

# The Spirit of All Souls

## Newsletter



*Creating a diverse, spirit-growing, justice-seeking community that transforms ourselves and our world into one great family of all souls.*



### The Prayer of Examen

Robert M. Hardies  
Senior Minister

In my sermon on May 7, I discussed a prayer called the Prayer of Examen. Many of you have asked for information about the prayer. Here is my description of how to use this prayer. I hope you find it as rich as I do. Love, *ROB*

#### The Prayer of Examen

In the Prayer of Examen we examine our day, looking for glimpses of the holy. Glimpses of beauty. Clues to what draws us closer to the source of love in our lives.

1. Find a quiet place to sit for 10-15 minutes.
2. Make yourself comfortable, close your eyes and take several deep, cleansing breaths.
3. In your mind's eye, take yourself on a guided meditation of your day, moving chronologically from your waking to now.
4. Here are some questions that might help guide you:

- What were the first things I thought/felt when I woke up? What were my first actions? Did I begin the day centered or not?
- What work did I do this day? Was it fulfilling? Did it contribute to the purpose that I have identified for my life?
- With whom did I interact: spouse, partner, children, family, friends, co-workers, strangers. Did I greet them as a child of God? Did I treat them as possessing inherent worth and dignity, or did I see them as a means to an end?
- Where did I encounter the Holy today? What made me feel cutoff from the Holy?
- Where did I feel most alive—most myself? Where did I lack integrity?
- How do I feel now the day is over? What lessons did I learn from the day and what might I do differently tomorrow?
- 5. Forgive yourself and others for what needs to be forgiven. Give thanks for that which you are grateful.

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### Hopes for the Summer

Shana Lynngood  
Associate Minister

Every year when the calendar turns to June, I find myself anticipating what I hope will be the slower pace of the summer months. Often, the days of summer, however, aren't nearly as deliberate nor do they provide as much room for reflection as I supposed they might.

Since the church calendar is about to change as well, this is a good time for me to clarify my schedule and role at All Souls. I am primarily responsible for leadership in four areas of the life of the church: adult spiritual development (including covenant groups and Roots & Wings), multicultural ministry, pastoral care, and membership. My membership work will dramatically reduce when we hire the new staff person in that area, which means I will

spend more time on the other three. All of this means that if you have a question or need related to pastoral care, adult spiritual development, or the Building the Beloved Community initiative, you should talk to me. I am here to serve you, so please don't hesitate to make an appointment with me—the more I know about how your All Souls experience is going or how you are generally, the richer my work is. I am in the office Tuesday thru Friday (once a month I write my sermon on Friday at home) and can be reached in an emergency on my cell phone (that number is on my church voicemail). I look forward to getting to know you and deepening the ties with those of you I do know. I am grateful to serve you.

Blessings, *Shana*

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## 2 Services Implementation Committee Seeks Input

The Board of Trustees decided in January of this year, on the recommendation of the Long Range Planning Task Force, to encourage congregational growth by adding a second Sunday service starting in September 2007. Many details remain to be worked out.

The Two Services Committee has spent May and June meeting with key groups within the congregation to listen to concerns and gather suggestions on this transition to two services. More sessions will be scheduled throughout the summer, including open forums. **In addition, this newsletter contains a survey.**

A major decision is service times. The transition will have special impact on the choirs, the religious education program, greeters, ushers, counters, worship associates, lunch volunteers and the church staff, and the Committee has been meeting with each of these groups. A primary goal is to welcome more members and increase diversity, so the Committee will also meet with ADORE and the Task Force on Building the Beloved Community.

The plan is to hold two essentially identical services since people are apparently drawn to our current program. Indeed, attendance figures from September 11 to March 12 show that on 16 of the 26 Sundays more than 500 people attended service. On 12 Sundays, attendance exceeded 520, which fills 80% of the unobstructed seats. Church planners' reports indicate that when 80% or more of the preferred seats are filled, newcomers and visitors feel unwelcome. Identical religious education classes for children would be offered during both services, relieving the severe crowding currently felt by our RE program and allowing RE teachers to attend a service. Adult Spiritual Development classes could also be offered during both services, provided sufficient space availability. The current plan is to have food and fellowship after each of the services.

The Members of the Two Services Implementation Committee are: Bailey Whiteman (Chair), Blessed ChukSORji-Keefe, Susan Ellis, Carol Falk, Omar Guerrero, Sharmila Khare, Erika Landberg, Kevin Rosseel, Lloyd Wright, and staff members Tracy Butler, Gabrielle Farrell, Rev. Rob Hardies, and John Strang. The Committee looks forward to compiling your survey responses as All Souls makes this important change.

