



BRANCHES



PAINT BRANCH UNITARIAN UNIVERSALIST CHURCH

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

April 2020

SUNDAYS at 10:00 am
ONLINE ONLY *

APRIL 5 IS THERE AN EMOJI FOR THAT?

Guest Preacher: Joshua Long, Music and Membership Coordinator, UU Church of Annapolis; with Susannah Schiller, Worship Associate
We are living in a time that has not been in 100 years. Science, reason, and action are never more important than a time like this. It is a time for UUs to do our part as we always have through history. However, what do we do with our feelings? What about our emotions? There is something happening internally within all of us that needs to be looked at. Let us check in with our heart centers during this online worship service. How can we be aware of our present emotions and what are they calling us to be in this moment? On [Zoom](#) and [Facebook](#).

APRIL 12 EASTER

Minister Rev. Rachel Christensen; with Worship Associate Polly Pettit
Finding meaning for us as Unitarian Universalists in Easter. A celebration of renewal—of spring—of Earth's awakening after a period of relative dormancy.

APRIL 19 EXPLORING THE SACRED

Led by PBUUC Members Diana McFadden, Cary Coppock and others; with Worship Associate Tricia Most
What does it mean to hold something as sacred? How does exploring what is sacred to us affect our lives?

APRIL 26 ANNUAL GREEN TEAM SERVICE

Guest speaker Jamie DeMarco with PBUUC's Green Team; and Worship Associate Clark Ritz
Chesapeake Climate Action Network representative, Jamie DeMarco, will speak on how changes to our buying and eating habits can help the climate.

*** All services this month will be online only.** You will be able to watch and listen on Facebook at <https://www.facebook.com/PBUUC/>; you can also join by Zoom video meeting with a computer or smartphone. Zoom information will be posted on the church website each week in the upcoming service description and in an online order of service in the News and Announcements section. If you don't have Internet access, call the church office to learn how you listen to the service on any phone.

Minister's Notes

Life in the time of Covid-19

Tuesday, March 31, 2020



The worship service on Sunday was about What is Essential? But there are some other things that should have made it into the service. This morning, I have been thinking about what is really essential for me - personally - and how the progress of this virus has affected me.

Initially, I was thrown into the work of how we would respond as a church, as the minister of that church, as an employer and as a responsible leader and citizen. We quickly - almost overnight, it seems - threw together a plan for doing the worship service entirely online, and you - each of you - were delightful in appreciating our efforts and the opportunity to see each other on-line. I began writing frequent updates to you, the congregation, about what we were doing, how we might help, and what we were learning and thinking. Members and staff began scheduling online events such as Third Wednesday Lunch and Beer Night. Several regular groups are now meeting online as if that were normal and usual. Community connections were being maintained in new and different ways.

Many of you, like me, are working from home. Schools have been closed but are now moving into online education, so some of you have been affected by that. Some of you have lost your jobs, or your prospects for a job, and have concerns about money. And yesterday Governor Hogan has ordered all of us to stay at home except for essential activities. Once again, we will learn new things about living life.

We have completed three worship services entirely online, and have learned something each time. This week was no exception. I forgot to record the worship service on Zoom, but learned how to stream it to Facebook Live. We couldn't get it streamed to our church Facebook Page, so it only went to our private Facebook Group. We created breakout rooms for a virtual coffee hour, but for some of you I ended the session too soon, and you were suddenly knocked off the site. Sigh. Always learning. And on Sunday, April 5, we will all be broadcasting from home, and learning again.

Yesterday morning, I started to think about what is actually essential for me - for my spirit.

First, of course, is to make sure we are safe - in our home, with enough food, and a sense of how we will function. As long as we are well, and sheltered, and have food to make or eat, this part is fine. We connect with our kids, family and friends, and delight in their stories as they practice various levels of isolation.

After these elements, what is essential?

