

UNITARIAN UNIVERSALIST CONGREGATION OF THE CHESAPEAKE

Southern Maryland Higher Education Center - 44219 Airport Rd. California, MD 20619



Nurture Your Spirit, Help Heal Our World.

UCC Newsletter

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by Fred Ruark: What a winter it has been!

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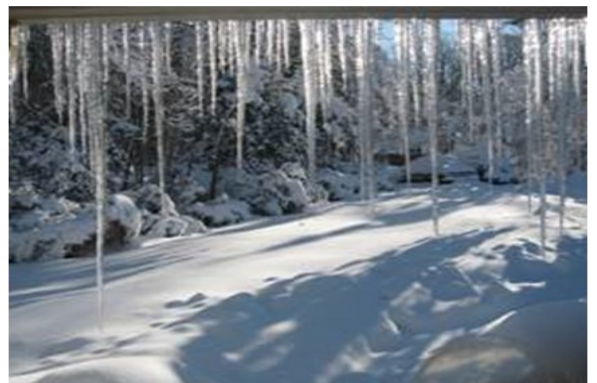
It's been a while since I had to actually use my snow shovel, but this winter I practically wore it out. But in reflection, some fond memories: Feeding birds that we rarely see, seeing neighborhood teenage boys showing up to help shovel us out, and just the sheer beauty of the snowscapes.

These memories tend to out shadow the stress and the inconveniences of the blizzard. Having our building closed to preclude church services put our worship calendar behind schedule. But, not many of the UCC could have been able to get there had they been

open. Plus, we did save a little on rent expense.

When the snow began to melt away, it signaled a reawakening. Under the snowy blanket, new life was beginning. Tiny fingers of green reaching for the sun. The first of the Spring flowers showing that they had the strength to survive the harshness of the winter. Those first flowers, delicate golden narcissus adorned the tables at our Stewardship Pot Luck Dinner and appeared again on the front table at our worship service the next day. Spring flowers are a reassuring message of hope that is perpetually celebrated in the major religions. A message that, all is well, celebrate life!

- Fred Ruark





One of the hallmarks of our progressive faith is our commitment to learning, growth and deepening our understanding and relationships to the whole of life of which we are a part.

We are a new congregation and we certainly have embraced the idea of growth and learning! We are learning how to be present and stand with the oppressed. We are learning more about the needs in our community to sustain and nurture our natural environment. We are active in helping to restore habitat and forests right here in Southern Maryland as well as supporting those who are in need.

An important part of growth and learning, however, is reflection. I found this "Earth Day Promise 2009" in my files from last year. I invite you to take stock and measure your personal success against last year's hopes and aspirations. Please share your findings with me. It will be a joy to "report" our growth and learning on April 18 during our Earth Day Worship Service. Please send your "Reflections" to me at minister@theuucc.org.

UCC Earth Day Promise 2009:

On this Day, Earth Day 2009, we join together as people of faith to do what we can. From this day forward, we will keep our commitments and live our principals by promising to:

* plant trees * use less water * build a compost* advance my career goal to be an environmental architect * I won't pull branches off

the trees and will speak up when others are hurting trees * I am going to leave animals' homes alone * walk more instead of drive * I promise to stop accelerating the speed of my car unnecessarily * turn off lights when not in use* buy notebook recycled paper * combine driving trips and be more playful * make a garden recycling heap * take the stairs * reuse draft paper and fewer plastic water bottles * phase out plastic grocery bags and use cloth bags * respect life by taking bugs found inside to the outside instead of squishing them * use less water in the shower * cut back on paper and not waste half used products * start to recycle * reuse paper from printer by printing on the back and make next car purchase a hybrid or electric * reuse post-it notes for book-marks and hanging file folder labels * switch our heat and cooling source to geothermal* ride my bike more often * share rides and walk to the office * show my classmates how to recycle and fill the dishwasher before I run it * plant a garden and start a compost * recycle more * use a rain barrel and select plants that use less water * cut down or stop using plastic water bottles * use less water when doing the dishes * spend more time in the woods and create a worm compost in my kitchen * buy local produce and find farmers who grow organic foods * eat sustainably * try to nourish myself without using shopping to make me happy.*

Many continued days of learning and growing together!

