



# BRANCHES



## **PAINT BRANCH UNITARIAN UNIVERSALIST CHURCH**

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

**July 2015**

**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.*

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**JULY 5 EMANCIPATION: PROCLAMATION & PROGRESS LED BY DIVERSITY/ANTI-RACISM TRANSFORMATION TEAM**

*Carol Carter Walker Worship Leader; and Bettie Young, Worship Associate*

Reflections from African-Americans and European-Americans. Carmelita Carter-Sykes and Peter Wathen-Dunn, from Paint Branch; and Lynda Davis, Van Caldwell, and Rusty Vaughan, from Coming to the Table, an organization that provides leadership, resources and a supportive environment for all who wish to acknowledge and heal wounds from racism that is rooted in the United States' history of slavery.

*Followed by Reverberations On Race & Indoor Potluck Picnic with Paint Branchers and Coming to the Table members from DC, MD, and VA.*

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**JULY 12**

**LETTING GO**

*Rev. Russ Savage; with Worship Associate Noel Monardes*

As our time together draws to a close, some reflections about the process of parting and how we go about it. *This will be the last sermon given at Paint Branch by Russ as our Interim Caretaker Minister. Please plan to stay after the service for a Farewell Reception, during which a light lunch will be provided and childcare will be available.*

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**JULY 19**

**CLIMATE CHANGE**

*Guest Speaker Kay McGraw; with Jonathan Mawdsley, Worship Associate*

Stay tuned for more information about a service on climate change led by our own Kay McGraw, a marine biologist. Talking about climate change is a bit like being the "Greek messenger"--- few want to hear about it, because then they will have to think about it, and woe unto the messenger. Some people will not like what I have to say, but that never stopped me from speaking the truth.

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**JULY 26**

**FAMOUS UNITARIAN UNIVERSALISTS**

*Kathy Kearns and members of the Women's Group; with Carol Boston, Worship Associate; Dayna Edwards, Director of Multigenerational Religious Exploration; and special music by Renee Katz and Ebeth Porter.*

Join us for a lively and educational game of Jeopardy, with Kathy Kearns serving as Alexa Trebek and members of PBUUC's Women's Group providing UU-focused categories and answers for which you'll provide the questions. Don't worry if you've never seen the show: We promise fun for all ages as we learn more about noteworthy Unitarian Universalists, past and present.

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*Please see page 9 for our Summer Services at Glance guide to see what we have store for the rest of the summer.*

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## PBUUC Leadership Directory

### 🌀 Officers and Board of Trustees 2015-2016 🌀

Chair	Theresa Myrdon (a)
Vice Chair	John Barr (a)
Vice Chair	Melody Lawrence (a)
Trustee	Liz Citrin
Trustee	Mike McMenamin
Trustee	Tess Morrison
Trustee	Marge Owens
Trustee	Ken Redd
Trustee	Carol Carter Walker
Secretary	Vacant
Treasurer	David Nation
Assistant Treasurer	Marilyn Pearl

### 🌀 Worship Associates 🌀

Carol Boston (2013-16)	Van Summers (2014-17)
Jonathan Mawdsley (2012-15)	Carol Carter Walker (2014-17)
Noel Monardes (2013-16)	Bettie Young (2012-15)

### 🌀 Pastoral Care Associates 🌀

Jeri Holloway  
Lynn Johnson  
Mike McMenamin  
Will Snyder

### 🌀 We Care Coordinators 🌀

Fran Caughey  
Melody Lawrence

### 🌀 Chartered Committees & Task Forces 🌀

Arts Council	Pat Tompkins (Music)
Auction	Jane Trout (Visual Arts)
Budget Leadership Team	Mark Shute
Buildings & Grounds	Kathi Yu
Capital Campaign	Lowell Owens
DARTT (co-chairs)	Peter Wathen-Dunn
Denominational Affairs	Carol Carter Walker
Electronic Communications	Emma Sue Gaines-Gerson
Ethnic Dinners	Don Gerson
Finance	<a href="#">contact church office</a>
Green Team (contact)	Marilyn Pearl
Leasing (contact)	Patty Daukantas
Legacy Fund	Marj Donn
Membership	<a href="#">Church Office</a>
Ministry	Ken Montville
Nominating	Janet Overton
Personnel	Susannah Schiller
Religious Exploration (co-chairs)	Sabrina Jones (acting Chair)
Site Improvement	Jim Flaherty
Social Action	Patricia Most & Elizabeth Porter
Sustaining Our Ministry	Peter Wathen-Dunn
Stewardship	Nancy Boardman
	<a href="mailto:SOM@pbuuc.org">SOM@pbuuc.org</a>
	Mike McMenamin & Chris Evans

