
SUNDAY SERVICES

October Theme: PRACTICE

Sunday, October 8, 10:00 a.m.

Practicing Truth-telling: Who “Discovered” America?

We might be familiar with the question, “Is the Bible true?” But what about American history? **Rev. Lynn Strauss** will draw upon the excellent, groundbreaking work of Professor Howard Zinn, *A People’s History of the United States: 1492-Present*, to reexamine the myth and practice of Columbus Day. Now is certainly the time to practice truth-telling.

The **Adult Choir** will sing. **Justin Furnia** on piano.

First Fifteen—Three to four Sundays a month, children and youth spend the “First Fifteen” minutes in the Sanctuary for the multigenerational portion of the worship service, after which they follow their teachers to their classrooms. Parents of Preschool through 3rd Grade are asked to collect their children from classrooms prior to 11:15 a.m.

Sunday, Oct. 15, 10:00 a.m.

Practice, Not Perfect

My piano teacher was my father, who was a professional musician. He required an hour of practice every day, and he listened to every note. He had faith in the motto, “Practice Makes Perfect.”

(continued on page 2)

October 4, 2017

Quest

*The Newsletter of the
Unitarian Universalist
Congregation of Rockville:
A Welcoming Congregation*

Lifelong Spiritual Discovery Beloved Community A Just World

Volume LXI, Number 2
October 4, 2017

Editor & Publisher:
Adrian L. H. Graham

Two Sunday Services

by Melissa Moore, Two Services Transition Team

In the new year, UUCR will begin providing a 9:00 a.m. and an 11:20 a.m. service. Why two services you ask? In a country where senseless violence and terrorism repeatedly dominate our news, UUCR provides a refuge. In a country where hateful, sexist, and racist actions emanate from our highest office, UUCR provides community. In a country where citizens questions their beliefs and belonging, UUCR provides space for exploration.

Over the past 15 months, our Congregation has welcomed an influx of upwards of 150 seekers through our doors, and 56 adults and their 37 children joined us as members. Our capacity to grow further is limited under our current configuration. By expanding to two services, UUCR will make room to embrace newcomers into our spiritual home.

The next **Two Services Information Session** is scheduled for **Wednesday, October 18, from 7:30 p.m. to 8:30 p.m.** The Transition Team will also be available in Fellowship Hall each Sunday after the service to respond to questions, concerns, and comments.



Quest deadline: Thursday, November 2, 2017 at 8:00 p.m.,
for mailing on November 8, 2017.

Email to quest@uucr.org

Quest

**Unitarian Universalist
Congregation of Rockville**
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Director of Music: Grace Cho
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(Sunday Services continued from page 1)

But does it always turn out that way? What does “perfect” sound like on the piano? What does “perfect” look like in your life?

Rev. Strauss will offer the sermon. Special music by **Grace Cho & Justin Furnia** on piano.

Chapel for Change (C4C)—Once a month, children and youth have a fun, multi-age worship service. All children and youth report directly to Founders Hall. Parents of Preschool through 3rd Grade are asked to collect their children prior to 11:15 a.m. Nursery care in Building 3, Room 33.

Sunday, October 22, 10:00 a.m.

How Strong is Our Faith: Embracing the 8th Principle

We welcome **Paula Cole Jones** back to our pulpit this morning for our second White Supremacy Teach-In. Ms. Jones is co-author of the 8th Principle being considered across the Unitarian Universalist Association [see article page 8]. She is founder of ADORE (A Dialogue on Race and Ethnicity) and a former president of DRU-UM (Diverse & Revolutionary Unitarian Universalist Multicultural Ministries). She is a diversity consultant, and has edited a book titled *Encounters: Poems about Race, Ethnicity, and Identity*. Special music will be provided by UUCR Musicians.

First Fifteen—see above.

Following the service from 11:30 a.m. to 1:00 p.m., Ms. Jones will lead us in a **White Supremacy Teach-in Dialogue**. All are welcome. Youth are also invited to participate. Contact Rena Geibel at rgeibel@uucr.org by October 18 with the names and ages of children if you’d like to request nursery care for 0-4 year olds. Quiet, self-directed activities will be available in the rear of the Sanctuary for children 5 and older.

Sunday, October 29, 10:00 a.m.

