



# Odyssey

November 2016

## Sunday Services

Monthly Theme: *Story*

**INSIDE THIS  
ISSUE:**

**Nov 6** *Restoring and Re-storying* Rev. Christina Leone Tracy  
What is the power of story in helping us re-create ourselves anew? What might a new story for Goodloe mean for our future? How can we restore one another with a good story of hopefulness, especially in the anxiety of the election season wrapping up this week? Come, let's re-story together.  
**BYO lunch chat following the service.**

**Nov 13** *What's Your Sentence?* Aléthea Shiplett  
Inner Journey: Reflective/Spiritual Practice. Author and motivational expert, Daniel Pink, advocates distilling the essence of your life's story down to a single sentence. It's a focusing device that connects folks to clearer purpose. What's your sentence? What is our sentence at Goodloe? Come prepared to explore. Paper and pencil will be provided.  
**Potluck and Going Deeper session following the service.**

**Nov 20** *Bread Communion—Intergenerational* Aléthea Shiplett  
Inter-generational sharing of abundance and communion  
Bring a loaf to share with the congregation. Please bring a packaged loaf of bread to share with the Bowie Interfaith Food Pantry  
**RE World Mythology (topic: Babylonia-Gilgamesh) following the service.**

**Nov 27** *Stories Can Heal* Eleanor Piez  
Outer Journey: Act our faith in the world.  
The stories that we tell ourselves and each other become our scripts for action. And, our actions create new stories. How do we use those stories to encourage and empower?  
**Bell Choir service. Lunch Bunch trip following the service.**  
  
Eleanor Piez currently serves as Intern Minister to the UU Legislative Ministry-MD and the UU Church of Annapolis. She is a student at the Pacific School of Religion in Berkeley, CA; a candidate for UU ministry; and a longtime fundraiser, grant writer and manager for community-based anti-poverty organizations.

<i>Sunday Services</i>	1
<i>From Our Minister</i>	2
<i>President's Periscope</i>	3
<i>Goodloe Activities</i>	4-5
<i>Regional Social Justice</i>	6
<i>Board Meeting Minutes</i>	7
<i>Calendar</i>	8
<i>Staff Directory</i>	9



# A Note from Reverend Christina



This month, the theme we are exploring is STORY. As we approach the Election and its aftermath, what Story can we tell about ourselves, our values, and our nation? As we approach Thanksgiving, what Story are we telling about our country, its founding, and the role of Native peoples? And, for my ministry among you, I am wondering about the Story we tell about Goodloe, your past, and your future.

So far in the past month or so, I have met with 13 members of Goodloe and have 3 more appointments coming up. If you haven't made an appointment to meet and chat, I encourage you to do so!

([tinyurl.com/revchristina](http://tinyurl.com/revchristina))

Here's what I'm hearing from you-- the Story that is emerging--

- Goodloe had a lot of energy in the beginning. We had a goal-- "Be a liberal religious presence in PG County." Then our goal became getting our own space.
- The move to the new building was exciting and stressful on the congregation. Some members left, and the new space was good for us but didn't allow much room for growth.
- Our ministers supported our vision and led well, but often did a lot of the work themselves which was good—we were tired— but also took some of the impetus and momentum away. When Rev. Cyn left we weren't sure how to pick it up again.
- We come together for the community. We're a warm, welcoming place. We can all be involved. Sometimes that's good (easy to find a place!) and sometimes it's difficult (too much to do, not enough people).
- Being a small congregation has its real pros and cons — Pros are intimacy, support, warmth, and engagement. Cons are sometimes you can feel "left out", it's easy for people to get their feelings hurt and leave, and one voice or a small group of voices can easily overpower the others.
- We've made real efforts toward creating a multicultural community but have a lot of work to do on Cultural Competence and being able to talk in a way that doesn't alienate People of Color. Several People of Color have left, feeling excluded.
- We are a Learning congregation. We love to learn, especially about viewpoints other than our own, different religions, and different cultures.
- We are flexible people— We're willing to try new things! Really! We just don't really know what's "out there" to try.

Here's what I know about you so far— You are a committed group of people, but your energy is waning. You want to see success for Goodloe but you're not sure how, and you can't do it all yourselves. You want to maintain your Beloved Community and allow it to grow, but there is some grief there with the changes that must come. You know that the landscape of American religion is changing, and that Goodloe is feeling the loss of those changes right now. We need to change with the landscape, and that might mean losing some of the things we love about Goodloe right now, but if we're honest with ourselves, we know those losses are already happening.

*(Continued on page 3)*

# President's Periscope

I recently attend a Workshop for Small Congregations. We are all learning the need to collaborate. I gained insights into other congregations when they have challenges focusing on a vision for their future. I shared some of our successes in going to theme based ministry, identifying our great loves, and starting small group ministry.

In October, Rev. Christina talked about the need for Goodloe to identify one Justice effort. For years, we have talked about doing some Justice work in our larger community for which we can receive recognition. The Goodloe board is discussing a process for deciding the one Justice effort.