### 🌀 Groups and Activities 🌀

Bookstore	Carol Carter Walker
Bridge Group	Penny O'Brien
Chalice Dancers	Wendy Schlegel
Choir	David Chapman
Coffee Coordinator	vacant
Community Café	Alice Tyler
Food for Thought	Mary Tyrtle Rooker
Handcraft Circle	Marj Donn
Facebook Group	Ken Montville
Marriage Enrichment	Don Fairfield
Mediation Program	David Haberman
Meditation Group	Cory Carter
Men's Group	Peter Wathen-Dunn
Moms of Young Ones	Jessica Sharp
Mystery Book Club	Kathy Kearns
Nature Spirituality Circle	Katherine Earle
Quest Discussion Group	Lowell Owens
Paint Branch Community Learning Center	Carmelita Carter-Sykes
Poetry Out Loud	Shantida
Shamanic Journeying	Mary Tyrtle Rooker
Simplicity Circle	Raman Pathik
SINKS and DINKS	Kathy Kearns & Jan Montville
Spirituality Circle	Amy Steiner
TWedHUULK	Marge Owens
Ushers	Esther Nichols
Warm Nights	Rene McDonald
Webmaster	Mark Shute
Welcome Table Greeters	Pat Behenna
Widowed Persons Support Group	Jeri Holloway
Women's Group	Wendy Schlegel

### 🌀 Office Volunteers 🌀

Elizabeth Scheiman (Tues), Will Snyder (Wed), Alice Tyler (Thur)

### 🌀 Staff 🌀

Please contact the Church Office at **301-937-3666** for Staff listed.

<a href="#">Interim Caretaker Minister</a>	Rev. Russ Savage
<a href="#">Music Director &amp; Pianist</a>	David Chapman
<a href="#">Director of Multigenerational Religious Exploration</a>	Dayna Edwards
Director, Chalice Dancers	Sharon Werth
<a href="#">Church Administrator</a>	Charles Bury
<a href="#">Administrative Assistant</a>	Alexis Saunders
<a href="#">Bookkeeper</a>	Debra McCann
Sunday Service/Building Managers:	Romeo Ndonfak
Child Care Providers:	Wyatt Rexach
	Beth Judy
	Jazmin Balbuena
	Milan Monardes
	Alexis Saunders

## Ministers Page



### From Rev. Russ Savage:

What a month it has been! Significant events seem to tumble at us faster than we can comprehend and absorb them.

The tragic shooting at the Emmanuel African Methodist Episcopal Church in Charleston, SC, draws attention once again to the problem of easy access to guns in our country. The death of nine worshipers attending a Bible study class seems especially tragic, since it includes a racial element not present in earlier mass shootings in locations such as schools, a movie theater, a medical clinic, and a government workplace. We recall with sadness the shooting which took place in a UU church in Tennessee several years ago. Let us hope the troubled young man who committed this act may not inspire similar acts by others.

At almost the same time, Pope Francis issued his lengthy encyclical, *Laudato Si*, on the subject of climate change and the poor. In it, he clearly defines the world's response to climate change as an issue of social justice, in which the poor are at the greatest risk. UUA President Peter Morales responded with a statement which concludes with these words: "Many faiths, one Earth. We stand with Pope Francis on climate change." Because Pope Francis is so influential and respected around the world, we can hope that his words will help to move the global dialogue about climate change forward more quickly.

I will offer my final worship service at PBUUC on Sunday, July 12. I'll be on vacation starting July 20 but will be available for serious pastoral matters or urgent church business until the end of the month. Rev. Evan Keely will begin as Interim Minister on August 1. It has been a pleasure and an honor to serve as your Interim Caretaker Minister for the past year.

Blessings. *Russ*

Rev. Russ Savage, Interim Caretaker Minister  
[ICM@pbuuc.org](mailto:ICM@pbuuc.org)



### From Rev. Diane Teichert:

Thank you for the Farewell Reception on Sunday, June 21. It was wonderful! The food was delicious and varied and beautifully presented. I loved the New Way Band!

The speeches felt intimate and touched me so, that when I got up to speak it was from the depths of my spirit. I will treasure the gifts (*see picture*). I love that they were all either handmade by you, or books (and ones that I actually want to read!)

Thank you to the Committee on Ministry-Susannah Schiller, John Bartoli, and Sabrina Jones-and their many helpers!

As I said during the service on Sunday, ministry is not over for me, but it is changing.

First, I need to get back on the track of my exercises and medical treatments, which have been put off while I've been deciding about my future here and then saying good-bye. The only ministry to which I've already said yes is to be a mentor for new or student ministers. I want to remain involved in organizing for racial justice, but I am not yet sure how. I used to think that starting a UU campus ministry at UMD-CP would be my retirement project after being the minister of PBUUC at least ten years, and that idea still appeals!

Down the road a ways, I would love to have some involvement at PBUUC- this really is the best UU congregation around! But, we UU ministers have a covenant to stay away after we leave a congregation, so that your next ministers can have the space to become your minister. So that means my relationships with you need to change. If you see me out shopping or at a park or concert or whatever, we can certainly be friendly, but we won't spend time together becoming friends, and we definitely won't talk about church politics!

