



# Odyssey

August 2016

## Sunday Services

**INSIDE THIS  
ISSUE:**

<b>July 31</b>	<i>Learning to Let Go</i> How can we be truly present and at ease in an ever-changing and often chaotic world? Many of the world's religions stress the importance of learning to let go and be present to what is as a way of getting in touch with the quiet stillness within. This service of reading, music, reflection and silence, will invite us to be open to the ongoing mysteries of life.	Karen Scrivo
<b>Aug 7</b>	<i>Monthly Theme: Awakening</i> How do we awaken ourselves to the deeper meanings in our lives, our world, and our principles?	Dick Wobus
<b>Aug 14</b>	<i>Awakening (Multigenerational)</i> Please join us for this multigenerational service exploring our monthly theme of Awakening, led by our Religious Exploration Director, Aléthea Shipllett. This service will also include a performance by the Chalice Dancers of Paint Branch.	Aléthea Shipllett
<b>Aug 21</b>	<i>Covenants - Awakening to the Vision of Beloved Community</i> Inner Journey Reflection and Discussion. Exploring how covenant relationship are foundational to practicing and manifesting what is unique and intentional in our congregational life. Church is our unique UU laboratory. How we are together can be considered more important than why we come together. Covenants play a core role - helping us with the "how". Join the conversation about awakening to new and	Aléthea Shipllett
<b>Aug 28</b>	<i>Life of Awakening — Growing Edge of Love</i> In our Outward Journey, we frequently meet people with different values, world views, cultural perspectives, religious and political backgrounds. We struggle to relate to each person in accordance with our UU Principles. We must awaken to other "truths" and "ways of being". As we grow in Love, we must know our true self within and be willing to open to include others in our life.	Ken Shilling

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# President's Message

We have begun our new Theme-Based Ministry format. The theme for July is "Letting Go." There is a natural tendency to hold on to things, and there are times when we must let go. We will explore different ways of letting go.

The theme for August is "Awakening." There are many possibilities. How do we awaken to the mysteries of life?

Karen and I attended UUA General Assembly. I learned more about Small Group Ministry from GA workshops. We are looking for ways to start Small Group Ministry. In the

distant past, we had dinners at people's houses and we took time to talk and get acquainted with each other. Small Group Ministry is another way to get people together.

Small Group Ministry has trained facilitators to help guide discussion. There are formal agreements or covenants for group discussion. The group promises to ensure that each person gets a chance to talk and is heard in a respectful way. Be on the look out for possible start-up in July or August.

We have signed a contract for quarter-time consulting minister.

Rev Christina will meet with the board for a planning retreat in August. She will provide one sermon a month to lead off each monthly theme.

I attended UUMAC in July. In June, I collected water from a stream in West Virginia. This is a reminder to collect your water for the September Water Service.

Otherwise, we are awaiting the arrival of Rev Christina and start of a new year. Hope you are having a happy and joyous summer.

Ken Shilling,  
President,  
Goodloe Memorial

**Goodloe earned the following through our Giant Scrip sale fundraiser:  
April \$141, May \$113, and June \$111.  
Thank you for supporting our congregation!**

## Board Meeting Minutes

June 13, 2016

**Attendance—Board Members:** Ken Shilling, Jackie Lord, Sid Soderholm, Dick Wobus, Lorraine Webb

A moment of silence was observed for the victims of Sunday's violence in Orlando. Ken opened the meeting with a spiritual reading from a Hebrew source about justice.

The Board welcomed Lorraine Webb in her new position as Vice President.

The Board met in executive session to discuss the budget for the upcoming year and review staff evaluations based on input from the Committee on Ministerial Relations. An agenda was developed for the board retreat in August. Rev. Christina Leone-Tracy will participate in the retreat as she begins her service as quarter-time minister for Goodloe.

Ken closed the meeting with a spiritual reading from a Hindu source about justice.

# Small Group Ministry

Goodloe is hosting Small Group Ministry at Goodloe Memorial. A session will be held on Thursday, July 28 at Goodloe. Alethea and Jamila are leading a group of approximately 9 adults. Finger-food potluck and fellowship begins at 6:30 pm. The presentation will be from 7–8 pm. Parents pay for child care.

Visitors are welcome to observe how Small Group Ministry works. There is a promise or covenant for participants. People who want to participate on a regular basis will be expected to make a commitment to attend the group.

Two more sessions are scheduled for the third Thursdays of upcoming months, August 18

and September 15. The Goodloe Board will discuss how to add additional small group ministry opportunities. Options include meeting on different days of the week and in different places. We will keep the congregation informed as more information develops.

We look forward to exploring this with you!

*“Ah. I smiled. I'm not really here to keep you from freaking out. I'm here to be with you while you freak out, or grieve or laugh or suffer or sing. It is a ministry of presence. It is showing up with a loving heart ”*

*Kate Braestrup, Here If You Need Me: A True Story*

## Theme-Based Ministry: An Explanation

We are using theme-based worship as a spiritual practice. Seeking wholeness in our lives, we engage the mind, heart, body, and soul in our worship.

