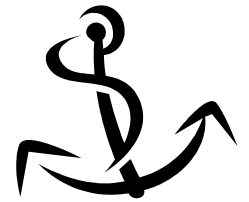


# Universalist Anchor



Words by Rev Lillie

Recently, a friend and I were having lunch at a sidewalk café, and a stranger next to us began talking with us and before we knew it, this person had begun to talk about his relationship with his significant other. It seems they were arguing about something and could not find a way to bring a satisfactory solution to their problem.

We soon finished our lunch, wished the person well, and walked away.

We continued talking about relationships, the joys, the challenges, and the complexities they bring to our lives. And then my friend remembered a scene from the "The Bob Newhart Show," a situation comedy from the 1970s. He described the scene to me with great relish and feeling.

It seems Bob Newhart and his wife, played by actor Suzanne Pleshette, were arguing. She had done something that made him very angry. They could not agree on a solution to their problem. Finally she said, with clinched teeth, a miserly demeanor, and with unconcealed anger, "What is the least, the very least thing I can do to make this up to you?"

Of course, it is quite funny, and one cannot help but imagine the scene, relate to it in some way, and laugh.

Yet, it has deep meaning.

Relationships are complex, and often create dynamics that go beyond verbal explanation or psychological understanding. Sometimes, we don't even know why they work, but they do. When they don't, they require effort and energy and challenge us in many ways. Often, we get mired down in the burdensome mud and muck of doing things the hard way, get stuck, and can't find our way back to balance.

That's when we need to say to ourselves, what Suzanne Pleshette said to Bob Newhart, what is the *very least I can do right now* to bring some balance or serenity to this relationship? And when we figure it out and offer it to the person with whom we are interacting, it works!

Sometimes, all the other person wants, or needs, is a *little effort*.

That is all that God wants, too, in relationship—a little effort.

A short prayer before we get out of bed each morning, a one-minute meditation on gratitude once a day, grace before a meal, ten minutes reading, praying, or meditating three times a week.

Anything, that brings us into awareness of the Source of Life in which our being is grounded. Any ritual that helps us center ourselves and recognize the Source of Strength upon which we depend.

A little effort goes a long way sometimes, most times.

One thing I learned this summer from my meditation practice; God is very, very close. We are often too busy to notice.

If we want a deeper, more meaningful relationship with God all we need to do is make a *little effort*.

See you in church,  
Pastor Lillie

If you are receiving this newsletter via email and would prefer to have it by regular mail, let the office know.

## Religious Education

Religious Education has started the new year with a new teacher, a few new kids, a nearly-new curriculum and cupcakes. As before, class begins after "A Story for All Ages" and ends at about 12:15 pm. People are registering now for nursery as well as RE. Interested? Join us! We're anticipating a productive, playful year.

Mike Dillon

Reverend Henley's Office Hours

Tuesday and Thursday 10-4

All other times by appointment

301-655-3798

**Saturday, October 13, 2007:** Unitarian Universalist Baltimore Washington Growth Committee of the Joseph Priestley District JUUbilee: at All Souls Church, Unitarian, there will be a JUUbilee celebration for Unitarian Universalists in the Baltimore Washington region. On this day, Unitarian Universalists from around the region will join together in worship to celebrate the social justice legacy of A. Powell Davies and the last 50 years of UU growth in the region which he initiated. Members from 27 area congregations will join to honor and commemorate this rich past, and rejoice collectively in our faith and its future promise. Please mark your calendar now so that you can join us in song and worship, rejoicing as a united Baltimore Washington community.



## Chancel Flowers

Mary Templeton, Coordinator

**October 7--**Chancel flowers are given by Mae Combs to celebrate the birthdays in October of Mae and her mother, father, and two nephews.

**October 14--**Chancel flowers are given in memory of Corinne and Seth Brooks, aunt and uncle, by Evelyn Brooks Rowse and James W. M. Rowse, Jr.

**October 21--**Chancel flowers are giving in loving memory of their parents, Dorothy and Leonard Smith & William and Lynn Fox, by Lynn, Bill, and David Fox.

**October 28--**Chancel flowers are given in loving memory of their cousin Vernie Sampson by Jeffrey, Catherine, and Brian Jacobs.

### *BIBLICAL SCHOLAR TOPS UUCF REVIVAL PROGRAM NOV. 1-4*

This year's Unitarian Universalist Christian Fellowship Revival will feature Biblical scholar Rev. John Dominic Crossnan, presenting three lectures on the world, mission, and message of the Apostle Paul. The newly renovated West Shore UU Church in suburban Cleveland will host this event Thursday, Nov. 1, through Sunday, Nov. 4. A group from UNMC is talking about driving up together; please contact Sue Mosher if you're interested in driving or sharing a ride. There is a discount on the full registration fee if you register before Oct. 1. Full details are available on the Revival web site at

### *And a Good Time Was Had by All Rally Sunday, September 9*



*Clockwise from above:* William Spruiell, at the table with Richard Hurst and Bob Segal; Greg Wigle, head chef; the revelers; Luci Murphy and Rock Creek Jazz, awesome jazz combo; Wendy Bond and Pastor Lillie; Paula Harrison, Catherine Robbins, and Jorn Dakin.