Between the Worlds: Day of the Dead

Led by **Rev. Rebekah Montgomery**. The **Adult Choir** will sing. **Justin Furnia** on piano. First Fifteen.

November Theme: COURAGE

Sunday, November 5, 10:00 a.m.

Courageous Citizenship

Led by **Rev. Strauss**. The **Adult Choir** will sing. **Justin Furnia** on piano. First Fifteen.

Check out our monthly
Spiritual Theme Sheet
on page 11!

FROM OUR MINISTERS

A Practice for Grief

by Rev. Lynn T. Strauss

I am a griever. I am also a father, a brother, a good friend, a minister, a colleague, a writer. I have always easily flowed both into my tears, and into a speechless ecstasy under any clear night sky silvered with stars.
~Rev. Mark Belletini

In these trying times, in the midst of immoral leadership at the highest levels of government, in the nights of darkness brought by hurricanes and floods, in the unending wars, and the fears we share for our children and our planet, we might find ourselves moving toward a helpless anger or a paralyzing cynicism.

But I would counsel that what we need is to grieve. Introducing my sermon on “True Forgiveness” at the end of September, I found myself bereft of words. Raising my arms in a broad embrace, the words I found were these: “Perhaps what we most need is to be together and weep.”

And as Rev. Belletini suggests then to stand speechless under a clear night sky and let our hearts, our souls, be healed by the vast beauty over our heads. Thus will we be strengthened for the work ahead.

Blessings,
Reverend Lynn



Rev. Rebekah's Thoughts

by Rev. Rebekah Montgomery

**Speech stammers to tell
of touch of stone, of love,
of ache inside,
of startle of surprise.**

**Whatever at last is said
is spoken from what is unsayable.**

~Raymond John Baughan
The Sound of Silence, 1965

We live in times never previously conceived by our foremothers and forefathers, our elders upon whose legacy we carry on our free faith in this world. Or said more plainly: the world is changing and it's amazing and hard. While we see all around us, institutions and leaders that are failing in providing basic care and consideration for too many, we also see how the world is shifting and new voices and ways of seeing the world are adapting and being affirmed. In a recent gathering of the UU ministers of the DC area, one of my colleagues reflected on both decentering whiteness and centering voices of people of color and indigenous people. In a conversation with a UUA staff person, they shared that they had an accountability partner in order to reflect on anti-oppression, hegemonic thinking and ways of communicating. I recently overheard a conversation where a PO-CI person upon hearing a microaggression from a colleague, simply responded "ouch" and it led to a productive and heartfelt conversation.

Speech stammers to tell - and we are called as people of heart and faith to listen. To listen and to share of our truth, understanding and considering how our truth may interfere or marginalize the voices and leadership of others. As we affirm our first principle of honoring the inherent worth and dignity of all people, we connect to how the spark of the divine exists in all people and we honor that spark through extending and seeking to gain trust, as the bedrock of community. This is love put in action, when words are spoken, gently held and then we move together towards building the beloved community. The world is changing, it's amazing and hard - and we practice courageous love with each humble step of faith.

FAITH FORMATION

Reflections

by Dayna Edwards, M.A., Director of Religious Education

Recently, I was encouraged to be intentional about developing a daily spiritual practice. “Ugh!” I thought, “I don’t have time for that.” So, reluctantly, I started to examine my life to see where I could possibly squeeze in a spiritual practice. I started to look at what my daily rituals already were and where I could be more spiritual, slower, and more intentional. As I was walking my dog, I was complaining to myself (I do that sometimes) about where I would fit in a spiritual practice. All of a sudden, a striking red cardinal flew past me, startling my little Chihuahua and me. In my distractedness I had almost missed this miraculous being called the cardinal. That is when I knew what my spiritual practice would be: walking my dog.

Two times per day, my Chihuahua, Ziggy, and I go on a mindful walk—a beauty walk. As we walk, I look for connections. I look for the ways I am connected to my neighbors. Who else is walking at the same time? What lawn ornaments are in my neighbors’ yards? Who is on their way to and from work? I look for the ways I am connected to the animals. Where is my cardinal friend? What animals can I hear in the distance? Which dogs bark as we walk past? I look for the ways I am connected to the Earth. What do I feel as I am walking on the grass or concrete? What seeds or leaves are falling to the ground? How does the air smell? I have had to walk my dog for years. So outwardly, nothing has changed. Inwardly, however, everything has changed. I feel more relaxed and at ease throughout the day. I look forward to coming home and walking the dog, instead of it being something else on my to-do list.