## Great Prospects ... and Still Room for More!

The Nominating Committee is beginning to review prospective candidates for the Board of Trustees and Officers, and we're very impressed by the caliber and experience of the respondees so far. Still, we want to work harder to put forward a slate of candidates who will reflect the diversity of our congregation, and we want to draw from a pool that's as large as possible.

We would love to hear from you if you have ever thought about serving our congregation in the role of board member or officer. If you think you might like to know more about this opportunity, call Chuck Wooldridge, former chair of the Board of Trustees. He says "By all means, I'd love to talk with folks about what it means to be a Board Member—the rewards, and what it entails." You can reach Chuck at home at 202.723.4069, or work, 301.713.3386. You may also open the conversation by e-mailing Denise Anderson at ASCDeniseAnderson@msn.com.

# Social Justice

## Get-Out-the-Vote for September 12

All Souls is part of a citywide Washington Interfaith Network (WIN) voter organizing campaign for the D.C. Primary Election on September 12. This door-to-door work puts candidates on notice: We will be holding them accountable for commitments they made to deliver the WIN Neighborhoods First agenda on neighborhood investment, youth services, and affordable housing. It's a great way for All Souls to do congregational outreach to our neighbors in Ward 1! Voter walks are Sunday, August 20 from 1-5 pm; Saturday, August 26 from 10-2 pm; and voter turnout work will take place September 10, 11, and 12. We need you to be a part of this campaign! To learn more, email Colleen Fitzgerald at [votervolunteer@gmail.com](mailto:votervolunteer@gmail.com) and watch for more details.

## 7<sup>th</sup> Principle Committee Volunteer

Do you have 30 minutes once every three months or so? We need someone to coordinate the printer ink cartridge recycling program here at ASC. This brings in funds for the environmental ministry of our church, and reduces landfill waste! Contact Pam Sparr for details: [Pamelasparr@infoconex.com](mailto:Pamelasparr@infoconex.com) or 301.439.6316.

## Social Justice Research

The All Souls Archives have received a Beckner grant for summer social justice research. Kat Shiffler, an American University graduate who's been volunteering in the Archives since December, will now be able to put in more time. So ... what in our All Souls history interests you? We're eager to know what intrigues you. Email your questions to [mollyfreeperson@aol.com](mailto:mollyfreeperson@aol.com) or leave them in her box in the Volunteer Office.

## We Are Building the Beloved Community

The *Building the Beloved Community* implementation task force is excited to announce that October 2006 will be *Building the Beloved Community Month* at All Souls. In accordance with Board of Trustees policy, this group encourages, creates and supports opportunities for growing and sustaining racial diversity at All Souls.

The worship service on September 24 will be the kick-off, followed by a banquet of programs, classes and other events intended to grow and sustain a multi-racial community. Following our kick-off month, we need YOU and YOUR committee or group to contribute to the calendar of events. Think about how your programs and projects contribute and speak to our church's goal of growing and sustaining racial diversity, and then let us know about your plans, particularly those that reach out to the African American community.

We welcome volunteers and appreciate your supportive enthusiasm so far, especially those who have signed up to contribute your time and talents to one of the four project groups. You can still help with:

- **Promotion:** Get the word out about All Souls to African Americans/Communities of color. Experience with e-groups, media/marketing and/or networking with groups of people is needed (James Armstrong: [jacycle@bigfoot.com](mailto:jacycle@bigfoot.com)).
- **Program Development:** Imagine and create dynamic programs and projects that address how our faith community can speak to the needs of African Americans/Persons of color (Mark Hicks: [mhicks@gmu.edu](mailto:mhicks@gmu.edu))
- **Spirituality:** Focus on the multitude of issues at the intersection of spirituality and racial social justice (Denise Anderson: [ascdenise@yahoo.com](mailto:ascdenise@yahoo.com)).
- **ASC History and Racial Reconciliation:** The wounds of racism are often healed through the telling and hearing of how our racial past influences our present life. Help us create a process (Sheila Campbell: [scampbell@wildblueyonder.biz](mailto:scampbell@wildblueyonder.biz))

## NEWSLETTER INFO.

Many thanks to Elizabeth Mae Preston for her ministry of service as Editor of the ASC newsletter for the past 3 ½ years.

The new email address for submissions to the ASC monthly newsletter, *The Spirit of All Souls*, is [spirit@allsouls.ws](mailto:spirit@allsouls.ws). Please update your address books.