Blessings,
Rev. Lori Staubitz





A Date with the Earth on Sunday, April 18

Are you ever asked to explain what Unitarian Universalism is all about? *I am!* One of the answers I often offer is that UUs are people who work daily to be in thoughtful, ethical and joyful relationships—with other human beings, with living things, and with the earth. **The Earth Day in the Square event in Leonardtown** gives us an excellent opportunity on one special day to show how we go about this daily work.

At Earth Day in the Square, we share our interest in others by being present in the community as fellow Earth Day party-goers and as folks with information on a range of topics we focus on including ethical eating, environmental justice, locally grown food and fair trade. Earth Day is also a wonderful opportunity to celebrate our relationship with the earth itself!

For that reason, we have made the Earth Day in the Square event our Just Works project

for April. While the UUCC's project out in the community is usually scheduled on the 4th Sunday week, we are acting on our principles a little early in April. This choice gives us the opportunity to honor our tradition of UU outreach at the Leonardtown Square event.

So, let's make a date with each other and the earth for Sunday, April 18! The event begins at 12:30 and goes until 4:30 p.m. There will be plenty to see and do! Also, volunteers for the UUCC are needed as follows:

- Tent and table set-up
- Selling Fair Trade items at table
- Offering UU information at table
- Tent and table take-down

To sign up to volunteer, please speak with me at services or e-mail me at re.coord@theuucc.org.

There are other ways to get involved in April's Social Justice project – with April! April Tucker has provided information in the section, "Youth Outreach," about additional volunteer opportunities to prepare and sell baked goods and organic herbs for the Earth Day event.

Nominating Committee - By Laura Starks

As Unitarian Universalists, we have a special obligation to participate actively in the life of our congregation. Thus, we ensure its health and vitality for our growing membership as well as better serve our surrounding community. Ours is a young congregation and we must consider the need to develop future leaders.

First, we would like to extend a heartfelt thank you to our Board Members who are completing their term and are stepping down: Denise Lourrette-Brady, who has served as Board Secretary, and Ellis Knox, who leaves as Board Treasurer. We thank you for the time, energy and commitment you have brought to these positions. You have been important and key parts in the beginnings of UUCC.

The UUCC Board Members provide a vital service to our congregation and community while receiving a richly rewarding personal experience. At the end of each congregational year, we elect new members to our Board of Trustees to replace those members whose terms have ended. This year we will fill two Board positions: Secretary and Treasurer.

Please take time to consider these open positions as a way for you to assist in the growth and development of our congregation.

In considering the open positions, questions may arise. A brief job description may be helpful in making a decision to become a nominee. The position of Secretary consists of keeping minutes at Board Meetings, contact with Joseph Priestly District and Unitarian Universalist Association and upkeep of congregation files. Other duties include providing each new Board member with a board manual, preparing official correspondence from the Secretary, and assisting in preparation of the annual report with other Board members, committee members and the Minister.

A job description for the Treasurer's position will be in next month's newsletter. Nominees for Board positions are proposed by our Nominating Committee which includes Jim Bodycomb, Senan Brady, Bud Collicott and Laura Starks. Contact any of these members to discuss your interest or potential nominees for the two open positions.

Stewardship Dinner

Holding On Letting Go March 6, 2010

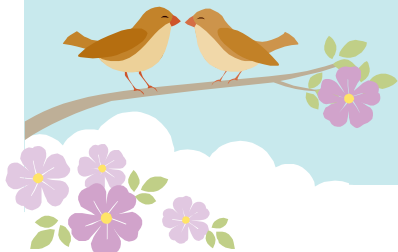
At the Stewardship Potluck Dinner, a challenge was issued to those in attendance. The theme of the evening was, "Holding On and Letting Go". Teams were formed to compete in various games, each team was challenged to complete a list of things to hold on to and things to let go of, each item on the lists to begin with the letters of "CHESAPEAKE". The following list is the combined results of the contest.

