



# Odyssey

December 2015

## Sunday Services

**INSIDE THIS  
ISSUE:**

<b>Dec 6</b>	<i>Getting Even</i> by Anonymous Laird Towle & Sally Raymond  A three year old boy gets a lesson on the perils of revengeful behavior.
<b>Dec 13</b>	<i>Winter Solstice: The Light at the Center of our Community</i> Aléthea Shiplett  Please join us for this multigenerational spirited worship service in which members of our congregation perform a story of all the festivals of light that are celebrated during this holiday season.
<b>Dec 20</b>	<i>Holiday Choir Service</i> Goodloe Choir, directed by Noreen Chin  Christmas Memories: Remembering and celebrating the joy and traditions of the holiday season through song.
<b>Dec 27</b>	<i>To Be Determined</i>  Thank you for your patience as the worship coordinator works with our volunteers to prepare this service. Watch your email for details.

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*"The spirit of Christmas is the spirit of love and of generosity and of goodness. It illuminates the picture window of the soul, and we look out upon the world's busy life and become more interested in people than in things."*

*Thomas S. Monson*

# Message from Goodloe's President

Rev Christina Leone Tracy gave an inspirational sermon last month about 'living out our right loves'. She encouraged us to reflect on what we truly love and then to live a life of love. Our UU faith is a covenantal faith - being in relationship. She called us to live in right relationship with each other. We can help each other see a better way and we can hold each other accountable to be our best selves.

Rev Christina then lead our group in a deep reflection on our Core Values. We came up with five sets of values: Intimacy, Ultimacy, Learning, UU Faith, and Justice. We discussed what we loved about Goodloe individually, and then came up with a small group consensus. Two groups then shared their value statement and this larger group came up with a new value statement. We had a couple of rounds of discussing memorable events in Goodloe history that we loved, and connected events to the core values. We got to know each other by what we valued.

**Intimacy:** we discussed 'acceptance of people as is', openness, hospitality. We share a familial closeness and share humor.

**Ultimacy:** We discussed our freedom to search for own truths and to discover our True Self. We talked about self-transcendence and going beyond who we are to becoming someone better. We mentioned hope, meaning of life, spirituality.

**Learning:** We emphasized our desire for understanding, for growth and spiritual maturity. We recognized that acceptance is a learning -- as we 'welcome the Other into a place they feel safe', we must know what they need to feel safe. We touched on having curiosity and inquisitiveness to ask another person what they want. Many spoke of being on a spiritual quest.

**UU Faith:** We remembered our joy of singing in combined choirs with other UU congregations. We

loved the support from other congregations who joined us in our Goodloe Celebrations. We relived events that connected us to the larger UUA.

**Justice:** We spoke for justice in many ways: service to others, prophetic witness, conserve the environment, provide education, political change so that marginalized lives do matter.

Rev Christina outlined an ongoing process of value discussion. One next step is to discuss Aspirational Values that are idealistic (and never achieved). Our seven principles would be one example. She also encouraged us to structure our programs around our values. She cautioned us against "insider" culture and urges us to continually adopt a newcomer perspective.

One value statement - - gain greater understanding through learning from each other. For example, 'greater understanding' relates to ultimacy. Learning is clearly emphasized. Intimacy is inherent within "from each other."

This is an ongoing process. I invite you to participate. We will try to do more things that we love the most. We want to hear what you love the most.

Yours in faith, Blessed Be  
Ken Shilling - Goodloe  
Memorial UU President



# Goodloe Helps

## Please Donate Items to Help People Who Are Homeless

Goodloe is collecting items to help people who are homeless during the winter season. Our goal is to fill bags for 25 people.

- ◆ Labeled bags for each item type are located in the Blue Room. Please put your donations in the appropriate bag.
- ◆ We will assemble gift bags during the Worship Service on Sunday Jan 17
- ◆ On Monday, Jan 18 (Martin Luther King Day), we will meet at Goodloe and go out to deliver the gift bags. Please sign up if you plan to help with the delivery.

## Worship Workshops

Worship Workshops are being offered every second Monday evening to help our volunteer worship leaders with the following:

- Goals and guidelines for preparing a service.
- Discuss options for incorporating music into your service.
- Tips for designing PowerPoint slides for a service.

Workshops are open to all who are interested, even if you are not yet signed up to lead a service.

Anyone who is signed up to lead a service should plan to participate in at least one workshop.

If you want/need to attend a workshop, please contact our worship coordinator ([worship@goodloeeu.org](mailto:worship@goodloeeu.org)) or Religious Exploration Director, Aléthea Shiplett, to arrange a date & time to meet.

We appreciate donations of the following items for this project.

