

# **Adult Religious Exploration Programs**

## **Schedule & Information**

**Fall 2008/Winter 2009**

**3215 Powder Mill Road  
Adelphi, Maryland 20783-1097**

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# Adult Religious Exploration (A.R.E.) Programs

Welcome to Adult Religious Exploration at Paint Branch! The programs listed below, in addition to our weekly offerings during Sunday morning Enrichment Hour and several affinity groups, are designed to give adults of all ages an opportunity to explore their faith in a supportive environment. Programs are led by our co-ministers and lay leaders.

*Sign-up information is shown on page 7*

## Adult Religious Exploration Team Members

Emily Conover

Julie Dahmer

Linda Daly-Lucas

Amy Steiner

Evangeline Wells

Chair, ARE@pbuuc.org

## PBUUC Staff

John Manwell and

Phyllis LeNoir Hubbell

Richard Kelley

Carla Miller

David Chapman

Daniel Everitt

Rebecca Birnie

Penney Hughes

Interim Co-ministers

Minister Emeritus

Director of Religious Exploration

Music Director/Pianist

Administrator

Administrative Assistant

Assistant DRE

Rich O'Brien, Charles

Bury, and Jesse Crowley

Sunday

Services/Building Managers

Carol Tutz

Childcare Provider

**October 2008**

*Path to Membership*

**Dates:** Tuesdays, October 21 and 28 (6:30 pm–9:00 pm)  
**Led by:** Tim Illig and Revs. John Manwell and Phyllis Hubbell  
**Location:** Kelley Room, RE Building  
**Host:** Julie Dahmer

Are you interested in deepening your relationship to the church by becoming a member? Then mark your calendar for Tuesday evenings, Oct. 21 and 28, for our next Path to Membership class. This class will be both informational and inspirational and give folks a chance to learn more about our church and each other. A light dinner will be provided at no cost to you. The New Member Recognition Ceremony will be Sunday, November 2, 2008. Please RSVP to Membership Chair Tim Illig ([tillig@comcast.net](mailto:tillig@comcast.net) or 410-707-6678) no later than Sunday, October 19, 2008.

## November 2008

***Book Discussion: “Feel the Fear and Do It Anyway” by Susan Jeffers, PhD***

**Dates:** Mondays, November 3, 10, 17, and 24 (7 pm–9:00 pm)  
**Led by:** Anita Wagner  
**Host:** Amy Steiner  
**Cost:** \$12 for the book\*\*

Have you ever found yourself in a situation where you wanted to confront someone about their behavior, ask the boss for a raise, try out that new hobby that seems a bit daunting or some other challenge where fear seemed to hold you back? Fear is a part of life and serves many good purposes; however, pretty much everyone has struggled with fear at one time or another. How can we learn to take control and conquer our fears?

Anita Wagner, a trained discussion/support group facilitator, will lead a book discussion and support group gathering based on Dr. Susan Jeffers’s book. There was a time in Anita’s life when fear held her back from accomplishing something she badly wanted and she began to pursue her own journey to learn to conquer fear by reading this book. Chapters one and two will be discussed at the first meeting. If there is interest, the group may continue to meet as a support group after the discussion series has concluded.

\*\*You may purchase the book on your own or buy one of the copies PBUUC will have on hand to sell.

## November 2008

***Being a Unitarian Universalist Parent***

**Dates:** Sunday, November 16, 11:30 am–2:00 pm

**Led by:** Tricia Most and Carla Miller  
**Location:** Room 1, RE Building  
**Host:** Julie Dahmer  
**Cost:** Donation for lunch

This workshop is an opportunity for YOUU, parents, to reflect and dialogue with others on the joys and challenges of being a UU parent. Topics explored will include: Sharing UU values with our children, Living UU values in our family life, Resources for UU-ism in the home, and Holiday celebrations and other rituals, with a little extra attention to this last topic given the time of year. For parents of children of any age/stage! A variety of perspectives will enrich us all. Co-parents are encouraged to attend together, but one is better than none. Please RSVP to Carla Miller, ([dre@pbuuc.org](mailto:dre@pbuuc.org)), regarding your childcare needs. A small donation toward lunch will be appreciated from those who are able.