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PBUUC Leadership Directory

🌀 Officers and Board of Trustees 2019-2020 🌀

email: BoardOfTrustees@pbuuc.org

Chair	Janet Overton
Vice Chair	Wendy Schlegel
Vice Chair	Kathi Yu
Trustee	Carol Boston
Trustee	Ebony Contreras
Trustee	Don Gerson
Trustee	Melissa Graham
Trustee	Sabrina Jones
Trustee	Eric Most
Treasurer	Tess Morrison
Assistant Treasurer	Will Snyder
Secretary	Amy Parrish
Assistant Secretary	Keith Miller

🌀 Worship Associates 🌀

Elizabeth Porter* (2017-20)	Polly Pettit (2019-22)
Jeri Holloway* (2017-20)	Susannah Schiller (2019-22)
Tricia Most (2018-21)	Samantha Evans (Young Adult)
Clark Ritz (2018-21)	*Team Leaders

🌀 Pastoral Care Associates 🌀

Kathy Bartolomeo	Lynn Johnson
Jim Flaherty	Lynn Louison
Jeri Holloway	

🌀 Chartered Committees and Teams 🌀

Arts Council	Pat Tompkins (Music)
	Pat Tompkins (Visual Arts-ACTING)
Adult RE	Chris McCann and Leo Jones
Auction	Tricia Most
Budget Leadership Team	Kathi Yu & Wendy Schlegel
Buildings & Grounds	Peter Wathen-Dunn
Diversity/Anti-Racism	Carol Carter Walker (a)
Transformation Team (DARTT)	Carolyn Byerly (Vice Chair)
Denominational Affairs	Don Gerson, Chair
	Bettie Young, cluster rep.
Electronic Communications	contact church office
Endowment	Chris Evans
Finance	Elaine Shell
Green Team (co-chairs)	Moe Cunningham
	Kathleen Bartolomeo
Leasing	Joe Dever
Long-Term Planning	Ebony Contreras & Kathi Yu
Membership	Pat Behenna
Ministry	James Alexander, Muriel
	Morisey and Elizabeth Porter
New Entrance Design	Peter Wathen-Dunn
Nominating	Diana McFadden & Will Snyder
Religious Exploration	Melissa Graham
Social Action (SAC)	Kathleen Bartolomeo
Stewardship	Chris Evans

🌀 Groups and Activities 🌀

Bookstore	Raman Pathik
Chalice Dancers	Sherry Mitchell
Children's Choir	Jeanne Judd
Choir	David Chapman
Coffee Coordinator	VACANT
Community Café	Alice Tyler
Community Learning Center	Carmelita Carter-Sykes
Creative Force Writers Group	Ebony Contreras
Food for Thought	Mary Rooker
Handcraft Circle	Ebeth Porter
Facebook Group	Ken Montville
Men's Group	Peter Wathen-Dunn
Mental Health Support Group	Alice Tyler
Mom's Group	Penney Hughes
Offertory Counter Coordinator	Marilyn Pearl
Quest Discussion Group	Tess Morrison
Shamanic Journeying	Mary Rooker
SAC Special Collections Coordinator	Carmelita Carter-Sykes
Spirituality Circle	Amy Steiner
Sunday Sound & Facilities Volunteer Team	Keith Miller
Third Wednesday Lunch Club	Cathy Helmold
Ushers	Lori Snyder
Warm Nights	VACANT
Webmasters	Andy McIntyre
	Mark Shute
	Anita Williams
	Jeri Holloway
	Anne Hoover

Minister

The Rev. Rachel Rudd Christensen

Staff

Please contact the Church Office at 301-937-3666 for staff listed

Music Director & Pianist	David Chapman
Dir. of Multigenerational Religious Exploration	Chris McCann
Chalice Dancers Director & Choreographer	Sharon Werth
Church Administrator	Charles D. Bury, MBA
Affiliate Minister for Social Justice	Rev. Karen Lee Scrivo
Bookkeeper	Hannah Oshin
Administrative Assistant	Philip Browne
Sexton:	Al Addison
Child Care Provider:	Zoe Pappas

Office Volunteers

Elizabeth Scheiman & Mary Massey (Alternating Tuesdays)	
Will Snyder (Wednesdays)	Janet Overton (Fridays)
Alice Tyler (Thursdays)	

Board of Trustees

Dear Congregation,

Last month we were talking about the architect's plans for our church rebuild, preparations for the Pi Day Pie Bake Off, the Auction, and the Next-Steps Weekend. All sorts of fun events. Then the world changed. Now we are learning what it means to shelter in place and to practice distancing ourselves in public and not so public places. But this is absolutely not the time to start distancing ourselves socially and psychologically.