HOLD ON TO:

C Compassion, Children, Christmas
Courage, Charity,
H Hope, Heart, Hugs, Handshakes
E Energy, Enthusiasm
S Support, Singing, Strength, Self
A Action, Aspirations, Awareness
P Purpose, Perseverance, Pride
E Eagerness, Ecology, Earth
A Anticipation, Applause, Appreciation
K Knowledge, Kindness, Knox
E Empathy

LET GO OF:

Calamity, Crap
Helplessness
Error, Ennui
Strife, Suspicion
Apathy, Arrogance
Peevishness, Pain, Prejudice
Evil, Envy
Antipathy, Anger, Aggression
Knickknacks, Kaos (sic)
Entropy



Paint Branch UU Church Seek Artists for Exhibit

Paint Branch Unitarian Universalist Church, in Adelphi, Md., is seeking artists who might be interested in exhibiting in our meeting house. Our congregation is interested in the arts and in music as well as in environmental and social justice issues. Our main meeting room is a large, well-lighted and secure space that can accommodate about 20 to 30 paintings or other artworks.

Exhibits are planned to last approximately six weeks. Artists are permitted to schedule a reception during their exhibit, but will have to provide their own refreshments. Artworks displayed at Paint Branch are often sold. We ask artists to contribute 20% of the

sale price they receive to the Paint Branch UU Church.

If an artist or a group of artists is interested in exhibiting at Paint Branch, send three or four examples of your works: photos, slides, or digital images and a resume or artist's statement to Linda Daly-Lucas, 4515 Elmwood Road, Beltsville, MD 20705 or by email to: linda.dalylucas@verizon.net. The Arts Council will consider the proposal and make a decision. If artists have questions, contact Linda Daly-Lucas at 301-595-3019. The church is located at 3215 Powder Mill Rd. in Adelphi (office 301-937-3666) for those who wish to see the space available.

Ethical Eating – What You Can Do

The topic of Ethical Eating is now mainstream in the media, in our communities and at UUCU. We encourage you to investigate where your food comes from and how you can apply our UU principles in choosing food that leads to caring more about our earth and all its inhabitants. There are many things everyone can do in the quest to eat ethically. The list below is a good place to start. Also, see the reading and movie guide below to learn more about our Food Production System and what we can do as people who actively care about our environment and our bodies.

What You Can Do Every Day:

1. Eat lower on the food chain which has a smaller impact on health, land use, water quality and soil conservation.
2. Eat and act to promote good farming and fishing practices. Reward those who do and create incentives.
3. Reduce food processing and packaging energy by eating fresh foods. Buy from the outside aisles of the grocery store.
4. Eat locally produced meats, dairy, fruits and vegetables and even grains if possible which will all cut down on transportation energy resources.
5. Reduce wasting food by buying sparingly and using leftovers.
6. Buy products created through fair trade initiatives that promote fair prices and compensation for the workers and take into account environmentally sustainable practices.
7. Network! Share information with each other about sources to buy ethically produced food.
8. Spread the word about eating ethically – if we can get everyone to understand that we can all eat better, then the market will move in that direction.
9. Connect with other environmental groups in our community to add eating ethically to the environmental discussion to help create the critical mass needed for change.
10. Become a food activist. Write to and talk to government representatives especially when bills are being considered.
11. Join the conversation in this congregation to learn more, spread the word about ethical eating and participate in the Unitarian

Universalist Association's Congregational Study Action Issue. For more information about the CSAI, go to www.uua.org and search under "Ethical Eating."

12. Say grace and thank all those responsible for bringing the food to the table. Honor the animals and plants for their sacrifice and their gifts to your table and health. Try this old Buddhist prayer: "We take this food, the labor of many people, the suffering of many forms of life. We wish to be worthy."

*Items 1-6 adapted from a paper on attaining a sustainable food system by Dorothy Blair at State College, PA, 2008.