## LELAND PLACE

### UNMC-ers Serve Early Fall Feast at Leland Place

A hint of fall was in the air--and on the menu--when UNMC volunteers shared dinner with the men of Leland Place on September 15. Warm-from-the-oven pumpkin bread (topped with vanilla ice cream) capped an early-fall feast that included baked and breaded chicken, real mashed potatoes, green beans stir fried in garlic and soy sauce, salad, and biscuits made from scratch.

Thanks to first-time volunteers Mike and Alex Dillon, as well as Angela Khaminwa, Marti Martinson, Judy Burns, Pastor Lillie, and Dave Skidmore.

Our next dinner is scheduled for Saturday October 20. Please sign up in advance by calling or e-mailing Dave Skidmore, or contacting the office at 202-387-3411.

### SHARING OUR PLATE

Each month we share 10% of our free-will plate collection with a non-profit organization that works in our neighborhood and gives to those in need. For October, the recipient of Sharing Our Plate will be The Capital Area Food Bank. CAFB is the largest, public nonprofit hunger and nutrition education resource in the Washington, D.C. Metropolitan Area. Each year the CAFB distributes 20 million pounds of food, including 6 million pounds of fresh produce through over 700 member agencies. The Capital Area Food Bank was founded on Dr. Martin Luther King, Jr.'s birthday, January 15, 1980. In 2005, the CAFB is celebrating 25 years of nourishing the National Capital region. In addition to food distribution, the CAFB has several community-building initiatives including [Kids Café](#), [Food For Kids](#), [Face Hunger](#), [The Anacostia Farmers Market](#), [From the Ground Up](#), [Sister Hook-Up](#), [Produce for People](#), the [Brown Bag Program](#) and others

### UPCOMING EVENTS

**Saturday, October 6: 5:30—6:30 p.m.** Vespers  
**Saturday, October 6th at 8:00 pm:** LET OUR LIVES BE MUSIC celebrates Spanish and Ibero-American composers. José Luis Sánchez presents the second of his excellent programs at the church.  
**Monday, October 8:** 7:00 p.m. Board Meeting  
**Sunday, October 14:** Welcome and Membership meeting after hospitality in 2nd floor library. See Ron Eanes or Pastor Lillie for more details.  
**Saturday, October 21:** Leland Place Ministry, 3 p.m. in the church kitchen

## SUNDAY SERVICES

**October 7** “Seeing Red” a sermon by Deacon Richard Hurst. Reconciliation is a theme of Universalism, but the need for resolution means that our lives are not always blissful, peaceful, and kingdom-building. Anger must play some role in our lives if there is need for reconciliation? What is that role?

**October 14** “The Hardship of Accepting Grace” a sermon by Rev. Henley. Do we need to have a better understanding of what *grace* is before we can fully accept the grace that God and others offer? Why is so hard to lean on someone else or accept our very human limitations?

**October 21** “The Priesthood of All Believers” is a theology that contemporary UU history theologian James Adams brought to our attention in the late Twentieth Century. What are the duties and obligations of priesthood, and how can it be possible that we are all priests?

**October 28** The Apostle Paul wrote to his followers saying he had “fought the good fight, I have finished the race.” The imagery the metaphors create describes his dedication to the crucified Christ, as well as, his acceptance of his fate in Rome. In what way did his work influence these new, Gentile Christians, and a religion of martyrdom? The sermon by Rev. Henley is “Dying for God.”

### WISH LIST FROM THE GREEN DOOR

**Winter jackets** (not full-length coats) for men and women, size Large or Extra Large.

“Leftover” **Metro cards** for members without income to get to their doctors, to new jobs, or to school.

**Men’s Fall clothing** – pants and shirts – for our clothing closet. Gently worn and laundered before donating.

**Women’s Fall clothing** – skirts, blouses, shirts, and pants (**size 14 and larger**). Gently worn and laundered before donating.

**2008 Pocket calendars** for Green Door members to write down their appointments.

Other needs: an **iron** and an **ironing board**; a **day planner**, and a **large purse/shoulder bag**; **queen fitted sheets**; **couch**; three **digital cameras**, **rechargeable batteries** and a **recharger** for the cameras for a photography class; collapsible **grocery cart**.

*The Green Door can help you become fashionable! On Thursday, October 11th from 5:00 – 8:30 pm, the amazing clothing store BETSY FISHER is hosting a special shopping event for Green Door, including wine and food from Ceviche Restaurante. For details, go to “Fall Fashion Event” at [www.greendoor.org](http://www.greendoor.org)*