



Odyssey

October 2014

Sunday Services

**INSIDE THIS
ISSUE:**

Oct 5 *Love is My Religion*
The Iraqi American rapper Timz puts out a new piece this fall. The lyrics are in part, “If I ruled the world there would be no god, no hell, no heaven above, just love.” He echoes the sentiments of Ziggy Marley’s “Love is My Religion” and John Lennon’s “Imagine.” Can these songs help us to live together in peace?

Oct 12 *El Día del la Raza, Day of the Race: Celebrating Being the People of the Americas*
In Argentina, the name of this holiday was changed to *Día de la Diversidad Cultural Americana* (American Cultural Diversity Day) and may be changed again to *Día del Respeto a la Diversidad Cultural* (Day of Respect for Cultural Diversity). In Chile it is called *Día del Descubrimiento de Dos Mundos* (Day of Discovery of Two Worlds), in Costa Rica it is *Día de las Culturas* (Day of Cultures), in Mexico it is *Día de la Raza Iberoamericana* (Day of the Spanish-American Race), in Uruguay it is *Día de las Américas* (Pan American Day), and in Venezuela the holiday is known as the *Día de la Resistencia Indígena* (The Day of Indigenous Resistance). Today we remember the good and the bad of who we have been and who we have become as people of the Americas.

Oct 19 *The Core of the Human Predicament*
In his adult religious education curriculum, "Building Your Own Theology" Richard Gilbert writes, “Psychologist Carl Rogers once compared his understanding of human nature with that of theologian Reinhold Niebuhr. Niebuhr spoke of ‘original sin’ as a function of self-love, claiming too much, grasping after self-fulfillment, thinking of oneself more highly than one ought to think. Rogers looked at his years of practice and concluded that it is not self-love that is at the heart of the human predicament but self-hate. Only as a person comes to love the self can love for the other unfold. Self-love or self-hate [asks Gilbert]: which is at the core of the human predicament?”

Oct 26 *UU Congregations in Community: Chalice Lighter Sunday*
Our district, the Joseph Priestley District of the Unitarian Universalist Association has a grant program called “Chalice Lighters.” Individual congregations of any size or a congregation in formation, clusters of congregations, and regional growth committees may apply for Chalice Lighter grants. Grants are for: 1. a minister, RE professional, staff; 2. building, land; 3. new congregation organizing; or 4. innovative growth. Goodloe has been a grant recipient. Individuals become “chalice lighters” by committing to give \$20 or more three times a year to fund these grants. Being in community across our congregations helps us all. Read more about the program here: <http://jpduua.org/chalice-lighter-program>

Nov 2 *Remembering the Dead*
“Those who lived before us, who struggled for justice and suffered injustice before us, have not melted into the dust, and have not disappeared. They are with us still. The lives they lived hold us steady.”
Kathleen McTigue

Sunday Services	1
From the Minister	2
Adult RE	3
Youth RE/Nursery	4
Fall Harvest Party	5
Goodloe Activities	6-7
Regional Events	8-9
Calendar	10
Staff Directory	11

From the Minister

Dear Members and Friends of Goodloe Memorial Unitarian Universalist Congregation:

Over the course of the years Goodloe has offered a course designed by Rev. Richard Gilbert called "Building Your Own Theology." I pulled it out last year to look at offering it again, but in reviewing it I saw how dated and white, Euro-centric it was. I asked Jamila and Tep if they would help me to update and revise it before we offered it again. One of their first suggestions was to offer it as an on-line course.

We are about ready to launch a "test" run. We want to try it first with a small group. While anyone 18 or over may sign up, we hope to particularly target young adults, age 18-35. If you know someone whom you think would be interested in this, please pass this information on to them.

Here are the details: An eight session version of Richard S. Gilbert's "Building Your Own Theology", an adult education curriculum which helps participants to develop a statement of their own spiritual beliefs, will be offered in an experimental online format using [AnyMeeting](#). Facilitators will be Tep Joyner and Rev. Cyn Snavelly of the Goodloe Memorial Unitarian Universalist Congregation in Bowie, MD. Technological and editorial assistance is provided by Jamila Adgeron.