I have also found other places where I can add a spiritual practice with only minor adjustments. For example, I have a fairly long commute to work each day, so I have started listening to music that I find spiritually uplifting in the morning instead of listening to the news. Again, outwardly, nothing has changed. I am still in my car for at least 40 minutes twice per day. Inwardly, I feel less agitated and more centered when I enter my office. If you have suggestions for songs I should add to my playlist, please let me know.

For the month of October, as we explore the theological theme of practice, I will do a social media spiritual practice. **For each day in October, I will post on Facebook one thing that gives me hope. I will use the hashtag #31daysofhope.** This is a simple, two-minute spiritual practice. Won’t you join me?

I wonder what small daily routine you have that you could turn into a spiritual practice...



CONGREGATION WORKS

Share the Plate—We Want Your Nominations

by *Bennett Rushkoff*

The Social Justice Committee is soliciting nominations for our upcoming "share-the-plate" partner selections. On most Sundays, except during July and August, UUCR shares its cash collections 50/50 with a community service organization. The Social Justice Committee coordinates a congregational process for selecting the recipient organizations, each of which "shares the plate" for a two-month period.

Over the ten-month period of the Partner Plate Pilot Project, from September 2016 through June 2017, UUCR's Sunday service collections raised \$13,313.10 for UUCR's share-the-plate partners, a 15% increase from the \$11,531.14 raised over a ten-month period in 2015-2016. On a typical Sunday, our collection is now about double what it was before we began plate-sharing in October 2015. The partner organizations selected for 2016-2017 were:

- **East Coast Migrant Head Start Project**
 - nominated by the Immigration Action Group
 - total UUCR donation in Sept.-Oct. 2016: \$2,360.77
- **Religious Coalition for Reproductive Choice**
 - nominated by Lynn Strauss
 - total UUCR donation in Mar.-Apr. 2017: \$2,446.07
- **International Rescue Committee—Silver Spring**
 - nominated by Ken Sandin
 - total UUCR donation in Nov.-Dec. 2016: \$2,644.99
- **Church of the Larger Fellowship**
 - nominated by Eric Burch
 - total UUCR donation for May-June 2017: \$2,023.48
- **Beacon House**
 - nominated by Alberta Maschal
 - total UUCR donation in Jan.-Feb. 2017: \$3,837.79

The share-the-plate partner for September-October 2017 is the **Unitarian Universalist Legislative Ministry of Maryland** (nominated by Andrea Hall), and the sharing partner for November-December 2017 will be **Montgomery Hospice** (nominated by Terri Fritz). The Social Justice Committee has made no selections yet for calendar year 2018 and invites the congregation to nominate nonprofit organizations to share the plate beginning as soon as January-February 2018.

Any UUCR member or friend may submit a nomination, either through the chair of a UUCR committee or directly to the Social Justice Committee. Each proposed partner should be a 501(c)(3) charity, or a tax-exempt religious organization, that engages in community service. In making its selections, the Social Justice Committee considers the following factors (among others): (1) Does the recommendation clearly state how the organization would use the funds to be shared by UUCR? (2) Would the proposed use of funds help to positively transform our local, national, or world community? (3) Does the proposed use of funds relate to a UUCR social justice priority, worship theme, or religious education topic? (4) Has UUCR, its minister or staff, or a UUCR committee collaborated with the organization before? (5) Is information about the organization's governance and finances publicly available, consistent with transparency and accountability? (6) Are the organization's administrative and fund-raising costs in line with its expenses on programs and services? (7) Does the organization have a documented record of effective community service?

To encourage nominations, we are not requiring that each nomination address these seven factors; the Social Justice Committee can do follow-up research, as needed. But please do tell us how you came to learn about the organization you are nominating and what you know about the organization's success in pursuing its mission. Personal accounts of your experiences as a volunteer or beneficiary are welcome, to the extent you feel comfortable sharing them. We are especially interested in using the share-the-plate program to build upon the existing connections between our congregation and many of the nonprofits that serve our community. To submit a nomination directly to the Social Justice Committee, you may email it to Bennett Rushkoff using the subject line "Share the Plate."