In July, your Interim Minister, Evan Keely, and I will begin a conversation about exactly what our ministers' covenant means to us in this time and place, and we will let you know. He is a very experienced Interim Minister. I know him to be kind and honest, with a sense of humor. You will be in good hands.

So that is what I see ahead for myself, although dimly.

For you, I see more children! And new members, some of whom who live close enough to walk to church! Others will be your co-workers or neighbors and kids your children go to school with - if you invite them! I see a new parking lot, and the community learning center continuing to thrive! I see partnerships with nearby congregations of other faiths, of which there is such an incredible variety even just in Adelphi alone. But what is ahead is up to your imagination, planning and energy. I am full of hope for the congregation, sad to say good-bye, and ready to begin the next phase of both my recovery and my ministry.

With Love, *Diane.*

Rev. Diane Teichert, Minister  
[revdteichert@gmail.com](mailto:revdteichert@gmail.com)



## Board of Trustees Column

Fellow Members,

The Board would like to thank everyone for their time and support this year as PBUUC went through a major transition. We are looking forward to the coming year.

*Theresa Myrdon*

Board Chair

### PLEDGES, DONATIONS AND YEARS; RECORDING THEM CORRECTLY

This month, July 2015, is the first month of PBUUC's new fiscal year. There are two different "years" for which you may be monitoring your financial donations to Paint Branch. One is the *calendar year*, which began January 1, 2015 and runs through December 31, 2015. The other is the *fiscal year* referred to above. FYs overlap two calendar years so are referred to by both. FY 2014/2015 just ended June 30. The new one, FY 2015/2016, is the one you may have recently made a pledge for, and it begins July 1.

Why should you know or care about these two years?

**The Calendar Year** is the one the IRS will be looking at when you report your charitable contributions made in 2015. PBUUC will provide you with a summary of your 2015 donations early in 2016, all of which must have been received by PBUUC in 2015; IRS's rules; not ours.

**The Fiscal Year** is the period in which you want to try to satisfy each pledge, and you have some choices in how you do this. Pay it in one lump sum, pay it quarterly, monthly, weekly, or however works best for you. What's important is that you correctly identify each contribution so we can record it in the computer according to your wishes. That's done via the *memo line* on your check. Here are some examples. Putting "FY 2015/2016 pledge" on the memo line for any pledge donation in this FY is adequate. If you pay monthly or weekly, you could instead write "July '15 pledge" or "Jan. '16 pledge" etc. on the memo line. If you make irregular payments, but still want to satisfy your pledge within the FY, break it up however you like; just let us know the FY you intend each payment for. Any check which has nothing in the memo line will be assumed to be for the FY in which it is written. And remember, for IRS purposes, each payment will be recorded as a donation for the *calendar year* in which it's made.

If you have any questions, contact David Nation, [dave@davenation.com](mailto:dave@davenation.com), Treasurer or Marilyn Pearl, [buffalo\\_gal@verizon.net](mailto:buffalo_gal@verizon.net), Asst. Treasurer, or see either of us at church.

Sincerely,  
*Marilyn Pearl*  
Assistant Treasurer

## Meet Our New Member

**Erin Gebhart** joined Paint Branch UU Church on March 28, 2015. Having lived in the area for about a year, she decided she needed to know more people outside of work, and her mother suggested church, telling her that Unitarian Universalism may match with her beliefs. She grew up in Fort Collins, Colorado, and attended college at Gustavus Adolphus College in Minnesota, where she majored in history. After college, Erin taught middle school history in Colorado before joining the Navy in 2009. Erin's first duty station after language school in Monterey, California, was a direct support tour based out of Augusta Georgia. During her first deployment, she was on six different ships in seven months: the USS Leyte Gulf guided missile cruiser, the USS Enterprise aircraft carrier, the USS Ronald Reagan aircraft carrier, the USS Chancellorsville guided missile cruiser, the USS George H.W. Bush aircraft carrier, and the USS Port Royal guided missile cruiser. For her second deployment around the holidays of 2012/2013, she was mostly on destroyers. Since January 2014, she has been at Fort Meade. Upon learning that she could read music, David Chapman promptly recruited her for the choir at PBUUC, and she sings second soprano. Erin also enjoys the outdoors (hiking, not camping) and writing fiction. Welcome to Paint Branch, Erin!



Submitted by Renée Katz  
on behalf of the Membership Committee

## Our Caring Community

### WHEEL OF LIFE

Condolences to Theresa Myrdon and her family; Theresa's Aunt Ernestine died recently of pancreatic cancer, and Ernestine's husband died a few days later of pneumonia. Congratulations to Jeanne Judd and Chris Evans, who recently celebrated their 30th wedding anniversary and the 21st birthday of their daughter Samantha—on the same day! Send healing thoughts to Ruth Bond, who is recovering from a fall she suffered recently; fortunately no bones were broken.



