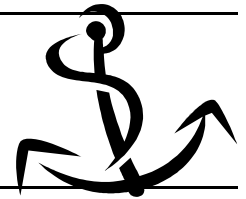


Universalist Anchor



from the heart...

Purple Bracelet, Purple Bracelet, Purple Bracelet...

I've changed mine several times since I put it on this past Saturday in preparation for my sermon on "Creating a Complaint Free World."

We have a lot of Purple Bracelets at the church. If you missed the Sunday, July 26 service, the next time you come to church, pick one up. It comes with a 21-day challenge.

Services for August

Services begin at 11:00 a.m.

August 2 "Turning Sunday Upside Down"

This will be our first Fellowship Sunday, one of what we hope will be several Sundays during that church year devoted to the work and fellowship of small groups. We encourage everyone, new friend, first time guest, periodic visitor and long-time member to join us. We will begin with hospitality at **10:45 AM**. Enjoy coffee, tea, treats and conversation before selecting a small group session to attend. There will be meetings of the Building and Grounds, Social Action, Worship and Welcome & Membership Committees, a Universalist discussion group, a musical activity and more. Then we will all meet in the sanctuary for short worship service with Rev. Henley's homily on community.

If you would like to contribute your ideas or volunteer your time to Fellowship Sunday, please e-mail office@universalist.org and ask for Sue Mosher and Lisa Harris.

August 9 "A Sophia Christian in a Christ-Filled Religion" is Deacon Jennifer Sandberg's homily today. She will share with you a ministry on the margins, a ministry, not unlike Mary's or Jesus' for that matter.

August 16 "Stepping Out In Faith." Rev. Eric Stetson, co-pastor of the newly forming Agapeosis Fellowship in Nashville, Tennessee, and a UNMC member, explores the meaning of faith and living a faith-based life. He touches on themes of trust vs. doubt, courage vs. fear, and boldness vs. mediocrity.

August 23 "God Reconsidered" by board member David Burton. He will ask us to consider how unique our church, Unitarianism, and Universalism is and what we have to offer to so very many Christians who are in search of a liberal Christian religion.

August 30 "Rev. Relland's Journey to Ministry." He will share with us the challenges and affirmations he has had along this seven-plus years, his gratitude for UNMC, and bring to closure his learning ministry here with us.

Can you go 21 days without complaining?

That's what we are all asking each other to do. We are hoping we'll be part of a movement to change the world! If you accept the challenge to go 21 days without complaining, then, when you find yourself complaining, you have to change the Purple Bracelet from the wrist it is on to the other wrist. The bracelet reminds you NOT to complain, and you have to go 21 days without changing the bracelet from one wrist to the other.

A couple of years ago, I got a big, manila envelope here at the church, and inside was this book *A Complaint Free World—How to Stop Complaining and Start Enjoying the Life You Always Wanted*. Over the last couple of years I asked other UU minister if they had gotten the book, and all of them had said, "No." A very few had heard of it. All said it must be interesting. Hum... I got on the web and went first to the website of the Christ Church Unity in Kansas City, Missouri. It was a sermon that Will Bowen had recently preached and many stories about how the sermon affected him and his congregation. Sounded pretty good. I read the book, parts of it several times, and put on the Purple Bracelet.

"Complain" in Webster's is an expression of grief, pain, discontentment. **To complain** then is to express grief, pain, discontent. There are legitimate times when we need to express grief, pain, and discontent. Grief and pain over loss of life, love, and family. Discontent with how one's jobs, goals, and perhaps gym work-outs are going. Even discontent on how the children's grades are!

This is **not** complaining: Waiter, my soup is cold; could you please bring me another cup of vegetable soup that is hot?

This is complaining: How dare you serve me cold soup! Are you the incompetent coming out of the kitchen, or is the cook still in there? I want my soup now, hot, can you understand that?

Rev. Will Bowen said there are five ways complaining is destructive in our lives.

Research shows that most people complain fifteen to thirty times a day. The challenge is **not to** shut up and suck it up. The challenge is to create a complaint free world with more healthy communication. Complain **directly to** and **only to** the person with whom you have an issue. But make sure it is positive and affirming—the healthier communication. Complaining in a negative way is not healthy communication.

Continued on the next page...



Blood Donors Wanted!

On Sunday, August 30th, UNMC will be hosting an **American Red Cross Blood Drive** from 9:30 a.m. – 1:30 p.m. Clara Barton, a Universalist, founded the American Red Cross. We are seeking blood donors from the UNMC community and friends. To sign up or find out more information, please see Shawn Logue or e-mail office@universalist.org

...Continued from the previous page

1. Complaining is about getting attention. You are sitting around a small group. Work, church, at the dog park with your dog. When you complain, you get attention. For some reason, we like complaining. We like to do it, and we like to hear from other people, **about other people**. Some of us, who have a spouse, partner, respond to them with complaints. "Honey, how was your day?" "I had a horrible headache all day." "I have a headache from the horrible traffic." Does it get you attention? Yes, it is positive? Does it affirm and make joyful your relationship with your spouse?