With theme-based worship, we focus on a single topic for a month. We strive to **learn more**<sup>1</sup> about the topic and about our **Unitarian Universalist faith**<sup>2</sup> in each worship.

The first worship of the month strives to explain how this topic will help us find **meaning of Ultimate Reality**<sup>3</sup> in our spiritual journeys.

Another worship is the Inward Journey. During the Inward Journey, we enter deep personal reflection to bring our **faith**<sup>2</sup> and **Ultimacy**<sup>3</sup> into our personal living. We strive to reach a deeper realization of our inner self.

A multigenerational worship provides a more experiential exploration of the theme. We **learn**<sup>1</sup> from each other by sharing more personal stories from our life journeys. This **spiritual intimacy**<sup>4</sup> creates a sacred

space in which we share Love, Hope, and Courage.

A fourth worship is the Outward Journey. We reflect on how our words and actions affect other people. Holding each other in loving accountability to be Good Neighbors, we seek to promote **justice in our world**<sup>5</sup>.

As a refresher, these are the Great Loves that we are trying to incorporate in our worship:

1. Learning
2. Unitarian Universalist Faith
3. Ultimacy — The meaning of Ultimate reality.
4. Intimacy — Spiritual Intimacy that creates sacred space.
5. Justice

Ken Shilling,  
President,  
Goodloe Memorial

# Goodloe Activities

## Goodloe Bell Choir

Upcoming bell choir rehearsals and performance dates (at the Sunday services) are listed below. If you are interested in joining the bell choir, please contact Ken Shilling for more information about future rehearsals and performances.

Performance: Fifth Sunday, 31 July

- Practice on 21 July 6:30–7:30 pm  
(**Note: This is NOT our usual time!**)
- Practice on 28 July 7–8 pm

Performance on 28 August

- Practice on 11 August from 7–8 pm
- Practice on 25 August from 7–8 pm

## 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@goodloeuu.org](mailto:worship@goodloeuu.org)) or Religious Exploration Director, Aléthea Shiplett, to arrange a date & time to meet.

## Goodloe Coffeehouse

Saturday, August 20

7:30pm

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)

## Music Suggestion Box

Please provide your music suggestions: Suggest songs or music for a specific service or for use as the music director chooses. Songs or music may be any genre, vocal or instrumental.

The Music Suggestion Box is a white floral decorated box placed on the food table in the coffee area. Paper and writing utensils for your suggestions are located next to the box.

We welcome your input!

## 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.

# Goodloe Learning Programs (Adult Religious Exploration)

## World Mythology

We have voted for World Mythology, which we will conduct in 10 sessions. The UUA program for *What Moves Us: UU Theology* came in second; we will conduct this program at the conclusion of World Mythology.

The emphasis of World Mythology is the context of the myth and how to interpret the meanings in the myth. We will explore local cultures that created the myth. We will ponder what meanings the people of that time were expressing.

The World Mythology program covers a mixture of civilizations. We will start with Greek and Roman mythology. We will turn to African myths and cultural heroes, which have a different style of myth and quality of character. We will delve into Babylonian and Indian epics, some of which may have influenced the Jewish Torah. We focus on earth-centered myth by reviewing Native American Beauty and Navajo emergence myths. Lastly, we will compare the culture and cosmos in the Chinese and Japanese myths.

## World Mythology Topics

- ◆ 31 July: Greek Creation myths
- ◆ 21 August: Rome Origin myths
- ◆ 18 September: African myths
- ◆ 16 October: African Cultural Heroes
- ◆ 20 November: Babylonia - Gilgamesh
- ◆ 18 December: Indian Epics
- ◆ 15 January: Native American Beauty
- ◆ 19 February: Navajo Emergence
- ◆ 19 March: Chinese Creation
- ◆ 23 April: Japanese Creation

## Exploring Our Great Loves

The purpose of adult learning is to engage, express and explore. We engage to learn from each other. We express from our experience. We explore our Great Loves for better understanding.

We will try a new discussion format. The presentation will be 30 minutes without any breaks. Participants will have note cards to write down their thoughts. We will focus on our five Great Loves for discussion: learning, UU identity, intimacy, ultimacy, and justice. Each participant will get a chance to comment on each of the Great Loves. Each session will bring out fascinating new insights on each of our Great Loves.

**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.



# UUSJ: Unitarian Universalists for Social Justice

## Getting Out the Vote

The April Democracy Spring and Democracy Awakening activities energized UUs and provided a platform for action to eradicate injustice in our society. UUSJ and the UU Association co-sponsored a voting rights webinar on June 1 that addressed faithfully strengthening democracy, registering voters, getting out the vote, protecting voting rights, speaking out on our values, and developing community and congregational partnerships. Watch a recording of the webinar.

As we head toward the 2016 general elections, we have opportunities to keep the momentum going through participation in Get Out The Vote activities and engagement with candidates running for public office. To learn more and get involved, please check our list of resources and ways to take action, or contact Anna Rhee, [rheeh@gmail.com](mailto:rheeh@gmail.com), for more information.