**July's We Care Coordinator is Fran Caughey.** Please contact her if you, or a PBUUCer you know, is in need of meals; rides to church or medical appointments; visits; or cards. You can call her at 301-776-9648.

## Religious Exploration

If you have been to PBUUC recently you may have noticed some changes to the land in front of the Meeting House. It is being prepared for a new outdoor classroom!!

The Legacy Fund Committee generously approved a proposal from the Multigenerational Religious Exploration Team to design and build a Multigenerational Outdoor Classroom. We have begun clearing the area and marking out a place for a chalice themed play-deck for the children. Additionally, there will be a picnic table for outdoor meetings and several Montessori based materials. A "rockopotamus" has been generously donated by Marguerite Summers.

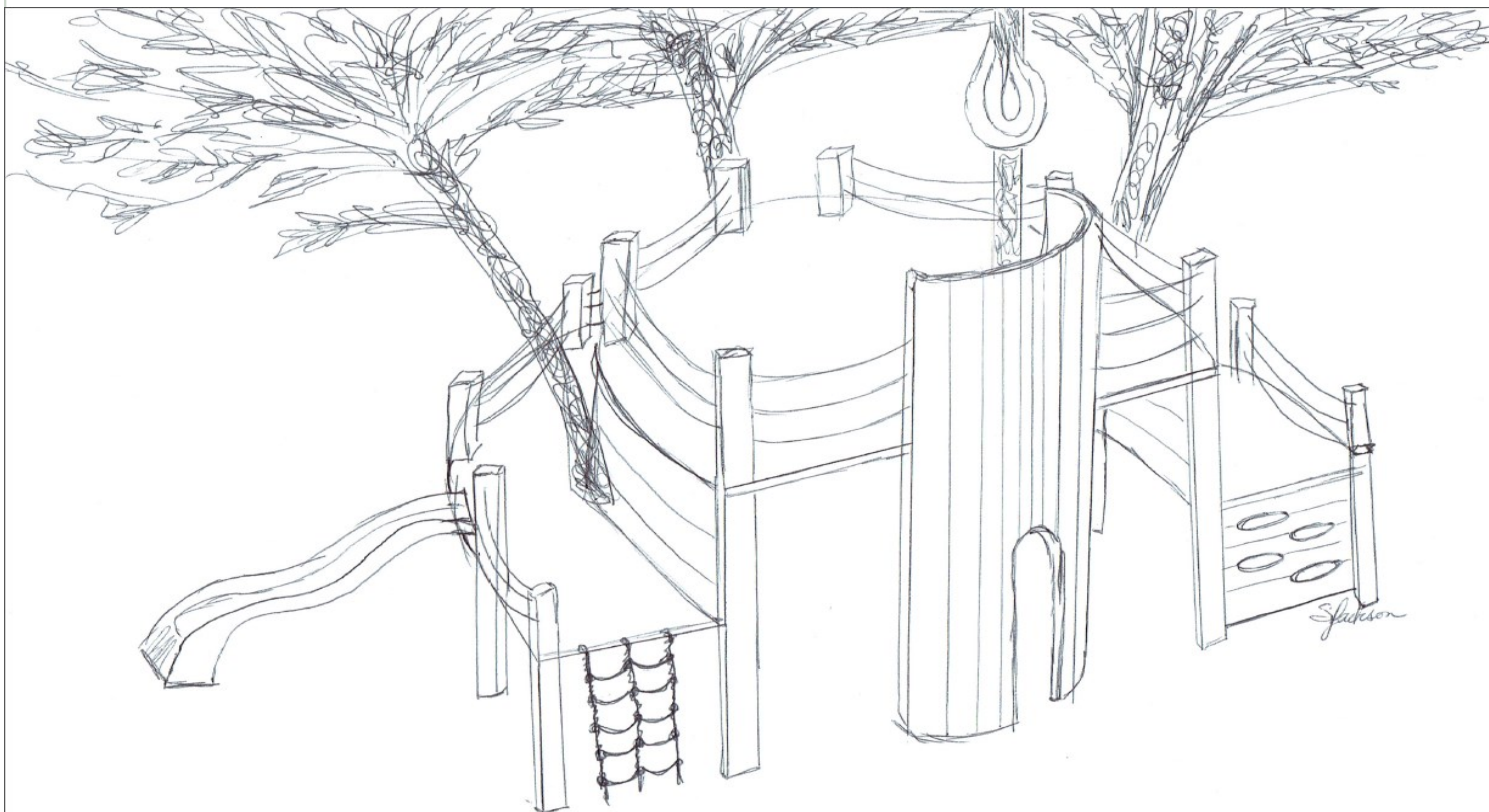
The outdoor classroom is more than "just a playground" it is a gathering space at the front of our community that communicates to newcomers and members alike, that we are committed to welcoming families and everyone who enjoys the outdoors. Having an outdoor classroom at the front of the building allows parents to participate in coffee hour, while keeping an eye on their young ones who can continue to learn while playing. It gives a space for adults to meet in an outdoor setting for classes or committee meetings.