- Individually wrapped bars of soap
- Travel size lotion
- Travel size toothpaste
- Toothbrushes and Toothbrush holders or covers
- Disposable shavers
- Gloves/mittens
- Hats
- Scarves
- Heavy socks
- Combs
- Individually wrapped hard candy
- Small snack packages of cookies
- Bottled water
- Reusable bags to hold above items

Please sign up for the number and type of items you want to donate so that others will know what is needed.

Please place items in labeled bags located in the Blue Room



# Goodloe Monthly Activities

## Goodloe Readers

No meeting in December, due to busy holiday schedules. But please join us again in January to discuss our upcoming book:

Tuesday, Jan 19, 2016, 7:30 pm

*The ISIS Apocalypse: The History, Strategy, and  
Doomsday Vision of the Islamic State*  
by William McCants

This was just published in September so no copies are available yet in the P.G. County library system. But you can get it online in print, electronic, or audio format. This is a hot topic now and will probably continue to be so for the indefinite future.

Come share your thoughts, even if you don't get the chance to read the book. All are welcome to come.



## Goodloe Coffeehouse

Saturday, Dec 19, 7:30pm

Celebrate the Holiday Season with music, poetry, stories, and more. Please bring light refreshments to share and make this a special occasion. Share your talents or just relax and enjoy. Performers, please arrive 15 minutes before the show to sign up for a slot. \$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@goodloeuu.org](mailto:coffeehouse@goodloeuu.org)

## 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.

**MP3 audio files of Sunday services are available** on the Goodloe website via the [Sermon Archive page](#). Services are generally posted within a week or two after each service.

# More Goodloe Development & Activities

## Meeting Many Needs Through Intergenerational Worship

At Goodloe, we believe we have more fun when we're together! So, starting in January, we decided that we will hold two services a month which will be upbeat, engaging and meaningful for all ages (see listing of dates).

When we enter our worship space, we bring our whole selves— body, mind, emotions, and conscience or spirit.

Through intergenerational (IG) worship, we seek to engage all of these aspects of who we are. We have a better chance of touching the heart, stimulating the mind, engaging all of the senses in the experience and uplifting the spirit when we engage in IG worship.

Come experience the joyous celebrations of IG worship at Goodloe. We need all of us and our wonderful selves to make it truly what it is meant to be.

Aléthea Shiplett

## Adult Religious Exploration

World Religions "Jains, Sikhs, and Bahai's"

6 December, Noon to 1PM

We continue our cultural literacy for religion by learning about three different religions that were founded in the South Asian subcontinent. Jainism comes from around 540BCE, Sikhism around 1500's, and Bahai around 1800's. The video lecture is very informative and engaging. We have very interactive discussions on points raised in the video.

The final two sessions are 'Religion and Law in America', and 'Future Trends'. There are many

possibilities for future course discussions - study of the bible, study of different sacred texts, world mythology, in-depth study of a world religion.

For more information, contact Ken Shilling.



### Monthly Fundraisers

In October, Goodloe earned \$140 through Giant Scrip Sales and \$16 through our Amazon fundraiser. Thank you for supporting Goodloe.

Don't forget to click through Goodloe's [Fundraisers](#) page for any holiday shopping that you do through Amazon! (You will need to disable any ad blocking software on that web page to allow this to work.)



# UU Seasonal Meditations

## A Christmas Prayer

By Maureen Killoran

Not gold, nor myrrh, nor even frankincense  
 would I have for you this season,  
 but simple gifts, the ones that are hardest to find,  
 the ones that are perfect,  
 even for those who have everything (if such there be).  
 I would (if I could)  
 have for you the gift of courage,  
 the strength to face the gauntlets  
 only you can name,  
 and the firmness in your heart to know  
 that you (yes, you!) can be a bearer of the quiet dignity  
 that is the human glorified.  
 I would (if by my intention I could make it happen)  
 have for you the gift of connection,  
 the sense of standing on the hinge of time,  
 touching past and future  
 standing with certainty that you (yes, you!)  
 are the point where it all comes together.  
 I would (if wishing could make it so)  
 have for you the gift of community,  
 a nucleus of love and challenge,  
 to convince you in your soul  
 that you (yes, you!) are a source of light  
 in a world too long believing in the dark.  
 Not gold, nor myrrh, nor even frankincense,  
 would I have for you this season,  
 but simple gifts, the ones that are hardest to find,  
 the ones that are perfect,  
 even for those who have everything (if such there be).

*Reprinted from [www.uua.org](http://www.uua.org).*

**About the Author:** Rev. Dr. Maureen Killoran has served at many UU congregations across the United States, as an interim and as a settled minister. She is currently serving as a developmental minister at the Unitarian Universalist Fellowship of Gainesville, FL.