SOCIAL JUSTICE

Voices from the Holy Land Film Series

by Steve Lapham



The first of four films, *Open Bethlehem*, will be shown at 2:30 p.m. on Sunday, October 15 at Christ the Servant Lutheran Church, 9801 Centerway Rd, Gaithersburg, to be followed by a moderated discussion. Director Leila Sansour plans to attend. Free admission and parking. UUCR's Social Justice Committee is a supporter of the Montgomery County Voices from the Holy Land Film Series. We hope you will attend and explore the issues of justice, human rights, and peace in the Holy Land through these films and join in these very timely conversations.

Open Bethlehem spans seven momentous years in the life of Bethlehem, revealing a city of astonishing beauty and political strife under occupation. The camera follows director Leila Sansour as she returns to her hometown, soon to be encircled by The Wall. Chronicling Sansour's campaign to stop occupying Israeli forces from encircling Bethlehem, this fierce and poignant story maps a determined and ongoing effort to unite Christians, Muslims, and Jews in the desire for free access to the Holy City. Bethlehem Passports will be available for those who wish to take that step in supporting the campaign.

The other four films in the series (same place same hour on Sundays) are *Life in Occupied Palestine* (Oct. 22); *Two Blue Lines* (Nov. 5); and *Where Should the Birds Fly* (Nov. 12). Encore showing of *Life in Occupied Palestine* (Nov. 19) at UUCR in Founders Hall. A moderated discussion will follow. These films provide perspectives rarely seen in the United States, but essential for peace and reconciliation. Visit www.facebook.com/VoicesHolyLand and voicesfromtheholylan.org.

Social Justice Update

by Stephanie Kreps



UUCR's Social Justice Committee hopes to use this space in upcoming issues of *Quest* to let you know and invite you to participate in what is going on with our task groups and subcommittees, which make up the SJC whole.

LGBTQ Task Group: LGBTQ Task Group's mission is to support the rights and concerns of LGBTQ people in our congregation and in the wider community, and to foster awareness of such concerns among UUCR congregants and friends. Our major activities are to promote Rainbow Youth Alliance, UUCR's program of twice-monthly support meetings for LGBTQ teens and their allies. The meetings are free and open to all. We also unite with other Unitarian Universalists to march in the Capital Pride parade each June and staff the Capital Pride UU booth. **Upcoming events**: Stephanie will represent RYA at the **MCPS Schools and Community United in Partnership** program, which presents seminars to MCPS mental health professionals. Stephanie and her PFLAG colleague, Candice Haaga, are working on visiting the high school LGBTQ student clubs this school year. Saturday, October 7, noon to 5:00 p.m. is **Capital Youth Pride**, at which RYA will have a table with our info and handouts. RYA has an Advisory Council to help with the management and direction of RYA and also fundraising to pay our RYA Program Coordinator and other expenses. If you are interested in helping with any of these activities, please contact Stephanie Kreps. We welcome your interest, support and involvement!



HARVEST BAZAAR

FLEA MARKET, QUILT RAFFLE, FOOD, & FUN!
SATURDAY, OCT. 28 from 9 to 2
100 WELSH PARK DRIVE - ROCKVILLE

UUCR's fall fundraiser, the **Harvest Bazaar**, will take place on **Saturday, October 28** from **9:00 a.m. to 2:00 p.m.** this year, featuring: flea market sales, including used books, CDs, DVDs, vinyl, jewelry, toys, bikes, and white elephant items; sewn goods; the annual quilt raffle; delicious food; and fun and crafts for children—fun for everyone in the family! **Your generosity helps make this annual event a success!** Visit the Harvest Bazaar table in Fellowship Hall after the service to sign-up to volunteer, or sign-up online using the following link: www.SignUpGenius.com/go/4090D4FAEA62CA0FA7-harvest. See below for donation guidelines.