Every day we learn new ways to electronically create community. We now have online worship on Sundays. With almost no preparation or start-up plans, Rev. Rachel, DMRE Chris, Maestro David, and the Worship Associates have created church for us online, and it's going quite well. We gather together in the Sanctuary, but now we do it from the comfort of our homes. We share in the sermon, then greet and chat with each other during Coffee Hour, sipping our favorite brand of coffee prepared exactly the way we like it.

DMRE Chris noted that, "Once we get out of crisis mode and learn all the ways we can use Zoom, think of all the people who can now join committees who otherwise couldn't, all the people who couldn't attend church who now can. Zoom is a perfect tool for faith engagement."

TWEDHULK had a virtual lunch gathering via Zoom. Some of the members at Riderwood held an online fireside chat. Jeri Holloway led the members of the Widowed Persons Support Group in a round-robin of checking in and sharing via email. We are all learning new ways to virtually create community. Sending and responding to emails is a way to create community. Making a phone call to someone you care about, just to check in and know that they are alright is a very personal way to create community.

Zoom is not the only means for creating face-to-face virtual meetings and gatherings. Facebook offers video chatting. Join.Me is another one. Although Zoom and Join.Me offer fee-based plans that offer more time and different features, both have free plans but with time and other limits. UUA is negotiating with Zoom to provide discounted accounts for UUA churches. We are looking into whether this will be a good option for us. Either way, these apps are available for us to use and experiment with and learn from, and each offers a means to recreate our church groups, family groups, working groups, friend groups, and their related communities.

But back to the Board. This past Tuesday, the Board held our monthly meeting via Zoom. Jim Flaherty was our Process Observer, and Carol Carter-Walker was a visitor. During our meeting, several pieces of business were taken care of. Some are noted here.

Mike McMenamin volunteered to serve on the Finance

Committee, and we were pleased to appoint him as that Committee's newest member. We were able to clarify the Minister's role as head of staff and establish the role as policy. We discussed our plan for continuity of operations. Rev. Rachel has offered a plan to guide us through the early stages of this new reality; however, a more comprehensive plan is needed, and Trustee Kathy Yu, who was instrumental in the church rebuild after the December 2003 fire, will lead a committee to create a long-term continuity plan for now and into the future. We are also in the early stages of formulating a plan for the Annual Meeting, should the gathering restrictions continue through the end of May.

As ever, there is a lot going on. Stay tuned, stay connected, and stay safe.

-Janet Overton, Chair

Minister's Notes continued from page 1

For me, it is to spend time outside, and to take a walk. To see the flowering birches give way to the cherries blooming and see the trees begin to glow with a halo of green. I see the petals floating on the water in the creek. Now the tulips are blooming. I love the breezes in my face, and even the rain falling while I walk. To plant onions, and see the birds, to feel the sunshine.

For my mother, it was the moon. I remember her always knowing when the moon was bright and wanting to get out to see it, even as she was declining and in nursing care. It makes me realize that when I am stuck in the hospital, I want some real things from the outside - garden dirt, or stones, or a breeze coming in the window. Something sprouting. The power of life and nature, and the cycle of decline and return.

That's it. Oh, there are other things - the sight and sounds of children playing. The chance to read a good book. Our kids, becoming adults and living their lives, and taking time to share ours. Laughter - every day. My husband is a master at bringing laughter into our lives.

We will get through this. We are resilient and connected and creative in ways to be strong and to support each other. *Thank you.*

If you have a chance, join me for *Coffee with the Minister* on Thursday morning, April 2. Drop in anytime from 10am - 11:30am on Zoom <https://uuma.zoom.us/j/612482030> One tap mobile +16468769923,,612482030# Or call in to 301-715-8592 Meeting ID: 612 482 030

So much love for you.

Rev. Rachel, Rev. Rachel minister@pbuuc.org
Minister, Paint Branch Unitarian Universalist Church
May we be a multicultural multiracial welcoming congregation, connected by love, spirit and service.