The design of the play-deck and the general plan for the outdoor classroom, has been completed by new members, Stephanie and Brent Walters and their son Elliot. Stephanie has a background in project management and construction and created the beautiful design you see pictured below. None of this would have been possible without the advocacy and tireless work of Jessica Sharp, Tricia Most, Tina Van Pelt (who put together the Legacy Fund proposal) and the MRE Team Board Liaison, Theresa Myrdon. The Building And Grounds committee has also helped in offering their expertise and helping with the initial clearing. Melissa Graham spent a Saturday, with many of those already mentioned, cleaning and clearing more of the area needed for the play deck. Integral moral support and ideas have come from our other MRE Team members Carmelita Carter-Sykes and Ebeth Porter.

There will be several more work days this summer after church and a sandwich lunch will be provided. Please consider staying after church on the following days to turn the outdoor classroom vision into a reality: July 19, and July 26, as well as, August 9 and August 23. Even an hour of help would make world of difference. For more information or to hear more about our vision please contact me at [dre@pbuuc.org](mailto:dre@pbuuc.org) or any of the people mentioned above.

Yours in Faith,

*Dayna*, Director of Multigenerational Religious Exploration [DRE@pbuuc.org](mailto:DRE@pbuuc.org)



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



### Sunday Service, July 5

DARTT will lead its annual Summer Service Sunday, July 5. The theme is: *Emancipation: Proclamation and Progress*. Reverberations and 'Indoor Picnic' will follow in the Meeting House.

### August Reverberations Topic:

Policing In Black and White. This will be co-led by Janet Overton and Dayna Edwards. It will be Sunday, August 23 during Enrichment Hour.

### Monthly Meetings Continue On Second Tuesdays.

DARTT will meet monthly year-around on the second Tuesday from 7 to 9 pm. The meetings will continue to have two components: Sharing joys and concerns related to diversity at Paint Branch, the wider UU and non-UU community; and planning for upcoming events. All are welcome!

Watch upcoming Bulletins and e-mail blasts for specific dates and details about our programs and activities. Send ideas, comments, questions, etc., to [DARTT@pbuuc.org](mailto:DARTT@pbuuc.org).

Submitted by: Carol Carter Walker, Co-Chair, DARTT

## Women's Group

### Women's Group Summer Meetings

The Women's Group has two exciting meetings scheduled this summer. In July we will be going to Brookside Garden's Wings of Fancy butterfly exhibit in the conservatory. There are hundreds of butterflies from the US, Asia and Central America. This will be led by Rene McDonald. The date has not yet been selected so check the Sunday Bulletin for an announcement. We will also send an announcement out to the Women's Group and post the date on Facebook.

Also in July look for the Women's Group led Service: 'Famous Unitarian Universalists' on Sunday July 26.

Our August meeting is a book discussion of the book *The Red Tent* by Anita Diamant. The date for this has not been sent, it will be towards the end of August. We wanted to get the reminder out so you can pick up a copy of *The Red Tent* to add to your summer reading list.

If you have any questions, please contact Wendy Schlegel at 301-649-4976 or [waschlegel@gmail.com](mailto:waschlegel@gmail.com)

## The Wider Unitarian Universalist Universe

### \$15 AN HOUR WAGE CAMPAIGN By Carol Allen

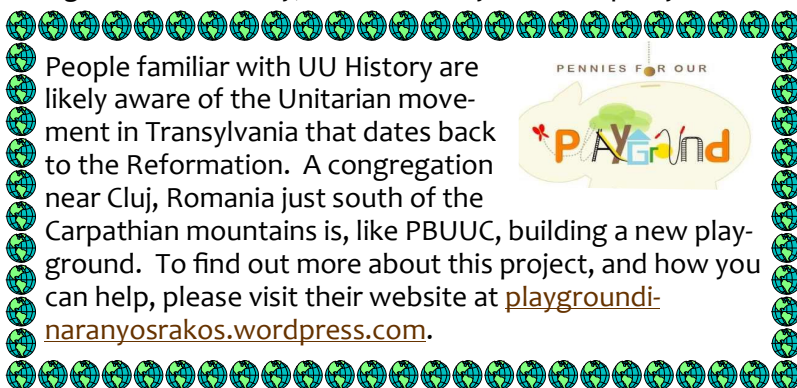
Unitarian Universalists for a Just Economic Community (UUJEC) Board Member

Unitarian Universalists, led by UUJEC, who support Economic Justice know that low wages have contributed to economic inequality with workers' pay stagnating while businesses were making big profits. Advocates for increasing the general level of wages in this country were heartened when the Seattle City Council passed a law setting the minimum wage at \$15 an hour. San Francisco and Los Angeles have passed similar laws. The \$15 an hour campaigns are sweeping the country.