During the Going Deeper session in October, we did discuss Rev Christina's sermon.

We have multiple people interested in multiple projects. We want to pick a single issue that is related to one or more of our five great loves. We want to develop a process of learning and doing. We want to be involved with people and learning what they need. We want to learn more about the issue.

The Going Deeper session produced one suggestion - providing a list of the many projects that we have done. We are producing a list of projects and some of the justices issues associated with the various projects. This way we are all informed.

In the November Going Deeper session, we will review the Justice list. We will discuss the various justice issue areas. We will have an open conversation on how to

transform our focus from projects to an issue. This way we are all involved.

In the November board meeting, we will take all the insights and start to outline a process for deciding a single justice issue.

I am attending the Small Group ministry on third Thursday. We have lively conversations on the monthly theme. I heartily encourage others to come try it out.

Small group ministry is an excellent way to reach out to millennials, the un-churched, and spiritually curious. Give it a try and suggest to a friend..

Ken Shilling,  
President,  
Goodloe Memorial

## Minister's Note *(Continued from Page 2)*

There is no— (one more time, no)— no path forward that doesn't involve some loss. But it can also potentially involve some real gain if we think creatively together! Gain of energy, gain of a direction and goal (goals give people purpose!) and gain of perhaps new people to help support the mission and receive the benefits that Goodloe has to offer.

Let's start telling ourselves a new Story— Goodloe is in a place of real opportunity! Goodloe must change, and has real impetus to do so, but all mainline congregations must change with the

changing religious landscape. We might just have to do it sooner, and that's a good thing! It means we will be better positioned in the future to roll with the changes, to be flexible, and creative. I have some specific recommendations that I'll be bringing to you soon... But for now, let's keep meeting one-on-one, and telling our new Story!

See you in church...

Rev. Christina



# Goodloe Activities

## BYO Lunch Chats

On the first Sunday of each month, Rev. Christina leads a worship service that introduces the theme for the month. Following her service, she invites everyone to join her for a "BYO Lunch Chat" to talk informally about issues that are concerning you or other topics of your choice.

**Goodloe earned \$165 in October through our Giant Scrip sale fundraiser. Thank you for supporting our congregation!**

## Goodloe Bell Choir

Upcoming bell choir performance dates (at our worship services) are listed below. If you are interested in joining the bell choir, please contact Ken Shilling for more information about rehearsal times.

- Performance on Sunday, Nov 27, at 10:30 am.
- Performance at our Christmas Eve service, Saturday, Dec 24, at 4 pm

## 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 Coffeehouse

Saturday, November 19  
7:30pm

Some of our Coffeehouse friends will be busy with family and holiday activities. But the show will go on! We hope everyone will try to have a story, joke, poem, music, or song to share! We plan to have a sing-a-long at the end. Let's make this an exciting night!

As always, performers are asked to 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)

**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.



# Goodloe Growth & Learning

## Route 301 Small Group Ministry Thursday, November 17, 6:30pm

Hello friends!

The third Thursday of each month is small group ministry gathering at Goodloe Memorial UU. We gather for a light finger-food dinner at 6:30 followed by reflective conversation at 7:00 pm. Our theme this month is going deeper on the topic of Story. Here is an exercise before we gather that would help with our sharing:

### Six Words

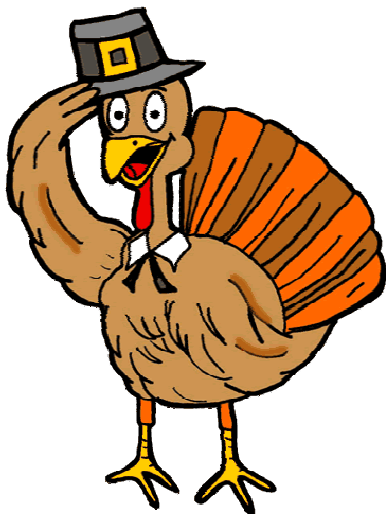
**Describe your journey in six words and expand on how/why you chose those 6 words.**

Our children will also have an age-appropriate activity on the topic of Story Please RSVP if you plan to attend with your children so that our Children's Program Leader, Ms. Lexi, will be available.

I look forward to seeing you!

Alethea Shiplett  
Facilitator, SGM

*The Route 301 Small Group Ministry was developed in partnership between Goodloe and UUCA for the purpose of developing and improving skills for intentional relationship.*



## Adult Religious Exploration— World Mythology

In October, we discussed the African cultural heroes. We drew some comparisons to George Washington, Second First President of the United States. We all forget who was the first president of the Continental Congress. We all know the tale of chopping down the cherry tree, even though the story was fiction. We drew insights about how we use stories to uphold certain values in our current culture.