The session topics will be the following:

1. Welcome and Orientation
2. Spiritual Autobiographies
3. Spiritual Experiences
4. Human Nature
5. Ultimate Reality
6. Ethics
7. Life Meaning and Imperatives of Faith
8. Sharing of Credo Statements Prepared by Participants

Sessions will be 45-60 minutes in length. Sessions may be on Mondays, Wednesday, or Fridays, beginning at 8:15 p.m. based on input from those who wish to participate. This experience is limited to 10 participants in addition to the facilitators. Sessions will begin the week of October 12 with no session the week of November 23 and end the week of December 7. Register on [Facebook](#).

Thank you to Tep and Jamila for months of hard work getting us to this point.

Blessed be,
Cyn



Invitation to Share Your Music: 1st & 5th Sundays

This congregational year our choir will be singing on second and fourth Sundays and the bell choir will be playing on third Sundays.

On first and fifth Sundays, we invite you to provide the special music, either by singing or playing or by offering a favorite recorded piece of no more than about three minutes in length.

Several first and fifth Sundays have been claimed. Open dates are below.

- ◆ Nov 2: (See Service topic on Page 1 of this issue.)
- ◆ Feb 1: Topic still open.

- ◆ Mar 1: Topic still open.
- ◆ Mar 29: Topic still open.
- ◆ Apr 5: 10:30 (Easter Sunday) Beyond Loss to an Embrace of Life
- ◆ May 31: Desiderata poem by Max Ehrmann.
- ◆ Jun 7, Children's Day: *Where Are You Going, Son?* Poem by Aileen Sampson

Sign up on sign up sheet in fellowship area or contact Rev. Cyn at 240-475-2111 (voice or text) or minister@goodloeuu.org.

Adult Religious Exploration

New Series: Emotional Literacy— Communicating for Connection

Join Aléthea Shiplett, our Goodloe DRE, for a 5-month series (1st Sundays) on emotional literacy. In our work building Beloved Community, we will examine our interpersonal relationships, our communication and our patterns of behavior. We will practice recognizing where our autonomy ends and another person's begins, and more importantly, how to make the space between us safer for honest and compassionate communication.

Aléthea Shiplett has been promoting emotional literacy between parents and children for over 30 years. She currently facilitates emotional literacy classes and workshops at the men's prison in Jessup, for the culinary arts training program at the Lighthouse Homeless Shelter in Annapolis, with parents in her family preschool program and at the UU Church in Annapolis. She serves as lead trainer in emotional literacy and personal life coach for AWAKE Ministries - a UU ministry

promoting emotional literacy in Annapolis.

Some topics will include family life, church meetings, work life, problem-solving and maintaining healthy boundaries.

Our recommended text will be *Non-Violent Communication*, by Marshall Rosenberg. Come prepared to reflect and share, practice and encourage one another.



Adult RE Fall Schedule

Adult RE meets on Sundays from 11:45-1:15, alternating each week between two distinct curricula. You are welcome to join any day that you are able, even if you can't attend the "full" curriculum for a series.

- ◆ **Oct 5, Emotional Literacy:** This is a new series (see the description, adjacent), facilitated by our DRE, Aléthea Shiplett.
- ◆ **Oct 19, Cultural Literacy:** Completion of discussion of Catholicism & Orthodoxy.
- ◆ **Nov 2, Emotional Literacy with Aléthea.**
- ◆ **Nov 16, Cultural Literacy:** The many Forms & Rituals of Protestantism.
- ◆ **Dec 7, Emotional Literacy with Aléthea.**

Spirit in Practice

We finished the 10 session Spirit in Practice curriculum from UUA. Some of us were striving to reclaim spiritual practices that we once did earlier in our lives. Others were taking time out to sit and enjoy nature. Some felt they did not have any spiritual practices, but discovered their curiosity and openness in reading books (mind practice) lead to Justice practices. Because of changes in our lives, others were finding the need to develop new spiritual practices of mindful eating (dieting) or consumption of local produce. Discussions were lively - at Goodloe we have lively community conversations - and that too is a spiritual practice. We all felt the need for Spiritual Buddies so we decided to check in with each other to see how we are doing, and maybe offer some encouragement. We will check in at Goodloe potlucks or Chinese buffets - Community meals are another spiritual practice.