## Committee on Ministry Volunteers Needed

The Committee on Ministry answers questions and tries to resolve issues that may arise between staff, board members and members of the congregation. It also evaluates staff members near the end of their current year which usually spans September through June. The Committee has representatives from four areas: Board, Religious Exploration, Choir, and Congregation. Terms are for one year. Goodloe is still looking for Choir and Congregational Representatives. Please consider volunteering for these important

# UU Social Justice Activities in the Region

## Statement from UUSJ on the Syrian Refugee Crisis and Muslim Backlash

We are deeply concerned with the Syrian refugee crisis and deeply saddened by the backlash that refugees and our Muslim brothers and sisters are receiving from US elected officials and citizens.

Rev. Peter Morales, Unitarian Universalist Association president, says, "We must not face terrorism with fear; love is the only thing that I know that can truly conquer hate. I call on our elected officials to lead on the side of love for refugees."

Please consider attending an event and/or working with your congregation to act on the side of love.

## Stand with Our Muslim Neighbors

Saturday, December 5, 1-2:30pm

Dar Al-Hijrah

3159 Row Street, Falls Church, VA

Many Muslims living in the US share that they are more concerned with the current anti-Muslim rhetoric than they were after the attacks on Sept 11, 2001. Stand with our Muslim friends and neighbors against hate and prejudice. Rev. Scott Sammler-Michael and members of Accotink UU Church will participate. They hope area UUs will join them to provide a strong show of public support and solidarity with our Muslim brothers and sisters in holy service by witnessing.

Contact Accotink UU Church,

703-503-4579 or

administrator(at)accotinkuuc.org

## Black Lives Matter 101 at Cedar Lane

When: Thursday, Dec. 10,  
from 7:00 - 9:00 pm

Where: Cedar Lane UU Chapel  
9601 Cedar Lane,  
Bethesda, MD

Cedar Lane UU Church is having a panel of speakers to address the "Black Lives Matter" movement and why our faith calls us to participate in it. The panel will consist of Kerridwen Henry, UU "Black

Lives Matter" activist, Paula Cole Jones, Racial and Social Justice consultant for the Joseph Priestley District, and Rev. Leon Dunkley, Assistant Minister of UU Silver Spring.

The program will include a "question box" format, where the panelists will address anonymous queries from Cedar Laners and other audience members.

The primary goal of this program is to address questions and concerns from Cedar Lane members and neighbors prompted by the display of our "Black Lives Matter" banner. However, we are also opening this program up to members of other UU congregations, societies, and fellowships.

# December 2015

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6 10:30 Worship/RE	7	8 7:15 Bowie Springs Meditation	9	10	11	12
13 10:30 Multigen Worship 11:45 Potluck	14 7pm Board Meeting	15	16	17	18	19 7:30 Coffeehouse
20 10:30 Worship/RE	21	22 7:15 Bowie Springs Meditation	23	24	25 Christmas	26
27 10:30 Worship/RE 12:00 Chinese Buffet	28	29	30	31		



## Goodloe Memorial Unitarian Universalist Congregation

Ministry: Congregational Lay Leadership

Minister Emeritus: **Rev. John Gaffney**

Religious Exploration Consultant:  
**Aléthea Shiplett**

Music Director: **Noreen Chin**  
[choirdirector@goodloeuu.org](mailto:choirdirector@goodloeuu.org)

Accompanist: **Lorraine Webb**

### Board of Trustees ([board@goodloeuu.org](mailto:board@goodloeuu.org))

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### Committee Chairs

Worship Coordinator: Dick Wobus  
([worship@goodloeuu.org](mailto:worship@goodloeuu.org))

Building & Facilities: Sally Raymond

Coffee House Chair:  
[coffeehouse@goodloeuu.org](mailto:coffeehouse@goodloeuu.org)

Goodloe Green Sanctuary: Vacant

Goodloe Readers: Karen Ackermann

Kiva Investing: Laird Towle

Membership: Ken Shilling

Ministry:  
Ken Shilling, Steve Buckingham,  
Nita Page Daves

Odyssey Editor: Angela Peerman

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Go to Goodloe's [Fundraisers](#) page. (If you use an Ad-Blocker, be sure to Whitelist this page.) Click the Amazon.com button and make your online purchases. **There is no additional cost for your items, but Goodloe gets a percentage of the sale.**

### Deadline for Next Odyssey: December 22, 2015

Please email submissions to  
[goodloe.newsletter@gmail.com](mailto:goodloe.newsletter@gmail.com)

If you have changed your address, phone, or email, please let us know by emailing [goodloe.memorial@gmail.com](mailto: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



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