More examples of the widespread campaigns are: "Ohio Needs a Raise" May Day demonstration; \$15NJ advocacy in NJ; Chicago Workers striking for the higher wage; MN airport and Minneapolis workers seeking \$15 an hour; New York City holding a Fast Food Wage Board hearing at NYU near Washington Square; Philadelphia workers' April 15 rally for \$15 an hour; FL labor's campaign to repeal a state statute that prevents a county or municipality from imposing a wage level or benefit which businesses must pay.

The Minimum Wage/Living Wage discussion is familiar to people who support higher wages for ALL workers. And it is time for UUs to get back in the fray by supporting the \$15 An Hour Wage Campaign.

Where Living Wage laws have been passed, they are higher than most State mandated minimum wages. But the Living Wage laws only extend to the reach of the employees of the government entity, often a county or municipality and their direct contractors, as compared to Minimum Wage laws that are broadly applicable to most workers. In only a few campaigns, such as Just Economics of Western NC where businesses are Living Wage Certified, have the Living Wage efforts extended to the private sector. The \$15 an hour outreach is a newly energized extension of the Living Wage campaigns in which UUJEC and all UU Economic Justice advocates are expected to be active participants. For more information about regional groups, go to [15now.org](http://15now.org). Background information is at [livingwageaction.org](http://livingwageaction.org).



People familiar with UU History are likely aware of the Unitarian movement in Transylvania that dates back to the Reformation. A congregation near Cluj, Romania just south of the Carpathian mountains is, like PBUUC, building a new playground. To find out more about this project, and how you can help, please visit their website at [playgroundinaranyosrakos.wordpress.com](http://playgroundinaranyosrakos.wordpress.com).

## Social Action Committee (SAC) News

### SPECIAL COLLECTIONS THIS SUMMER

On Sunday, July 12, we will have a special collection to benefit Beacon House, our local inner-city UU ministry. Rev. Donald Robinson works with a committee of local parents and others to offer a varied program for the at-risk children and families in the neighborhood of the Rhode Island Ave Metro stop: tutoring, sports, arts and crafts, etc. There will be special collection envelopes for cash or checks made payable to "Beacon House."

August's special collection, on the 23rd, will be for the Unitarian Universalist United Nations Office, which has represented UUs in matters before the UN since the UN's inception and which sponsors an adult and youth seminar every April that some of our members have attended.

- Marj Donn



### PAINT BRANCH COMMUNITY LEARNING CENTER COMPLETES ITS THIRD TERM. HOORAY!!

On May 24, 2015 PBCLC completed its third term of English classes. Through the efforts of many Paint Branchers, 25 new and continuing participants from eleven countries worked toward achieving their life goals by improving their English language skills. They were helped along the way by teachers and assistants: Jim Behenna, Nancy Boardman, Carmelita Carter-Sykes, Lynn Johnson, Kim Keyes, Rene McDonald, Bekki Ow-Arhus, Louise Warner, and Mea Whittle. Many thanks to those who registered and tested students, and helped with logistics: Nancy Boardman, Carol Boston and Bekki Ow-Arhus, and Lucette Smoes Thank you to our Church Administrator, Charles Bury. Thank you to the child care providers Jazmine Balbuena and Milan Monardes. Thank you to the Building Managers Romeo Ndonfak and Wyatt Rexach.

A special thanks to Rev. Diane Teichert who had the idea of PBUUC starting a tutoring program for our immigrant neighbors.

We hope to start up again in the fall, offering practical information about learning to live in the U. S. provided in Intercambio's Immigrant Guide (law, housing, jobs, finances, U.S. culture...) in addition to our English classes.

Carmelita Carter-Sykes, Contact [cartercarmelita@aol.com](mailto:cartercarmelita@aol.com) 202 236-8783 to volunteer.

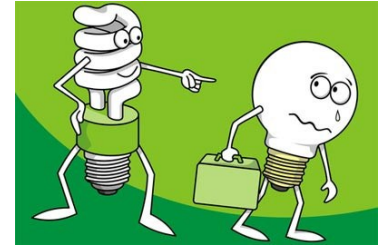
### Next Social Action Committee (SAC) Meeting:

Saturday, September 19th, 10 am – 12:30 pm  
in Room 4 of the RE Building

## Green Team

### The Green Team reminder:

If you've paid a utility bill, you've paid a surcharge that funds FREE energy check ups. A professional will install free energy-saving items like compact fluorescent light bulbs (CFLs) and efficient-flow shower heads and point out what is (or isn't) making your home energy efficient. Call Elysian Energy at 240-338-7550 with questions or to make an appointment. Pat Behenna will be at the Green Team Table on Sundays with more information. The church will receive \$20 for each audit.