2. Complaining allows us to avoid taking action. I saw a communications company commercial on television complaining about Direct TV. They have no solution to their problem so a member of the team says, "Let's play the blame game. **I blame Elaine.**"

Complaining is focusing on the wrong things and avoiding action.

3. Complaining is a pre-excuse for poor performance. Bowen said, "If a co-worker comes to work complaining that he got no sleep last night because the baby was up all night, s/he might as well say, 'don't expect anything from me today!'"

4. Complaining is bragging. Complaining about the other person says, "She's wearing the same dress. It looks awful on her."

"Look at the way he drives. Crazy. Hey why don't you watch where you're going," and they can't even hear you. "Idiot." What are we really saying? I'm a better driver. I wouldn't do that.

5. Complaining gives you control over the other person. It gives you a "one-up." At work, if you say to someone your report was just what we needed, the boss was there, too; but, the model you used was wrong. Another one would have been better. When you put on the Purple Bracelet, what happens is simple and powerful. You become,
More patient
More kind
More gentle
Happier, happier, happier!

There are many witnesses at the website complaintfreeworld.org and in Rev. Bowen's book.

They say, "Start over," "always start over," "don't give up."

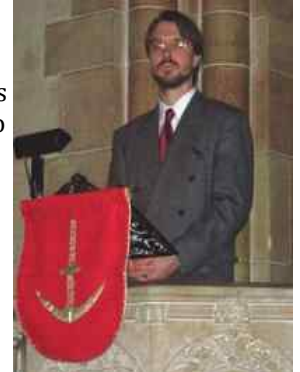
See you in Church, Pastor Lillie



Transitions

Eric Stetson Starting Christian Universalist Church in Nashville

Rev. Eric Stetson, UNMC member and the executive director of the Christian Universalist Association, is moving to Nashville in September to plant a new church with two other ministers. The church is called Agapeosis Fellowship. The word *agapeosis* means "becoming divine love" in Biblical Greek.



Agapeosis Fellowship will be a nondenominational, Spirit-filled, open-minded, all-inclusive church teaching a liberal Christian Universalist message. The worship style will be contemporary with a blend of various types of music including Christian rock, folk, and gospel.

The founders of Agapeosis highly value ethnic diversity and outreach to people of all backgrounds, especially those who are suffering or who have felt rejected by fundamentalists. Eric is especially eager to reach out to the large number of intellectually and spiritually curious young people who live in Nashville and attend its many colleges and universities.

Eric will share pastoral duties with Rev. Dr. Linda Marie Nelson, an ordained nondenominational interfaith minister with the Alliance of Divine Love and the Order of the Friends of Jeshua; and Woody Lucas, an author, Ph.D. student, former board member of the CUA, and lay minister who has served in United Church of Christ and Disciples of Christ congregations.

Eric looks forward to a close and enduring relationship between his new church and UNMC. For more information about Agapeosis Fellowship, please visit www.agapeosis.org

New Job, New Ministry for Rev. Michael Relland

After completing his internship at UNMC and collecting his M.Div. degree from Wesley Theological Seminary, Michael Relland has landed a job with the DC Public Schools and also will be the consulting minister for the Unitarian Universalist Fellowship of Southern Maryland, preaching there twice a month, on the first and third Sundays.



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. In August, UNMC will share ten percent of its collected offerings to T.H.E. (Transgender Health Empowerment)

The mission of T.H.E. Inc. is to enhance the quality of life of the diverse transgender populations we serve by advocating for and supporting a continuum of health and social services. In fulfilling our mission, we seek to unify and empower the transgender, lesbian, gay, and bisexual communities.

Musical Notes

If you feel that something has been missing from the services for the past few Sundays; could it be the Choir? Well the choir is on a much deserved vacation for the summer. The newly formed choir had a busy year learning many new anthems, many music styles, and offering 2 very professional concerts. They have added much to the warmth and tradition of UNMC. It has been a pleasure to work with this group of wonderful people. I came across this parody a few months ago and would like to share it with everyone.

(To Hymn Tune: Immortal, Invisible...)

Immoral, impossible, God only knows
 How tenors and basses, sopranos, altos
 At service on Sunday are rarely the same
 As those who on Thursday to choir practice came.