On November 20, we will discuss the tales of Gilgamesh from Babylonia. Jewish exile in Babylon had a significant influence on Jewish culture. Once again, we will learn something new from history. Discussion will be open and lively as we add from personal experience.

## Rev. Christina (Still) Wants to Hear from You

Anyone who has not yet signed up for a time slot to chat one-on-one with Rev. Christina, please try to find the time to do this. You can select a half-hour time slot online

(<http://www.tinyurl.com/revchristina>).

She has some flexibility in where she is able to meet with you, so you can discuss that with her when you sign up. She wants to better understand the Goodloe community so that she can tailor her sermons and be a more effective minister.

# Social Justice in the Region

## Save the Date: Reversing Inequality Conference

When:

Mon, April 3 - Wed, April 5

Where: Washington, DC

The UUs for a Just Economic Community and UUSJ are co-sponsoring “Reversing Inequality,” a conference focusing on tax reform towards a more just and equitable society. It’s a time to discuss, learn, and

engage your lawmakers. Join other UUs to “bend the moral arc” of our nation towards justice. During the three-day conference, participants will:

- Network with other UUs fighting for justice.
- Learn and share best practices for economic justice and advocacy.

- Hear from dynamic speakers, like Chuck Collins, on the latest issues.
- Get involved with the latest campaigns against inequality.
- Visit lawmakers to influence positive change.

Contact: [uujec@uujec.com](mailto:uujec@uujec.com)

## Citizens’ Climate Congressional Education Day

Sponsored by Citizens’ Climate Lobby (CCL)

When:

Mon, Nov 14, 9:00 am –  
Tues, Nov 15, 9:30 pm

Where:

Omni Shoreham Hotel, 2500  
Calvert St NW, Washington, DC  
20008

Registration Fee: \$49

Join hundreds of climate advocates on November 14-15 for the 3rd Annual Citizens’ Climate Congressional Education Day in Washington, DC, as we keep moving Congress towards passage of [Carbon Fee and Dividend](#).

This event will consist of a day of training for our volunteers followed by a day on Capitol Hill. Our meetings with

Representatives and Senators will focus on educating them on what we learned from our June Lobby Day meetings and on finding out what they need to move forward after the election. Later in the week Kevin Ummel will lead a briefing in Congress on the [Household Impact Study](#).

For more information and to register online, click [here](#).

*“I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder.”*

*G. K. Chesterton*

# Board Meeting Minutes

## October 18, 2016

### Attendance—Board

**Members:** Ken Shilling, Jackie Lord, Sid Soderholm, Dick Wobus, Lorraine Webb, Rev. Christina Leone Tracy

Guest: Aléthea Shiplett

Rev Christina opened the meeting by sharing a reading about hope.

Rev. Christina felt positive about the thoughts people shared during the one-on-one meetings that she has completed. She sees her role as

fact finding and offering suggestions and resources which will, hopefully, help Goodloe determine our next steps.

Worship plans were discussed for Christmas and the Goodloe Celebration. A decision was made to have a service on Christmas Eve instead of Christmas Day which falls on Sunday this year. The Christmas Eve service would take the place of the normal choir service and include pieces sung by the choir and the congregation, bell choir selections and readings of the Christmas story.

A decision was also made to have the Goodloe Celebration as part of a Sunday worship service on January 29.

Board members agreed to participate in a UU sponsored online class, “Revitalizing the Smaller Congregation”. Plans were made to discuss class sessions at the Board meetings.

The next Board meeting was rescheduled to Tuesday, November 15 to avoid a conflict with Election Day.



## Support Charities with Amazon Smile

Amazon has established a new program for donation to charities. It does not include donations to churches. But you can select charities for donations from your Amazon purchases (suggestions below).

- 1) Bowie Interfaith Food Pantry and Emergency Center
- 2) Beacon House in Washington DC. — UU community ministry

Here is how you set it up:

- Open your Amazon account.
- Select AmazonSmile.
- Scroll down to the search tab.
- Enter name of your charity.

You can also add extensions or add-ons to your browser so that you don't forget to use Amazon Smile.

## Bowie Interfaith Thanksgiving Eve Service

The annual Interfaith Thanksgiving Eve Service will be held on Wednesday, November 23 at 7:00 pm at Temple Solel, 2901 Mitchelville Road. Canned food and monetary donations will go to the Bowie Food Pantry. Please join us if you can.

# November 2016

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6 10:30 Worship BYO Lunch Chat	7	8 7:15 Bowie Springs Meditation	9	10	11	12
13 10:30 Worship 11:30 Potluck /Going Deeper	14	15	16	17 6:30pm 301 Corridor Small Group Ministry	18	19 7:30pm Coffeehouse
20 10:30 Worship 11:30 Adult RE	21	22 7:15 Bowie Springs Meditation	23	24 Thanksgiving	25	26
27 10:30 Worship 12:00 Lunch Bunch	28	29	30			



## Goodloe Memorial Unitarian Universalist Congregation

Consulting 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:  
November 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