### Maryland Native Bee Project:

Hillandale resident Barbara Hopkins is a volunteer for the Maryland Native Bee Project. The Building and Grounds committee has granted her permission to collect pollinator survey data about the bees and other insects frequenting our parking lot flower plantings. Here is some information about the survey from Barbara:

I plan to stop by soon to assess the site, note the types of flowers, etc. and maybe even start the survey. I will be counting the bees on eight different types of flowers, ten minutes each, so it will take me eighty minutes each visit. I'm supposed to do two visits a day, one or preferably two days a month until the first frost. I will also note insects besides bees (especially Monarchs). I'm more than happy to share the results of my count, and the student coordinating it has said the information will be available to the public... I'm excited to be a part of this study -- apparently nothing similar has been done, so we're gathering baseline information in this initial year.

## In and Around Paint Branch

### Lunch Down the Street from Church Wednesday, July 15 at 1 pm

The TWedHUULK (Third Wednesday Handy UU Lunch Klub) will meet at the Sheraton Hotel Café this month. It has just been redecorated and has a new chef and menu. The lunch items are reasonably priced and varied. Several soups, salads, sandwiches, and desserts are on hand, as well as some south of the border specialties. All are invited. The hotel is located just next to the entrance to I-95 on Powder Mill Road on the same entrance as the movie theater. Please contact Elaine Shell if you need a ride or can give a ride to someone, at [elaine@greville.net](mailto:elaine@greville.net) or 301-602-0590 or 301-776-4271. It helps a lot to know how many are coming so the restaurant can be ready for us. But if you realize you can come at the last minute just go for it.

## In and Around Paint Branch, continued...

### First Friday Free Food & Film

This long-overdue, new PBUUC Food for Thought Series is being held at my home in Takoma Park, 804 Larch Avenue. Non-vegans are encouraged to attend, but please bring a vegan dish. Unsure what to bring? Some fruit or a simple salad with dressing on the side always works. Doors open at 6 pm; a quick food demo is at 6:30; film starts at 7 pm. For the full schedule, see [shamanicspring.com/food.html](http://shamanicspring.com/food.html). Contact Mary "Tyrle" at 301-891-1288 [greentyrtle@gmail.com](mailto:greentyrtle@gmail.com).

**Friday, July 3, 6 pm—9:15 pm—The Dietary Pleasure Trap:** Declare your independence and learn how to liberate your food-addicted brain. Any dietary change is easy ... when you know the how and why. Film starts at 7 pm.

**Saturday, July 25, 11 am-1 pm—SPECIAL FIELD TRIP:** Poplar Spring Animal Sanctuary Montgomery County Farm Tour, Poolesville, MD. Event runs from 10 am-4 pm, but the official plan is to go from 11 am to 1 pm. Meet the animals, enjoy hay rides and refreshments for sale. Shop for tee-shirts, sweatshirts, and handmade crafts in the gift shop, and for hidden treasures at our giant yard sale in the carriage barn. Contact Mary "Tyrle" at 301-891-1288 [greentyrtle@gmail.com](mailto:greentyrtle@gmail.com) if you want to carpool, or just go and meet up there.

**Friday, August 7—No Meeting.**

**Friday, September 4—To Be Announced...** please stay tuned!

### PBUUC Food Policy Recommendations

Yes, PBUUC has a Food Policy. It's not written down anywhere, but you can see it reflected in every meal and snack we serve here. Anyone know what it is? Your feedback is needed! Please send your answer to [greentyrtle@gmail.com](mailto:greentyrtle@gmail.com)! I'll analyze them and publish the results in a later Branches edition. Here are some questions to help you give the fullest answer, but I'll gladly accept any partial answer you want to share and any random comments. Please share your own primary dietary practice (meat-eater, vegetarian, vegan), so I can better understand perceptions.

In terms of physical content, would you say that PBUUC's food offerings promote:

1. Diverse dietary needs and preferences? if so, which ones?
2. Equal attention to those varying diets, or does it favor some over others?

Value aspects you might want to consider in your answer are whether PBUUC food offerings promote the following:

1. Health or disease for the individual consumer?
2. A health-promoting body mass index or obesity?
3. Your personal current dietary and health goals?
4. Social justice or injustice?
5. Global human health or starvation?
6. Environmental health or degradation?
7. Water conservation or water waste?
8. Water quality or water pollution?
9. Air quality or air pollution?

Thanks!