WHERE & WHEN TO DONATE ITEMS

- Outside Founders Hall: Before and after each Sunday service (look for signs)
- In the Sanctuary: October 23 – 27 (from 1:30 p.m. to 8:30 p.m.) – **priority collection time!**
- Email organizers to coordinate a donation time: harvestbazaar@uucr.org

WHAT TO DONATE

- **Books / DVDs / CDs / Vinyl**
 - * Wanted: Books and media, including audio books in any format; CDs, DVDs, vinyl records, Kindles or other e-readers
 - * NOT Accepted: Video tapes, cassette music tapes, textbooks, magazines, and damaged, broken, or moldy books (if it stinks, toss it!)
- **White Elephant (Flea Market Items)**
 - * Wanted: “Good stuff” (would you pay more than \$5 for it?) – electrical appliances, household goods, small furnishings, quilt sets, wheeled luggage, pre-owned artwork in good condition (clean and undamaged), pre-owned Christmas and other holiday decorations (of any value)
 - * NOT Accepted: Items generally worth less than \$5 (e.g. sheets, mugs, baskets, vases, obsolete printers/computers, bric-a-brac, broken frames, large furniture, etc.)
- **Toys**
 - * Wanted: Toys (in working order), puzzles, games, video games, tricycles, swings
 - * NOT Accepted: Children’s clothing and shoes
- **Jewelry**
 - * Wanted: Jewelry & watches (any value), broken jewelry made of real gold/silver
 - * NOT Accepted: Women’s and men’s clothing and shoes
- **Bikes**
 - * Wanted: Bicycles (donate early so we can clean and refurbish!)
 - * NOT Accepted: Sports and exercise equipment (other than bikes)

Due to new health code guidelines, we will no longer have the bake sale in its past form. Stay tuned for more details on an alternative!

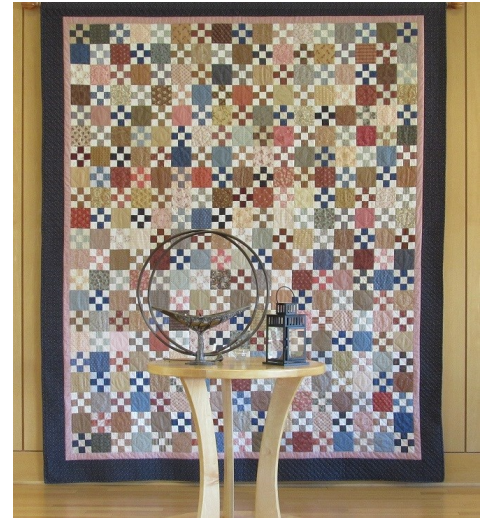
Questions? Email: harvestbazaar@uucr.org / Web Site: www.uucr.org/harvest-bazaar

HARVEST BAZAAR

UUCR Raffle Quilt

by Louise Friedenberg

This year's queen-sized raffle quilt, "American Heritage," is inspired by an heirloom quilt from 1880. It's composed of classic nine-patch squares alternating with plain squares, with contrasting light and dark fabrics that create strong diagonal patterns. The hand quilting reinforces the diagonals in the design. It was created by 12 members of the UUCR Quilters. The name/date label can be found on the reverse side, bottom left. The overall feel is comforting and designed to induce a good night's sleep. It will be raffled at the Harvest Bazaar on October 28. Buy your raffle tickets on any Sunday after the Worship Service for \$2 per ticket, or three tickets for \$5.



SHARING THE MINISTRY

The Proposed 8th Principle (excerpted from Black Lives UU article linked below)

It has been 20 years since the 1997 General Assembly, where delegates voted that the Unitarian Universalist Association (UUA) commit to intentionally becoming a multicultural and anti-racist institution. Notably, this act came some 5 years after the passage of the 1992 Resolution of Immediate Witness which, in part, affirmed the "vision of a racially diverse and multicultural Unitarian Universalism." As Unitarian Universalists, we covenant to affirm and promote our shared seven principles. In 2013, Bruce Pollack-Johnson and Paula Cole Jones wrote an eighth principle and began advocating for this principle to be adopted and affirmed.

The proposed 8th principle states: *"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."*

Since 2013, many leaders have encouraged thoughtful engagement of the adoption of the 8th Principle. Recently, the Black Lives of UU (BLUU) Organizing Collective publicly urged the adoption of the 8th Principle by stating:

As Black Unitarian Universalists, we acknowledge that while some see our faith as the "big tent" where everyone is welcome, UUs cannot uphold precepts or practices that undermine the worth and dignity of people of color at our common altars. We will not affirm white supremacist rhetoric, structures or practices as being in alignment with Unitarian Universalism as a spiritual community. The maintenance of white supremacy and antiblackness in particular, whether in the practices of the Association or in the hearts of parishioners, has no place within our faith and must be unequivocally rooted out of our culture. While Unitarian Universalists have no creeds to which one must attest, our living tradition is a faith guided by principled action. As such, we wonder why the dismantling of white supremacy, as implicated in the 8th principle, has not been formally included in our covenant as Unitarian Universalists.