Unready, unable to sight-read the notes,
 Not counting, not blending, they tighten their throats.
 A descant so piercing is soaring above
 A melody only a mother could love.

They have a director, but one wonders why
 No one in the choir deigns to turn him an eye.
 It's clear by his flailing, he wants them to look
 But each singer slouches with nose in the book.

Despite the offenses, the music rings out.
 The folks in the pews are enraptured, no doubt.
 Their faces are blissful, their thoughts appear deep.
 But it is no wonder, for they are asleep.

The Music Department will have the following upcoming events:

Sunday, August 23rd

3pm

Joyce Lundy in Concert
 Arias, Songs, Musical Theater

Michael Crabill, piano

Saturday, August 29th

Choir Retreat 1-4 at my house
 Music Food and Fellowship

Thursday, September 10

Choir Rehearsal #1

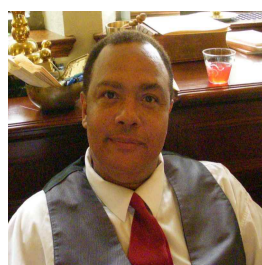
7pm

Sunday, September 13

The Choir's First Sunday Service/Rally
 Sunday

I will be on vacation on the first 2 weeks in August. We look forward to another year of sharing our talents with new music and new worship ideas.

Blessings, Darryl



The UNMC Artists Series

Darryl Winston, Mgr.

Presents



Joyce Lundy

SOPRANO

In a beautiful and distinguished concert of Songs and Arias
 from Handel to Musical Theater

WITH

Michael Crabill

AT THE PIANO

Sunday August 23, 2009 · 3pm · Suggested Donation \$10.00

Joyce Lundy, a native of Washington, D.C., is a soprano who has performed to critical acclaim both nationally and abroad. "A major talent... a voice to look out for" – *The Intowner*; "A lush, full sound, full of great pathos" – *Concertonet.com*. Ms. Lundy made her professional operatic debut in March of 2000 as Nella with the Municipal Opera Company of Baltimore in their production of *Gianni Schicchi*. Since that time, Joyce has performed with, The Washington National Opera, Wolf Trap, Opera Bel Canto, Diaspora Opera, The Aria Club of Washington, Summer Opera Theater of Washington and the Washington Wagner Society.

In January 2008, Joyce sang the role of the Mother in the Maryland Opera Society's production of *Hansel and Gretel*. Upcoming engagements include *La Traviata*, *Lucretia Borgia* and *Peter Grimes* with the Washington National Opera. In November of this year, Joyce will interpret the title role of *Aida* with the Aria Club of Washington.

Joyce earned her Bachelor of Music degree in Vocal Performance from Bucknell University and her Master of Music degree in Operatic Performance from the University of Maryland.

A much sought after performer, Ms. Lundy also serves as a vocal instructor at the Levine School of Music of Washington, DC.



Outstanding Choir Member

Janice Rosen, founder of The Washington National Wagner Society, and volunteer member of the Chancel Choir received the "Outstanding Choir Member" Award on Volunteer Sunday.

In the UNMC Community

50th Anniversary

Frances and Jim Pearce celebrated their Fiftieth Anniversary at Hospitality on June 28.



Frances and Jim were joined by their daughters Margaret who lives in Arlington and Elizabeth and granddaughters Rachel and Sarabeth, from Corvallis, OR. Jim is now one of our oldest members.



Jennifer's and Richard's Baptism



Jennifer Sandberg and Richard Woodard were baptized on July 25 in the Shenandoah River with family and friends in attendance.



We wish Jennifer and Richard the best in their continuing spiritual journey.

New Members!

Paula Harrison and Angela Khaminwa, members of the Committee on Ministry, will be welcoming two new members to the committee for our new church year. The board approved David Skidmore and Devry Becker at the July Board of Trustees meeting.



Jeff Jacobs is an Outstanding Volunteer!

Jeff Jacobs received the "Outstanding Volunteer" Award on "Volunteer Sunday," June 20, for his outstanding service to the Budget, Finance, and Stewardship committee. He has also been on the board for the past two years.



Mediterranean Repast Served at Leland Place in July

Roasted herbed chicken on a bed of Mediterranean lentils with Greek olives and roasted red peppers was on the menu at Leland Place on July 18. A full house of appreciative men finished the meal with home-made shortcake topped with ice cream and strawberries and blueberries. Thanks to volunteers Charles Gravis, Angela Khaminwa, Marsha Silverberg, Emily Skidmore, Dave Skidmore, and Pastor Lillie.