MULTIGENERATIONAL RELIGIOUS EXPLORATION

Wow. This is quite a time we're living in. So much news happening so quickly, recommendations changing every hour, a range of emotions from minute to minute. It's hard to know what to write about today, instead I'll share with you a resource that I've found helpful. It's called 20 Questions to Help with COVID-19 Anxiety and was created by Kathleen Smith, therapist and author. Here are the questions:

- 1) What reality based problems do I need to solve today?
 - 2) What information do I need today?
 - 3) When is the best time of day for me to read the news to update myself?
 - 4) What is the difference between thoughtfully and anxiously focusing on this problem?
 - 5) How can I hold onto my best thinking when others are panicking?
 - 6) How can I be a resource for others without becoming over-responsible for them?
 - 7) How can I make time to define my principles for navigating this problem?
 - 8) How can I share my thinking without forcing others to follow it?
 - 9) How do I know when I am anxiously avoiding the problem?
 - 10) How might I automatically rely on others to reassure me or calm me down?
 - 11) How can I stay calm and stick with a decision I've made, when others may disagree or be upset with me?
 - 12) What does it look like to think flexibly, and allow for new information to inform my decisions?
 - 13) What are my responsibilities to myself, my family and the larger community?
 - 14) What does it look like to be responsible for my health during this time?
 - 15) What anxious behaviors or actions might get in the way of this responsibility?
 - 16) How can I stay in emotional contact with others while in-person contact is limited?
 - 17) What people in my life are examples of maturity who can be useful to me at this time?
 - 18) In what relationships might reactivity and anxiety be high during this time?
 - 19) How might I sink into immaturity in those relationships?
 - 20) What would be the evidence that I'm handling this problem with maturity?
- I would love to hear how you're responding to these questions! Drop me an email (dmre@pbuuc.org) or find a link to my zoom office hours on the PBUUC calendar (<http://pbuuc.org/events/calendar.php?>). I love each and every one of you more than I can say. Please stay safe and stay connected.

Chris McCann, DMRE

Adult RE: Friends, due to the Coronavirus outbreak, the Adult OWL class and Race: The Power of an Illusion have been canceled. We hope to reschedule them in the fall. We're waiting to learn whether Silent Spring (May 31st) and On Humanism (June 14th) will need to be rescheduled, as well. There is the possibility that those sessions could be held via Zoom. The Sources class is being offered via Zoom beginning Sunday, March 29th. For questions regarding these and other Adult Religious Exploration offerings, send an email to are@pbuuc.org.

Diversity/Anti-Racism Transformation Team (DARTT)



DARTT News

DARTT made the following decisions at its March 25 monthly meeting via Zoom.

Established a policy on:

- ☞ What constitutes a DARTT-sponsored event.
- ☞ Voting on DARTT decisions.

Agreed to:

- ☞ Redouble its efforts to recruit a Chair and a new member of the Advisory Group.
- ☞ Launch the Welcoming Congregation Renewal Program in the Fall.

Still under discussion/reflection:

- ☞ Completing the DARTT programming calendar for the calendar year.
- ☞ Review of the budget.
- ☞ A Legacy Fund submission.
- ☞ Time/venue of April meeting.

If you'd like further information about these issues, please connect with DARTT at dartt@pbuuc.org

NEW DAY RISING

Anti-Racism Resources for April

As part of the New Day Rising group's commitment to expand anti-racist education at Paint Branch, we are compiling a monthly list of resources. Books, podcasts, videos, articles, songs, something for everyone! Please choose at least one item from the list to engage with. You'll be glad you did.

BOOK: I'm Still Here: Black Dignity in a World Made for Whiteness by Austin Channing Brown <https://smile.amazon.com/I-m-Still-Here-Dignity-Whiteness/dp/1524760854/>

ARTICLE: Why You Should Stop Joking that Black People are Immune to Coronavirus <https://www.citylab.com/equity/2020/03/coronavirus-immunity-racism-history-disease-yellow-fever/607891/>

PODCAST: The Extra Podcast <https://dailymemphian.com/section/podcasts/article/10691/memphis-racism-facing-history-and-ourselves-podcast>