## West Virginia Neighbors Need Our Support

Dear UUSJ Community,

This is a call to put our Faith In Action. Our neighbors in West Virginia have been devastated by flooding - the amount of rain they experienced in such a short amount of time is something "expected once in 1,000 years." At least 23 people have died and more than 1,200 homes have been destroyed or damaged. As usual the most vulnerable people and poorest communities have been hit the hardest. People need our help right now and will for some time to come.

The UU Congregation in Charleston is coordinating relief efforts and can use our assistance. UUSJ has set up

a post on our website to provide updates and suggestions as the information becomes available on how we can be most useful. We will also share your ideas about what we can do collectively. In the short term, for immediate up to date information, go to the UU Congregation,

Charleston's Facebook page. Let's be in solidarity with our West Virginia neighbors and put our faith in action.

Lavona M. Grow  
UUSJ Board Chair

P.S. Contact Elizabeth at [info@uusj.org](mailto:info@uusj.org) with ideas or questions.



## UUSJ New Executive Director

The UUSJ Board is pleased to announce that (Pablo) Pavel DeJesús will be joining us as our new Executive Director in mid-July.

Pablo is a tested public policy advocate with over 15 years of experience in government affairs, advocacy, voter mobilizations, and development work with non-profits. He is a member of All Souls Church, Unitarian in Washington, DC. His free time is occupied as a first time father. To learn more about Pablo, please visit [www.uusj.org](http://www.uusj.org).

# Additional Information

## Internet Safety—Email Warning

It appears that addresses in the Goodloe mailing list have been acquired by someone who is using them to send messages with malevolent attachments or web links. If you receive an email that you weren't expecting from someone that you know from Goodloe, with an attachment or web link, you **SHOULD NOT** open the attachment or click on the link until you have confirmed with the apparent sender that the email is legitimate.

Very often, these malevolent emails have subject lines or message bodies that are very broad/not specific (e.g. "Here's a link that you should look at") or out of the context of your relationship with that person (e.g. "Here's the resume that you

asked for"). When in doubt, toss it out.

Although this is very frustrating, this kind of email address skimming is happening all over the world, including mailing lists that are maintained on computer systems that follow the strictest IT security measures. Internet mail itself is inherently insecure— It can be compromised from messages captured while they travel through the internet. Also, the "From" address in an email message can be spoofed, so that the real source of any email is not necessarily that which appears in the "From" line.

The added problem of mailing lists is that the message appears to be from another member of

that list, so it has an increased appearance of being legitimate. Whereas we might be suspicious of an email with an attachment from a total stranger, we are more likely to let down our guard when it appears to be from someone that we know. Unfortunately, we now have to be suspicious of emails from what appear to be friends and acquaintances at Goodloe.

Of course, these same precautions should be applied to ANY email from ANYONE.

Thank you for your attention.

Best regards,  
John Pietras

Goodloe Website Administrator  
web.goodloe@gmail.com

## Download the Write Here! Write Now! Toolkit

The *Write Here! Write Now! Toolkit* offers UU congregation members a proven way to communicate with opinion leaders and policy-makers to advocate for positive change, or to express a point of view on public issues facing our community, state or nation. This toolkit provides congregants with the process and materials to organize and plan a letter-writing campaign and let officials know how our faith and values compel us to seek a better way of life for people.

[Click here to download the Write Here! Write Now! Toolkit.](#)



# August 2016

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



## Goodloe Memorial Unitarian Universalist Congregation

Minister: **Rev. Christina Leone Tracy**

Minister Emeritus: **Rev. John Gaffney**

Religious Exploration Consultant:  
**Aléthea Shiplett**

Music Director: Vacant

Accompanist: **Lorraine Webb**

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

President:

Ken Shilling ([president@goodloeuu.org](mailto:president@goodloeuu.org))

Vice President:

Lorraine Webb ([vp@goodloeuu.org](mailto:vp@goodloeuu.org))

Financial Officer:

Sid Soderholm ([finance@goodloeuu.org](mailto:finance@goodloeuu.org))

Secretary:

Jackie Lord ([secretary@goodloeuu.org](mailto:secretary@goodloeuu.org))

At-Large Trustee:

Dick Wobus ([trustee2@goodloeuu.org](mailto:trustee2@goodloeuu.org))

### Committee Chairs

Worship Coordinator: Jackie Lord  
([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

Kiva Investing: Laird Towle

Membership: Ken Shilling

Odyssey Editor: Angela Peerman

## Please Buy Giant Scrip

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

**There is no additional cost to purchase  
Giant Scrip. Use the scrip like a gift card  
at the check-out line.**

**Deadline for Next Odyssey:  
August 22, 2016**

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

This monthly newsletter is available in electronic and print format. You can request to be included in our printed mailing list, email, or both! To set or change your preference, please send an email to [goodloe.memorial@gmail.com](mailto:goodloe.memorial@gmail.com) or call Jackie Lord 301-249-7713 or Nancy Choice 301-805-5345.

Also, please verify that we have the most up-to-date information for you (phone, address, and/or email).

**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  
Bowie, MD 20716  
301 218-5277  
[www.goodloeuu.org](http://www.goodloeuu.org)  
Reverend Cynthia Snavelly  
Service and Religious Education 10:30 am Sundays