Books

- ◆ Bittman, Mark. *Food Matters: A Guide to Conscious Eating*. New York: Simon and Schuster, 2009.
- ◆ Fallon, Sally. *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*. Washington, D.C.: New Trends Publishing, Inc. 2001.
- ◆ Foer, Jonathan Safran. *Eating Animals*. New York: Little, Brown and Co. 2009.
- ◆ Kingsolver, Barbara. *Animal, Vegetable, Miracle: A Year of Food Life*. New York: Harper Perennial, 2007. (Great resource section that include lots of web sites and ways to learn more.)
- ◆ Lappe, Francis Moore. *Diet for a Small Planet*. New York: Random House, 1991.
- ◆ Pollan, Michael. *Omnivore's Dilemma: A Natural History of Four Meals*. New York: Penguin, 2006.
- ◆ Pollan, Michael. *In Defense of Food: An Eater's Manifesto*. New York: Penguin, 2008.
- ◆ Pollan, Michael. *Food Rules: An Eater's Manual*. New York, Penguin, 2009.

Movies

- ◆ *Food, Inc.* * *The Future of Food* * *King Corn* * and *Heart and Soil*

Local Food Sources – CSAs (Community Supported Agriculture) Local Harvest is a clearinghouse and links users to locally grown and organic food. Go to: <http://www.localharvest.org>

Save the Date

Earth Hour 2010 – Saturday, March 27 – 8:30 p.m.

With UUCC's commitment to honor our earth, this important event may be of interest:

"Hundreds of millions of people around the world will join in World Wildlife Fund's global call for action on climate change. By turning off our lights for one hour, we will show that working together, each of us can have a positive impact in the fight to protect our future from the impacts of climate change." For more information, go to www.earthhour.org.

Food, Inc. – Movie and Discussion – Sunday, March 28

This program is Part 2 of our Ethical Eating series. As the Adult Education part of our 4th Sunday Social Justice Program, we will view and discuss the movie, *Food, Inc.* This service is at the Clubhouse at Asbury in Solomons from 10 a.m.-12 noon. The film is recommended for adults and older teens. Nursery will be available at Asbury.

Sunday Social Justice Programs – April 18 and April 25

In April, the intergenerational social justice program will focus on Earth Day on Sunday, April 18, which is the 3rd Sunday. On the 4th Sunday, April 25, we will have our adult pro-

gram, "Racial Justice Book Discussion," (also appropriate for teens), at the Asbury Retirement Center's Clubhouse, Solomons, at 10 a.m.

As one of our anti-racism efforts, we will discuss *Song Yet Sung* by James McBride, a One Maryland One Book selection. It is part of our work to explore issues of racism and injustice and how we can work for better understanding and racial equality. We encourage you to participate in this discussion even if you have not read the book. Nursery will be available at Asbury. For additional information, contact Linda Bodycomb at membership@theuucc.org.

Save the Date: Sunday, May 2 – "Meet the Minister"

Following the Sunday, May 2, service, you are invited to participate in "Meet the Minister" with Rev. Lori Staubitz. Bring a brown bag lunch. Visit with Rev. Lori and learn more about our faith tradition. What is Unitarian Universalism, anyway? New to UUCC? It is exciting to participate in our services on Sunday, meet new people and attend social events. And, even if you are not so new and have been a member for some time, this is a great chance to sit down and chat with Rev. Lori.

April Worship Calendar

April 4

Easter Sunday Flower Communion Service led by Rev. Staubitz.: Join us for this annual ceremony of renewal. *Members: please bring small flowering plants or cut flowers to share.*

"Up, Out and About"-An Easter Message for Tomb Dwellers and Stone Movers Alike"

A Children's Egg Hunt is planned for our young ones for the second half of worship.

April 11

Topic TBA Worship Associate Yvonne Micheli

April 18

"Let's Talk to the Animals and Other Les-

sons from Dr. Doolittle" led by Rev. Staubitz. Come join us for this Intergenerational service filled with music, story and practical technique as we join in worship to explore the larger world we share and learn how to better listen to and communicate with our fellow beings.

-Rev. Staubitz

April 25

Just Works Sunday

Adult Social Justice Presentation at Asbury Club House, Solomons, Md.:

Book Discussion of *Song Yet Sung* led by Linda Bodycomb