Blessed Be.

Young Children at Goodloe

Religious Exploration: Community Office Hours

A new strategy for ministers and other leaders in our congregations is sweeping the country! OK, maybe just Annapolis and Bowie...It's called Community Office Hours. And I'm jumping on board.

You will find me on Friday mornings from 10:00 am until noon at the Bowie Barnes & Noble bookstore, in the cafe. I'll be sipping a yummy beverage, typing away on my computer - UNLESS - you show up! In which case, we can chat about whatever is on your mind.

Got an idea for the children's program?
Struggling with your small person?
Wondering how to apply the skills of emotional literacy to a certain area or

relationship in your life? Perhaps you just want to get to know your DRE better; find out what makes her tick!

Join me between 10-noon every Friday (unless otherwise posted on the Goodloe Facebook page) at the B&N cafe. My original offer from my Facebook post still stands - first person to arrive on a Friday morning to chat is treated to the beverage of their choice (offer ends Nov. 1).

I look forward to sharing a "cuppa", as they say in Ireland!

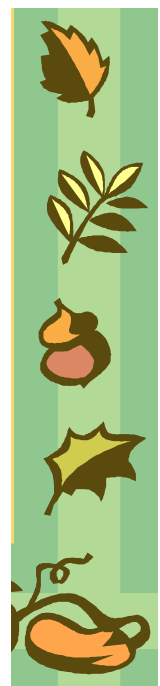
Aléthea Shiplett
Director, Religious Exploration

Volunteers Needed: Youth RE & Nursery

Goodloe needs RE Teachers on the first & fifth Sundays in November (Nov 2 & 30th). The children enjoy taking turns leading the common elements of RE (lighting the chalice, joys & concerns, etc.). Your job as a volunteer is to provide guidance and lead the story for the

week, following the information in the RE packet that will be provided for you. The information you will be sharing (and hopefully learning) will be about indigenous people in the world that are facing extinction. Sounds interesting, doesn't it? So sign up!

There are also several Sundays this Fall that still need a volunteer to serve in the nursery (if any young children come). There is a radio that can be tuned to the church audio system so that you can still hear the service. Please look in the lobby for the sign-up sheet or email: Goodloe.memorial@gmail.com



Goodloe Fall Harvest Party

Have you ever wanted to invite friends to come visit Goodloe but didn't feel comfortable asking them to attend a church service? How do you explain that it's really different from what they think of as "church"? Maybe you've already talked about Goodloe a little (or a lot!) & would like to introduce some of your church-friends to your other-places-friends.

Wouldn't it be great if Goodloe had a party, just a chance for people to meet each other, enjoy some fellowship, good food & conversation. Something informal & fun. Well, we're doing it!



Goodloe is having a Fall Harvest Party on Sunday, October 26, from noon until 2pm. Of course, that's the 4th Sunday, when we normally go to the Chinese buffet, but this month we're having a party instead. With pizza.

All ages are welcome to participate — But we're especially excited to offer some fun activities for children. There will be crafts, games, & stories with a Fall/Halloween theme (not scary, just fun). And candy. Of course, candy.

Costumes (for kids and adults) are welcome but not required.

Naturally, we're hoping that we make some new friends and that those new friends might consider visiting Goodloe



again. Because our community is a good one, and we'd like to share it.