Our next meal is scheduled Saturday August 15. A planner-shopper is needed; organizer Dave Skidmore will be away that weekend. Volunteers gather in the church kitchen at 2:30 p.m. with the goal of carpooling to Leland, a transitional home on North Capitol Street for men in recovery from addictions, and serving the meal at 5 p.m. We generally return to the church by 6:30 p.m.. Volunteers split the cost of the meal, usually \$15 to \$25 per volunteer. Anyone interested in donating their labor, but not their cash, please contact Pastor Lillie or Dave Skidmore. Leland is a program of SOME (So Others Might Eat).

Would-be planner-shoppers should contact Dave Skidmore or e-mail office@universalist.org. Volunteers--please RSVP by Thursday August 13.

Interweave

Haven't been to an amusement park in the summer for a long time? Join UNMC Interweave for an August social for "Out in America" at Six Flags America on Friday, August 28 from 5 PM to 11PM. This event is a fundraiser for the National Gay and Lesbian Task Force. Two party passes for Capital Pride 2010 will be raffled off at this event. Six Flags America is located in Largo, MD. Tickets are open to ALL UNMC members and friends. See Ron Eanes or email office@universalist.org.

Joining UNMC

Our path to membership is a series of three events on a regularly scheduled, cyclical basis throughout the church year. Each is scheduled for 90 minutes, which should allow some time for fellowship. We invite and encourage all who are interested to attend, ideally—but not necessarily—in order.

Kindred Spirits is a gathering of newcomers, guests, and other members of the congregation interested in exploring their spiritual journeys.

Get to Know UNMC provides newcomers, guests, and interested others useful information about Unitarian Universalist history and the history of UNMC.

About Commitment is for all those interested in making a commitment to the works and ministries of the Church, although no one is obligated to join the church upon attendance. It is a time when participants explore what it means to **be part of a religious community**.

Dreaming with a Southern Accent

by Sue Mosher

Originating in the heart of the so-called Bible Belt is a quiet, but growing movement to stimulate spiritual growth through dream groups in dozens of churches -- at least 13 in Georgia and 16 in Arkansas alone. I attended this movement's Summer Dream Conference, held at a gorgeous lakeside retreat center in the North Carolina mountains in June. The 140 attendees included a couple of Jungian analysts (including Gary Sparks, author of *At the Heart of Matter: Synchronicity and Jung's Spiritual Testament*), clergy from several denominations (including UU minister Jeremy Taylor, who teaches dream work at Starr King seminary), artists and musicians, body workers and counselors, but mostly pretty ordinary people. Talking about dreams with other ordinary people is part of their regular routine, as they meet weekly with their local dream groups. I had no idea that such deeply transformative work was going on, sometimes in small towns where you'd hardly expect people even to have heard of Carl Jung, much less be deeply conversant with his work on archetypes, dreams, and the collective unconscious.

One thing I learned is that sharing dreams and working with others to understand and relate to them is an activity that can bridge all kinds of beliefs. While the context of this conference was clearly Christian, with daily worship offered, that context functioned as a strong and safe container for deep discussions. When religious language was used, it was inclusive and non-dogmatic, and there was no assumption that everyone present was a regular attendee in a Christian church. The only assumption was that you were there to find meaning in your dreams as part of your spiritual journey.

If you'd like to know more about this movement, lectures from past conferences can be downloaded from <http://www.bigcontact.com/seedwork>, or you can read some highlights from last year's conference at <http://www.seedwork.org/pdfs/ROSE%2015.pdf>. I'm planning to return for next year's conference and wonder if others at UNMC might be interested in exploring dreams together. Let me know!

Pastor Lillie goes on a Retreat



In June, Rev. Henley spent a week in this retreat house in the North Carolina mountains. She spent this time in solitude and spiritual contemplation. During her retreat she received certification for the first level of Reiki healing.

The Anchor looks different!

Shawn Logue is in his first month in publishing the Anchor newsletter. Please send him your suggestions, writings, and musings for the next newsletter. The deadline for the next newsletter will be August 25th. You may send materials to office@universalist.org

The *Universalist Anchor* is published monthly for the members and friends of the Universalist National Memorial Church in Washington, DC. It is also on our website, along with Rev. Henley's sermons, and announcements and activities.

1810 Sixteenth Street, NW
Washington, DC 20009

Visit: www.universalist.org
202-387-3411
office@universalist.org

Our Settled Minister

The Reverend Lillie Mae Henley
pastorlillie@universalist.org
301-655-3798

Minister Emeritus

The Reverend Dr. William L. Fox

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Church Administrator Marguerite Bogle

Anchor Team: Shawn Logue, Jan-Christine Johnson

Our Mission (adopted May 2002)

We create a loving community
for worship and service
in the spirit of Jesus Christ.

We welcome all and respect individual beliefs as we grow
together

The Universalist Anchor

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Washington, DC 20009

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