SHARING THE MINISTRY

Fall Choir Gala

The annual music fundraiser is produced by UUCR's Adult Choir to raise funds for our vibrant music program. The theme of this year's event is diversity. The choir will offer an eclectic program of choral works from around the world followed by a buffet dinner prepared and provided by Greg Yoder and his team. Music and food both have powers to bring people together regardless of the language, religion, and other societal structure that divides us. Join us for a memorable evening of great music and lasting friendship, and support what matters deeply to many of us at UUCR!



Saturday, November 18
Unitarian Universalist Congregation of Rockville
100 Welsh Park Drive, Rockville, Maryland

Tickets: \$35 General | \$60 Couples
(includes beverages)

5:45PM: Doors open / pre-concert reception
6:30PM: Concert
7:30PM: Dinner
8:00PM: Floor open for dancing during jazz ensemble performance

Film & Discussion Series—Power to the People

by Julie Graf

The UUCR Young Adult Group is sponsoring a film and discussion series dedicated to the premise that pop culture is a vessel for understanding and loving the outsider. Join us on **Saturday, October 21** at 7:00 p.m. in Room 50 (the senior high room) for a screening of *T.A.M.I. Show* (1964). Considered one of the best concert films ever made, this time capsule features performances by Chuck Berry, the Beach Boys, the Supremes, Marvin Gaye, Lesley Gore, Smokey Robinson & the Miracles, James Brown, the Rolling Stones, and more! Hosted by Dan and Jean, this film portrays a melting, fizzing pot of pop, begging the question—how does the pop culture we consume bring us together, as well as segregate us? All ages welcome; popcorn and drinks provided.

SCHEDULE OF FILMS

October 21, 2017: *T.A.M.I. Show* (1964)
November 11, 2017: *Paris Is Burning* (1990)
December 9, 2017: *The King of Kong - A Fistful of Quarters* (2007)
January 13, 2018: *Style Wars* (1983)
February 10, 2018: *KISS Loves You* (2004)
March 17, 2018: *A Band Called Death* (2012)
April 14, 2018: *Dogtown and Z-Boys* (2001)
May 12, 2018: *Heavy Metal in Baghdad* (2007)



The Art on our Walls

by Liliane Blom & Sharrill Dittmann



Our new show features two local artists, **Amanda Spaid and Jamie Downs**. Amanda is a Maryland native who works as an illustrator in the DC metro area. She enjoys working with a wide variety of media but specializes in colored pencils and other dry media on wood as well as digital painting. This show features her colored pencil works. Jamie has worked in mixed media non-objective painting for over 40 years exploring themes of oneness and transcendence, searching for her own personal archetypes. This often makes it possible to place work done in different media and sometimes even scale, years apart, together to form a seamless diptych or triptych. Her work in this show represents her bird series, which is a re-exploration of a love of birds that began in kindergarten, now revisited after 40 years of mixed media painting and her more recent animal series. Please join Amanda and Jamie at a **reception in the Corridor on October 8 after the service.**

SHARING THE MINISTRY

(The Proposed 8th Principle continued from page 8)

The UUA website explains that our congregations affirm and promote our principles as “strong values and moral guides” and that “our principles are a guide for those who choose to join and participate in Unitarian Universalist religious communities.” We challenge others in our faith to openly advocate for the full adoption of the 8th principle as an imperative that must be taken up by those who would choose to engage within our spiritually diverse faith community. Moreover, we encourage the Unitarian Universalist Association to seek pathways to adopt the 8th principle that do not require lengthy protocols and procedural maneuvering, instead seizing this moment of opportunity to declare this commitment internally and to the broader community.

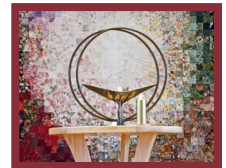
READ the full article here: <https://medium.com/outfront/black-lives-of-uu-organizing-collective-urges-adoption-of-8th-principle-in-unitarian-universalism-377480e615ef>

As we continue our conversations of heart and soul around social justice and transformation, let us enter into conversation regarding adopting the 8th Principle. UUCR is honored to welcome Paula Cole Jones on Sunday, October 22 for worship and a workshop. Let us **Practice Courageous Love** as a beloved community!