This is also an invitation to those people who are or have been involved with Goodloe but haven't been able to make it to Sunday services in awhile. We're hoping some of you can drop by & say hello again.

So, mark your calendar for Sunday, October 26, 12-2 pm at Goodloe. Invite some friends. Also, watch your email for more information. Let's have fun!

MP3 audio files of Rev. Snavelly's sermons are now available on the Goodloe website via the [Sermon Archive page](#).

Services are generally available within a week or two after each service.

"The sole source of peace in families, countries and the world is altruism – love and compassion."

His Holiness, the 14th Dalai Lama of Tibet

Goodloe Monthly Activities

Goodloe Coffee House

Saturday, Oct 18, 7:30 pm

Share your talents or just relax and enjoy. Bring a dish to share as well as \$1 for performers and \$5 for audience members. Guests & friends are always welcome. Contact the coordinator if you need child care for younger children. For this as well as other information contact: coffeehouse@goodloecu.org

Performers: Please arrive 15 min before the show to sign up for a place on the schedule. If you know ahead of time that you want to perform, please send an email with the following information:

- ◆ Name of the act if applicable
- ◆ Name(s) of the performers
- ◆ Type of performance
- ◆ Time needed (up to a maximum of 10 min)

Initial performance has a time limit of 10 min to allow all acts a chance to perform. If there is additional time after all the acts are finished, we will start second performances.

Drumming at Goodloe

Friday, Oct 17, 7:00 pm

No experience required. Extra drums are available. This is a spiritual practice in collaborative rhythm. Please contact Ken Shilling to let him know that you are interested.

Monthly Fundraisers

In August, Goodloe earned \$33 through its Amazon.com fundraiser and \$128 through Giant Scrip Sales. Thank you for supporting Goodloe!

Social Justice Film & Discussion

Friday, October 5, 7:00 pm

Reel Injun (2009)

This engrossing documentary reveals the film industry's effect on the experiences of North American native people in the United States and Canada who've been depicted in movies in a variety of ways — many of them wildly inaccurate. 85 minutes



Goodloe Readers

Upcoming books are available through the PG County Library, Amazon, and local book stores. You do not need to finish the book in order to participate in the discussion.

Oct 30 *Living a Life that Matters: Resolving the Conflict between Conscience and Success* by Harold Kushner

Nov (date TBD): *In the Name of God: The True Story of the Fight to Save Children from Faith-Healing Homicide* by Cameron Stauth

Bowie Springs Meditation

The Bowie Springs Meditation group meets on the 2nd & 4th Tuesdays each month from 7:15 ~ 9 pm. Three rotating facilitators lead the group in sitting meditation, walking meditation, and a dharma talk and discussion. Participants are invited to stay & enjoy a cup of tea following the activity on 4th Tuesdays.

Events (Goodloe Members & Friends)

Morning of Mindfulness at Goodloe

Date: October 4, 2014

Registration and Settling in: 8:45 - 9:00 am

Location: Goodloe

Web page:

<http://www.meetup.com/meditation-604/events/206420902/>

Please join us in a Morning of Meditation, Mindful Movement, Mindful Eating (potluck lunch), and Mindful Sharing. Mindfulness releases our inherent capacity of healing and renewal. It is the basis for transforming ourselves and creating a more harmonious family and society.

We will share Deep Relaxation, Mindful Movement, Seated and Walking Meditation, Mindful Eating, and Discussion.

Please bring vegetarian food to share. (Ideas include salad, fruit, bread, or cheese, etc.) Please bring your own plate and utensils to minimize waste. Bring a blanket, mat and cushion or pillow for relaxation.

Recommended Contribution: \$15 - \$20. For those who feel unable to make this contribution, please talk to someone at the registration table for alternative arrangements.

We plan to end the session around 1:00 p.m. after Mindful Eating. Hope to see you at this restorative session.