## January 2009

### ***Book Discussion: “Reading the Bible Again for the First Time” by Marcus Borg***

**Dates:** Sundays, January 4, 11, 18, and 25 (11:45 am—12:45 pm)  
**Led by:** Carla Miller  
**Location:** Room 1, RE Building  
**Host:** Julie Dahmer  
**Cost:** The book will be available for purchase at the first, introductory session

This discussion group, based on the book by this tile by well-known author and biblical expert Marcus Borg, will be an Enrichment Hour group so that childcare can be more easily available. Participants can buy the book at the first session and read the three sections of the book for subsequent sessions. A discussion series on the author’s *Meeting Jesus Again for the First Time* is also under consideration.

## January 2009

### ***Parents as Spiritual Guides***

DRE Carla Miller hopes to lead a 4-session series on this subject on Tuesday evenings in January and February. Interested participants may contact Carla at any time for more information ([dre@pbuuc.org](mailto:dre@pbuuc.org)).

## February 2009

### *Fourth Annual PBUUC Women's Retreat*

**Date:** Saturday, February 28  
**Time:** 8:00am – 4:00pm  
**Location:** PBUUC  
**Cost:** \$20, which includes breakfast and lunch  
**Contacts:** Julie Dahmer and Tish Hall

This all-day retreat for women of Paint Branch, their friends and family, and women of our neighboring UU congregations provides an opportunity for UU women of teenage years and up to be together, connect, and enjoy the beauty of our spaces. All participate in a whole group opening circle and later may choose among a variety of fun and inspiring workshops, also led by Paint Branch women. A delicious vegetarian breakfast and lunch will be prepared by Tish Hall and helpers. There will be opportunities for quiet time and for fun and games and laughter.

The full schedule and registration forms will be available in late January 2009; expect a moderate registration fee (probably around \$20) to cover the cost of the meals. Some workshops may have materials fees, payable to the workshop leaders. For further information or to offer to lead a workshop, please contact Julie Dahmer or Tish Hall.

## Fall and Winter 2008-2009

### *Voluntary Simplicity Circles*

New Voluntary Simplicity Circles are in the planning stages for this fall. Groups of 8 – 12 individuals meet for 8 sessions to discuss the meaning of voluntary simplicity, explore the material and psychological distractions that prevent us from caring for the earth, and consider how life might be enriched through the practice of simplicity. The circles are supported by the Simplicity Matters Earth Institute, whose guidebook is used. An SMEI volunteer attends the first and last session. For more information contact Raman Pathik, 301-890-9072 or

[rathik@verizon.net](mailto:rathik@verizon.net) .

### ***Global Warming Simplicity Circle***

A four-session Global Warming Simplicity Circle, another series offered by SMEI, is being planned for sometime after January. For more information, contact Marj Donn at 301-474-1353 or [marjdonn6@mindspring.com](mailto:marjdonn6@mindspring.com).

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

The Diversity/Anti-Racism Transformation Team was formed to coordinate the church's work in becoming a more racially/ethnically welcoming congregation. DARTT will be sponsoring covenant group(s), film and book discussions, workshops, services, theater parties and a vocal workshop led by Ysaye Barnwell during this church year. Look for specifics in the monthly newsletter and weekly bulletin. Contact [dartt@pbuuc.org](mailto:dartt@pbuuc.org) for more information

**A Winter Update will be published in January 2009**



## Ongoing Special Interest and Affinity Groups

We at Paint Branch Unitarian Universalist Church believe that there's more to congregational life than just attending services on Sunday mornings and serving on committees. Many groups have formed over the years around common interests. These groups provide opportunities for Paint Branchers to get to know each other in informal settings while sharing common interests. Below is a (possibly not inclusive!) list of the current affinity groups at Paint Branch, almost all of which are open to anyone who is interested.

Bridge Group

Capital Area Interweave

Chalice Dancers

Choir

Daytimers

Ethnic and Regional American Dinners

Handcraft Circle

Marriage Enrichment Groups

Men's Fellowship

Nature Spirituality Group

Religious Quest Book Discussion Group

Shamanic Journeying

Spirituality Circle

The Green Team

TWedHULK (The Third Wednesday Hyattsville Unitarian Lunch Klub)

Women Empowering Ourselves

Writer's Group

For more information regarding ongoing groups and activities, visit

**[www.pbuuc.org](http://www.pbuuc.org)**

or contact PBUUC at [churchadmin@pbuuc.org](mailto:churchadmin@pbuuc.org) or 301-937-3666.