of openly sharing ideas and camaraderie with like-minded people, we cannot help but also enter with all the perceptions, prejudices, fears, and misconceptions we have learned and incorporated over an entire lifetime. We live in an increasingly polarized world; it would be nice to know greater unity and trust among ourselves. Please come and be a part of this effort to discover how we can create emotionally safe environments for talking candidly about who we are, what we truly believe, how we relate to each other, and how we become stronger as a church family.

On August 4 will be our third summer Enrichment Hour discussion about race. When did you first become aware that people are of different races? What was your first personal encounter with a person of another race? Are there ways in which these early experiences shape your involvement in PBUUC as an Intentionally Multicultural Congregation? We will consider these questions, facilitated by Muriel Morisey and Peter Wathen-Dunn. Child care will be available.

### (DARTT) Monthly Meeting August 6

DARTT’s monthly meeting will be Tuesday, August 6, at 7:30 pm in Room 1, 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 August 6 Meeting will be Next Steps toward Multiculturalism at Paint Branch. All are welcome. If you can’t attend, please send your input to [DARTT@pbuuc.org](mailto:DARTT@pbuuc.org).

## Social Action Committee (SAC) News



### Special Collections Update

Special Collection for Capital Area Food Bank on Sunday, August 18,

The August special collection will help to support the mission of the Capital Area Food Bank (CAFB) which is to feed those who suffer from hunger in the Washington metro area. The food bank does this by acquiring food and distributing it through its network of 700 partner agencies. CAFB also strives to educate, empower and enlighten the community about the issues of hunger and nutrition. CAFB is a member of Feeding America, a national network of 200 food banks.

Many of CAFB’s partner agencies report they are seeing a tremendous increase in those seeking food assistance, from 30 to 100 percent. This increase is due to: job loss, the economy, high cost of housing, lack of health care and other issues.

Check out the following CAFB links to find out more about volunteer opportunities and most needed food items to donate:

<http://vimeo.com/user5577093/cabfvolunteers2011>  
<http://www.capitalareafoodbank.org/wp-content/uploads/2011/10/CAFBMostWantedItems.pdf>

*submitted by Mary Dancy, SAC*

**Next Social Action Committee (SAC) Meeting:**  
 Saturday, September 21, from 10 am to noon  
 in Room 1 of the RE Building

## In and Around Paint Branch

### ETHNIC DINNER'S QUARTER CENTURY UPDATE

The next Ethnic Dinner will take place Saturday, October 19. As of that date, we will be two-and-a-half weeks shy of doing Ethnic Dinners for 25 years! That's right; the first one was November 5, 1988. What's the theme for this special occasion? The Ethnic Dinner committee has some interesting ideas under consideration, but no definite decision yet.

Planning backwards from October 19 means we will be selling tickets on September 29, and October 6 & 13, which requires us to plan the menu by September 22. So, if you'd like to attend the dinner and/or the meeting, get those dates on your calendar now. If you would like to suggest a theme for this milestone dinner, please do so sometime during August so we have ample time to consider it and compare it to the suggestions we have already.

We dropped February from the months in which we schedule dinners because of low participation due to uncertain weather and conflicts with other events and holidays. If we are to resume doing three dinners a year, the scheduling which appears most promising is October, March and July. But this must meet certain criteria in order to assure us of maximum participation. We would therefore be very interested in hearing your thoughts on this proposal. If dinners were held in these months would you still be able to attend and help out?

And finally, 25 years is a very long time to be doing something. Everyone involved is now 25 years older! On one hand we have learned the process extremely well. On the other hand, doing it has become a bit more difficult and a lot more exhausting. I have no desire to walk away or see the dinners stop, but I can't keep doing all the publicity, ticket-selling, organizing, overseeing, detail-monitoring, and label making, while also cooking four or five dishes. If you've been a regular attendee, you have some idea how the dinners are supposed to turn out. If you've regularly helped cook or do any other task, you know how that part works. If you've been on the committee, you know even more of the behind-the-scenes details. If you'd like to be on the committee, just say so. Most of our "meetings" are via email. Somewhere among that bunch of you out there must be one, or even two or three people willing to take on some of this, and with Cathy Helmold's and my assistance keep a great PBUUC tradition going!

For theme ideas, comments on the new schedule, or volunteering to help in any way, contact Marilyn Pearl, 301-805-1218 or [buffalo\\_gal@verizon.net](mailto:buffalo_gal@verizon.net).

### HOUSE BAND FORMING!

Musicians interested in forming a House Band at PBUUC should contact David Chapman at [cochap@msn.com](mailto:cochap@msn.com). Maybe you know a member, a member's spouse (or family member), or a friend of PBUUC that might be a good candidate for this potentially gratifying contribution to the music program. Of course, a certain amount of proficiency and musicality is required. A house band could add even more vitality and variety to the PBUUC services! The group could perform once a month, every six weeks... or when they felt ready to add their pizzazz to the worship service.



### TWedHUULK Lunch at the Calvert House in Riverdale Park, Wednesday, August 21 at 1 pm

All are invited to join the Third Wednesday Handy UU Lunch Klub at the venerable Calvert House Inn half-a-block south of Route 410 (East West Highway) on Route One (Baltimore Ave.). Parking is easy behind the restaurant.

A ramp leads to the back door, where all customers enter. As one drives south, pass the restaurant on the left and turn left, then left again to enter. Prices are moderate.

If you need a ride or can offer a ride to someone please contact Marge Owens on [lowellandmarge@verizon.net](mailto:lowellandmarge@verizon.net) or 301-345-1572.

### ARE YOU TIRED OF THE HEAT?

Looking forward to cool weather? Well, the next SINKS & DINKS event can't promise cool weather, but we can guarantee cool people! Come to an appetizer potluck on Andy Myrup & Elizabeth Yanowitch's deck for good food and stimulating conversation. All adults are welcome. The event takes place on August 17 at 6 pm. If you are going or have a question, please contact Andy and Elizabeth at: [yanorup04@comcast.net](mailto:yanorup04@comcast.net)





# 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](mailto: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](mailto: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](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.**

Check here if you no longer wish to receive this mailing and return to PBUUC  
**EMAIL: CHURCHADMIN@PBUUC.ORG**  
**WEBSITE: WWW.PBUUC.ORG**  
**(301) 937-3666**  
**ADELPHI, MD 20783-1030**  
**3215 POWDER MILL ROAD**  
**PAINT BRANCH UNITARIAN UNIVERSALIST CHURCH**