— Mary "Tyrle" Rooker



### NEXT ETHNIC DINNER 90 MILES OFF-SHORE

As Cuban/American relations slowly move in a new direction, not every American is able yet to book a trip there. However, that won't stop us from enjoying the food and music of Cuba at our next Ethnic Dinner on Saturday, July 25 at 6:30 pm! As this is being written, the menu planning meeting hasn't happened yet, but research has been ongoing. Think tropical, spicy (as in cinnamon, cloves, cumin), citrus-y and rum-infused wherever that works. Pork, beef, chicken and of course, seafood (it's an island!), but enough fruits and vegetables, beans and rice to please any vegetarian. Desserts? Cuba produces a lot of sugar, so use your imagination. The cash bar will be serving some of those fun Cuban concoctions as well as several alcohol-free drinks.

The final menu will be displayed, and ticket sales and volunteer recruitment will take place as usual on the three Sundays preceding the dinner. The first of those will be July 5, so if you won't be at church that weekend, do be there one of the next two Sundays to obtain tickets and become involved in this Cuban fiesta! Tickets are \$15 for adults, \$7.50 for kids 4 through 11, those under 3 are free. All new members who have received Ethnic Dinner coupons and want to attend this dinner should exchange them for tickets on any of those Sundays: July 5, 12 and 19.

Volunteers are needed to come at 5 pm to set up the tables, come at 6 pm to tend the door, help cook the food (recipes provided & costs reimbursed), or stay later to clean up the meeting house and kitchen. Music is important at all the dinners, but it will be especially so for this one. Anyone who has some recorded Cuban music you can make available for this dinner, please let us know.

Meanwhile, continue to bring in clean plastic containers with snug lids for all of PBUUC's food events' leftover sales. You get to recycle them and increase fund-raising at the same time! The one pint size is the most popular and quickest to run low. We'll take your plastic grocery bags as well. Leave them in the kitchen and they'll be retrieved.

Watch the Sunday bulletins and e-mail blasts for more reminders, but put it on your calendar now, so you won't end up with a conflict. And remember, an Ethnic Dinner is the perfect way to introduce a friend or two to PBUUC. Invite someone!

For questions, suggestions, reservations, offers of music, recipes, or volunteer help, contact Marilyn Pearl, 301-805-1218 or [buffalo\\_gal@verizon.net](mailto:buffalo_gal@verizon.net).



## Paint Branch Summer Services at a Glance

As always, our summer services will be described in full detail on the front page of each month's *Branches* and at [www.pbuuc.org](http://www.pbuuc.org). For those of you who like to plan ahead, here's a quick preview of the whole summer. All-ages services are marked with an asterisk (\*); Together Time (children starting in the service) followed by Religious Exploration classes will be offered on all other Sundays. All services start at 10 am in the Meeting House.

Date	Topic	Service Leader(s)
July 5	<i>Emancipation: Proclamation &amp; Progress</i> What did the 1863 proclamation really say and what does it mean to us today?	Carol Carter Walker/DARTT
July 12	<i>Letting Go</i> As our time together draws to a close, some reflections about the process of parting and how we go about it.	Rev. Russell Savage
July 19	<i>Climate Change</i> Stay tuned for more information about a service on climate change led by our own Kay McGraw, a marine biologist.	Kay McGraw
July 26	<i>Famous Unitarian Universalists*</i> Match wits and learn U-U history in a Jeopardy-style game.	Kathy Kearns/Women's Group
August 2	<i>The UU Umbrella*</i> PBUUCers of all ages share their personal theology through music selections.	Tricia Most
August 9	<i>Singing in the Spirit</i> Back by popular demand: Explore the experience of singing in community.	Members of Voice Exchange: Beth Lyons, Amado Ohland, and Taunya Ferguson)
August 16	<i>Blessing of the Animals/St. Francis for UUs*</i> Bring your well-behaved animal companion or a photograph of your favorite animal to this special service honoring the animals that share our lives.	Jonathan Mawdsley
August 23	<i>Because of Her, We Can*</i> We will examine the life and actions of Rosa Parks and how her act of civil disobedience can inform and inspire our own activism today.	Dayna Edwards, Director of Multigenerational Religious Ex- ploration
August 30	<i>Dear Vegan: Please Go Away</i> It's common and natural for many non-vegans to react negatively to veganism. Learn tips to get beyond this stage.	Mary "Tyrle" Rooker
September 6	<i>How Can I Keep From Singing!</i> Select, hear and sing your favorite hymns from diverse religious traditions.	Carol Carter Walker and David Chapman, Director of Music

### 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, and if requested, an email specific to individual PBUUC committees, groups, or teams can be created.

#### 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 **200—600** words. Please submit the name of the author and any other contact information as necessary. **Reminder: Articles significantly over the word limit may be returned to the author for re-editing.**
- The deadline for submission of announcements and other content to appear in the Sunday Order of Service Bulletin is **every Wednesday at 12 noon**. Announcements received by the deadline will be sent to all email recipients of Branches.
- **Sunday Bulletin announcements** should be submitted in their final form to [bulletin@pbuuc.org](mailto:bulletin@pbuuc.org). 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 an 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.**

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