Warmly,
Alex, Azara and Lee

Reception & Showing of Sy Mohr's Paintings

Thursday, Oct 2, 6:00–8:00 pm

Fine and Performing Arts Center,

Gallery of Art at Bowie State University

Sy Mohr, 91-year-old member of Goodloe Memorial, will have a showing of his paintings at the Fine and Performing Arts Center, Gallery of Art at Bowie State University, September 16 through October 21. There will be a reception on Thursday, October 2, from 6:00 p.m. to 8:00 p.m. We hope that a number of our members can come to the reception to honor one of our elders and to continue to build our connections with Bowie State. If you would like to attend, but need a ride or would like to travel with others, contact Rev. Cyn at minister@goodloeuu.org or 240-475-2111, voice or text. To see samples of Sy's paintings see his website at <http://symohr.wordpress.com/>

Bowie CROP Walk to End Hunger

Date: Sunday, October 5, 2014

Time: Registration starts at noon.

Walk starts at 1 pm.

Location: St. Matthew's United Methodist Church,
14900 Annapolis Road, Bowie, MD

Web page:

http://hunger.cwsglobal.org/site/TR/2014FallCROPHungerWalk/TR-Fall2014?team_id=112898&pg=team&fr_id=19490

The members and friends of Goodloe Memorial Unitarian Universalist Congregation are helping to end hunger one step at a time by participating in this year's CROP Hunger Walk.

Please support us by making a donation. and join us on the Walk!

Regional UU Activities

Emma's Revolution

The Unitarian Universalist Legislative Ministry of Maryland presents the award-winning activist songwriters, Emma's Revolution, performing "Love Reaches Out" — a benefit concert for the Unitarian Universalist Legislative Ministry of Maryland.

When: Saturday, Nov 8, 2014, 8:00 pm

Where:

First Unitarian Church of Baltimore
10 West Franklin Street, Baltimore, MD

Moving Maryland Forward to Create a More Just World Let's honor our successes and renew our energy...

There is more work to be done!

\$22 advance/\$25 door general admission

\$18 students or low-income

\$50 Sponsorship incl. pre-concert reception & preferred seating at show

Tickets can be purchased at the door, at the emma's revolution website:

<http://emmasrevolution.com/live/>

and the UULM-MD website:

<http://www.uulmmd.org>

For information: info@uulmmd.org or call 410-266-8044, ext. 111



JPD Racial Justice Conference — Inclusivity Through Joy and Creativity

When Fri Nov 7, 5 pm—Sat, Nov 8, 9:30 pm

Where

UU Congregation of Sterling
22135 Davis Drive, Suite 105
Sterling, VA 20164

The 2014 JPD Racial Justice Conference is right around the corner and we would like to invite you to attend! This year's theme is "Inclusivity Through Joy & Creativity."

Beyond the Political Divide— Reaching In & Out

When: Saturday, Oct 4

3:00-5:30 pm

Where: Accotink UU Church

10125 Lakehaven Ct.

Burke, VA 22015

Register at www.uusj.org

Directions: www.accotinkuuc.org



Election season is upon us, and opinions & ideas are flowing. Are they? Are we really open to diversity of political discourse? How wide is our welcome on the political front? Do we really encourage and accept differing political views in our own congregations? How can we better understand own political bias, be more effective in our understanding and conversations, and truly open our doors wide to intentionally extend our love and welcome to all?

Presenters: Rev. Anya Sammler-Michael (UU Congregation of Sterling), Rev. Scott Sammler-Michael (Accotink UU Church) and Paul Roche (Board Chair, UUC of Sterling).

Come see how slam poetry, music infused worship, aesthetics, joy and creativity can infuse your congregation with inclusivity. Come and share your passion for building the world we dream about! All are encouraged to attend!

We hope to see you there!

<http://events.r20.constantcontact.com/register/event?ocidk=a07e9e1n21c8b11b94a&llr=f8rafhcab>

... And More

Contribute to UUSJ through the Combined Federal Campaign

The Unitarian Universalists for Social Justice is taking part in the Combined Federal Campaign of the National Capital Area. To donate to UUSJ's work in encouraging and promoting collective regional UU action for social justice and to amplify our voice with public policy makers, choose #17271 on your CFC Campaign Form.