Come Together! Auction and Stewardship

Come Together – Stewardship News

This “Come Together” Annual Campaign has been by far the most interesting and challenging campaign I have ever been a part of. As I write this on March 20th we have received well over \$210,000 in pledges. This is an amazing demonstration of generosity across our community considering that we had to postpone all of our planned “Come Together” events and now gather for Sunday worship services over the internet. Our Visiting Stewards have done an incredible job in reaching out across the congregation and we have gone to extraordinary measures to ensure that everyone has the opportunity to pledge their support to PBUUC. Thank you to everyone who has answered the call and done their part. It’s also not too late to make your pledge. Please send us an email at stewardship@pbuuc.org to let us know that you are ready to make your pledge and we can either give you a call to record your pledge or send you an electronic pledge card that you can return by email. It is our commitment to each other that holds our community together and what we are doing now will make us even stronger when we are able to “Come Together” in person to celebrate again.

Chris Evans, Stewardship Committee Chair

Finance Committee

Pledge/Offering Suggestions

With the cost of our church redesign efforts, PBUUC is projecting a significant deficit budget this fiscal year (ending June 30). In addition, since we aren’t visiting the church building, our offerings and pledge payments for this fiscal year are down. It may be easier for you to pay for a whole month at a time, early in the month, via one of our remote options, rather than deal with a weekly process.

Here are a few ideas: (1) Use the church’s congregational tool, Breeze, to submit Credit Card or eCheck pledge payments at <https://pbuuc.breezechms.com/give/online> (2) Text a whole dollar amount (e.g., ‘20’ for \$20.00) to 301-321-7215. First time givers will be prompted to provide their payment method via a secure web page. (3) Mail a check to PBUUC at 3215 Powder Mill Rd. Adelphi, MD 20783-1030. All personal checks are always treated as pledge payments (unless otherwise designated). Whatever you can do will be very much appreciated. Keep safe and happy. See you on our next Zoom event.

From your Finance Committee

Wheel of Life

Long time Paint Branch member John Holbrook died Sunday, March 22 at age 69. He had recently been diagnosed with terminal cancer, and he died of multiple health issues and complications. He had spent his last day with family. They plan to have a memorial service for him at Paint Branch in the future, when gatherings can be scheduled again. -Rachel



In and Around Paint Branch

Spirituality Circle News: We are currently involved in a four-session series, discussing Joanna Macy's book, *Active Hope: How to Survive the Mess We're in without Going Crazy*. We already had a first session in-person and will soon "do" another via the internet and our phones. To join or for further information, email marjorydunn@verizon.net. No new participants after April 5.

SAC Special Collections April, May, June 2020.

The Social Action Committee will be choosing recipients for the special collections for April, May, and June 2020 at its' next meeting on March 21, 2020 at 10 am. If you have a cause you'd like SAC to consider, come out to the meeting to make your case which will be in the Kelley room or email Carmelita Carter-Sykes at cartercarmelita@aol.com and or Kathy Bartolomeo at kbartolo30@gmail.com. Please include your candidate, rationale, and their contact information. Thank you.

Meet Our Guest Minister

Our guest speaker for Sunday, April 5 is Joshua Long who is on the staff at the UU Church of Annapolis. Josh serves two roles at UUCA. He is both the Membership coordinator and arranges musical ensembles for UUCA. As Membership Coordinator, Josh welcomes our newcomers and guides those interested through the membership process. He leads the Inquirer's Series and manages the Small Group Ministry program at UUCA. His portfolio also includes helping the church grow and reach our community through social media and relationship building.

As Music Coordinator, Josh has been involved with music since the age of 10, when he began playing the piano. He also started to learn other instruments such as bass, guitar, and drums; and he began singing as well. He graduated from the University of the Arts with a BA degree in Music Performance. He has played in numerous bands, and composes and performs original compositions. In 2012, Josh discovered Unitarian Universalism. After attending a service led by Rev. John Crestwell, he began attending UUCA and was eager to become more involved in the church. He is now studying ministry at Wesley Theological Seminary. Josh Leads the pop-up choir, Worship band, and AWAKE singers.

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, and if requested, a pbuuc.org 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 included in the ContinUUm weekly email. **Short announcements to be read by the Worship Associate during the Sunday Service are also due then.**
- **Sunday Bulletin announcements** should be submitted in their final form to 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. Up to one paragraph more may be added for use in the ContinUUm weekly email.

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.