Thinking of You

compiled by Judy Eisenhauer on behalf of the Pastoral Care Team

Ginny Shires-Thurston is recuperating nicely after back surgery, has returned to choir practice, and was back in church on October 1. Cynthia reports, “The first week after surgery was a little rough, but she feels so much better than before—with the constant pain all gone. We are very grateful for all the support and good wishes from everyone at UUCR.”



Charlie Sheridan, a longtime member of UUCR, died on September 18 at the age of 88. He is survived by his wife Lora. Charlie was active in the UUCR Adult Choir and also was a member of a barbershop quartet.

Ron Cancelose, husband of Terri Fritz, has had two retina surgeries since mid-August. He’s slowly recovering at home.

Karen Pittleman’s mother, Mary Jackson, died September 22 at the age of 92. Her funeral was held September 29. In Karen’s words, “She lived all but the last 1 1/2 years of her adult life in Brightwaters, NY. She was Mom to me and my two sisters, and Nana to seven grandchildren and ten great-grandchildren. She took great pride in telling people about her Irish heritage, and every single accomplishment of her children, grandchildren, and great-grandchildren.

Please contact **Judy Eisenhauer** with any joys, concerns, or accomplishments you would like to share in this column.



New to Unitarian Universalism, or just new to UUCR? Join us for the fall New2UU sessions on Sunday, October 29 and Sunday, November 5. Contact Adrian Graham at agraham@uucr.org to RSVP or for more information. Additional details will be available in *UUCR E-Weekly* and the Order of Service on Sundays this month.

Practice

Spiritual Theme for October 2017

Reflection Questions

- Does practice really make perfect? Is perfection something we should strive for when we practice?
- How can you practice “radical hospitality,” in our congregation and at home?
- With whom do you need to practice forgiveness?
- Which spiritual practices give you strength in times of adversity?
- How do you practice telling your own truth?
- Why do you think spiritual leaders often tell us to practice breathing?

Chalice Lighting

As we light our chalice, pay attention to your mind: It is subtle and difficult to perceive. Thoughts wander wherever they please. The mind, well directed, will bring happiness.

–Kindness, Sarah Conover (adapted)

Books

In order from youngest to more advanced

- *Salt in His Shoes*, Deloris Jordan and Roslyn M. Jordan
- *Dancing in the Wings*, Debbie Allen
- *Life in Motion: An Unlikely Ballerina*, Misty Copeland (also available in young readers edition)
- *Everyday Spiritual Practice: Simple Pathways for Enriching Your Life*, Scott W. Alexander, ed.
- *Seven Spiritual Laws of Success*, Deepak Chopra

Some Spiritual Practices to Try

• • •

- **Start a gratitude journal.** Write down three moments you are grateful for each day.
- **Breath.** Use [these](#) cards to help guide you on some spiritual breathing exercises.
- **Go on a Beauty Walk.** Once a day for a week notice the beautiful spaces on your walk and how we are all connected.
- **Sing in the car.** Singing can increase feelings of happiness and well-being. Sing along with your favorite songs on a daily basis.
- **Have a deep discussion.** Ask someone you love a new question every day. [Start with these from momastery.com](#)

Playlist

• • •

- Sesame Street and Bruno Mars – [Don't Give Up](#)
- Tina Turner - [Sarvesham Svastir Bhavatu \(Peace Mantra\)](#)
- Hymn #1073 – [The Earth is Our Mother](#)

Joke 😊

• • •

Q: How do you get to Carnegie Hall?

A: Practice. Practice. Practice...

October 4, 2017

To access websites embedded in this sheet, please visit www.uucr.org/all-generations and scroll to the bottom of the page. You may also click on this page if accessing electronically.

Quest — 11

Quest

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Our Vision

The vision of the Unitarian Universalist Congregation of Rockville is a strong, vibrant, and loving religious community actively engaged in nurturing spiritual freedom and working for social justice.

Our Mission

The mission of the Unitarian Universalist Congregation of Rockville is to
Practice Courageous Love.

Our Values

- Lifelong Spiritual Discovery
- Beloved Community
- A Just World