Greater Washington Immigration FilmFest

Greater Washington's first festival celebrating movies that put a face on immigration

13 feature-length films at convenient venues in DC, Maryland, & Virginia.

See the events web page

(<http://www.immigrationfilmfest.org/events.html>)

for the calendar of screenings and locations.

Most films start at 7 pm. If you decide that you will attend one of the events, click the link —

Tickets are free; donations are gratefully accepted to support the Greater Washington Immigration Film Festival organization:

<http://www.immigrationfilmfest.org>

Celebration of Life

Thanks for your support and concern over my Mother's passing. For years, I have witnessed several memorials of beloved members of our congregation. I was impressed by our celebration of life and positive memories. My Catholic brother organized a very Catholic wake with 30 singers. We encouraged the Catholic priest to collaborate with a Methodist minister on the funeral mass, and the grandchildren participated in some way. Both the priest and the minister sat with my Dad during the memorial luncheon. Then, I opened the celebration of life by sharing stories of Mom. It was awkward at first, then cousins, and in-laws, and grandchildren got in the spirit and shared stories of how Mom has helped them in their lives. It was awe-inspiring. It was magical. It was an historic interfaith moment for our town, our family.

Ken Shilling



October 2014

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 7pm Social Justice Film & Discussion	4 8:30am Morning of Mindfulness
5 10:30 Worship/RE	6	7	8 O Full Moon	9	10	11
12 10:30 Worship/RE 11:30 Potluck	13	14 7:15 Bowie Springs Meditation	15	16	17 7pm Drumming from the Heart	18 7:30pm Coffeehouse
19 10:30 Worship/RE	20	21	22	23	24	25
26 10:30 Worship/RE 12pm Fall Harvest Party	27	28 7:15 Bowie Springs Meditation	29	30 7:30 Goodloe Readers	31 Halloween	

Goodloe Memorial Unitarian Universalist Congregation

Minister: **Rev. Cynthia Snavely**
240-475-2111 (cell) minister@goodloeuu.org

Minister Emeritus: **Rev. John Gaffney**

Religious Exploration Consultant:
Aléthea Shiplett

Music Director: **Noreen Chin**
choirdirector@goodloeuu.org

Accompanist: **Lorraine Webb**

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coffeeshouse@goodloeuu.org

Goodloe Green Sanctuary: Vacant

Goodloe Readers: Laird Towle

Kiva Investing: Laird Towle

Membership: Ken Shilling

Ministry:
Ken Shilling, Steve Buckingham,
Nita Page Daves

Odyssey Editor: Angela Peerman

Religious Exploration: Lisa Jacobus

Worship: Vacant

Notice: Lorraine Webb, Maryland Notary

Lorraine Webb, a certified Maryland Notary, offers her services, free of charge, to Goodloe Memorial members and friends. If you would like to utilize her notary services, contact her: (301) 218-1516 or llacey33@verizon.net.

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Use scrip as cash at Giant Food Stores.
Goodloe makes 5% each time you shop.

**There is no additional cost to purchase
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at the check-out line.**

Deadline for Next Odyssey: October 22, 2014

Please email submissions to
goodloe.newsletter@gmail.com

If you have changed your address,
phone, or email, please let us know by
emailing goodloe.memorial@gmail.com
or call Jackie Lord 301-249-7713 or
Nancy Choice 301-805-5345.

**Goodloe Memorial
Unitarian Universalist
Congregation** is named
for Don Speed Smith
Goodloe, first principal of
Maryland Normal and
Industrial School, Bowie.



Goodloe Memorial Unitarian Universalist Congregation



1540C Pointer Ridge Place
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301 218-5277
www.goodloeuu.org
Reverend Cynthia Snavelly
Service and Religious Education 10:30 am Sundays