## ASC SUMMER SCHEDULE

July 3 – September 3

Sunday Worship Service 9:50am

### Building Hours:

Monday – Wednesday	10am - 6pm
Thursday	10am - 9pm
Friday	10am - 6pm
Saturday	CLOSED
Sunday	8am - 1pm

# Religious Education (RE)

## Reflections

In addition to the 46 names I called out on June 11 who support the church's RE ministry as teachers, there are others who work on behalf of ministry as well. These most prominently include the 10 Religious Education Program Committee members: Fred Samuels, Bill Kane, Sarah Raymond, Susan Ellis, Bob Freeman, Kurt Fernstrom, joined by members completing their third and final year, Valerie Gwinner, Lynn Rosellini and our able and loving chair, Erin McVadon Albright. These folks work with classroom teachers to support the program and make little and big decisions which help build and sustain not only the program, but individual children. The RE Committee certainly has a list of tasks and responsibilities it accomplishes, but it is so much more than that – a covenant group of sorts – stretching and sustaining each member, as they testified at their last meeting. Each year as another group of three leaves after their three year terms ends, and we reflect on all that has changed and grown, it often turns out that it is each of us.

I also want to make a special mention of gratitude to others who support the program either directly or indirectly, and I need to thank my colleagues, especially the ones not often seen on Sunday morning: Tracy Butler and Stacey Cosey; our weekday custodians, Nora, Blanca, and Osmin, and of course five who are seen, Constance and Grace Ofori and Jessica DiPietro, James, and Frances. We are as a congregation thankful for all of these folks and the work they do to help grow our children into religious beings.

### One Room Summer RE Schoolhouse—Parent Helpers Needed

This summer we are offering a "one room" schoolhouse RE program concurrently with the Worship service each Sunday, with the exceptions July 2<sup>nd</sup> and Sept 3<sup>rd</sup>. The class will meet in the Longfellow Room and will follow a format not unlike the program which runs concurrent with the school year. There will be a small worship service which will include story and prayer, followed by discussion, community building, integrating activities, and even some social justice learning on the way. We are using a curriculum specifically designed for a multi-age group and expect to make use of older children as class leaders. The themes of the class are people living out their lives based on Unitarian Universalist values. Darryl Clay, the new Religious Education Program Assistant will lead the class each week with help from one of our High Schoolers. We do hope that a parent helper will be available as well and encourage you to pick a Sunday when you are available, and contact Darryl directly at dclay@allsouls.ws. Childcare with activities for children younger than Kindergarten will be offered by paid caregivers.

### Social Justice Introduced into this year's RE Program

This past year, most of the RE classes chose a social justice program and after learning about the justice issues, developed a response to that need. What was important about many of their efforts, was that they chose the issue after discussion and a specific process. The work was as follows:

Primary A & B learned about homelessness while making two meals for the church's Neighbors in Need program and running a personal hygiene collection for Christ House. Additionally, the classes toured Christ House, where the staff engaged them with an art activity.

Intermediate A learned about animal rights by bringing in a speaker, raising \$352 dollars in a bakesale, "adopted" shelter animals for two months, and also ran a blanket collection drive for the animals. The class visited the shelter on a Sunday morning and met their "classroom pets".

Intermediate B struggled with environmental justice and investigated the neighborhood parks and streets as compared to their own neighborhood parks and streets thru a photo essay; they learned about growing one's own food by planting and harvesting lettuce and mint; they asked the Primary classes to decorate blue recycling bins for each room of the church and they cleaned a neighborhood park of trash.

The Middle School Class held the church's first-ever Guest at Your Table campaign, which is run by the Unitarian Universalist Service Committee, was founded by the American Unitarian Association in 1939 to rescue victims of Nazi persecution. It's now an independent human rights organization whose work is grounded in UU principles. This year's funds were used to help developing countries like Guatemala with water resources. They held a bakesale, a Guest at Your Table donation box drive, and invited a speaker from Guatemala to speak about his country. Additionally, the Middle Schoolers helped as sorters for the Thanksgiving collection.

The High School Class participated in the Thanksgiving Drive by holding a Hoops for Hunger round robin Basketball tournament with other UU church youth groups. The group raised \$88 for the Community Fund campaign while getting to know some other UU youth. This event will be bigger and better next year.

# Books & Community

## Book Group

The summer schedule is: July 16—Auction Event—no book; Aug. 13 *The Kite Runner* by Khaled Hosseini; Sept. 10 *Barchester Towers* by Anthony Trollope.

We are a welcoming book group fully committed to multicultural in-reach as well as reading a broad selection of literature. If you are looking for a book group that is open to your ideas and point of view, we hope you will join us. We normally meet on the second Sunday of the month at 4 pm.

## Plant Sale Roundup

The Plant Sale was a resounding success with good weather. The Church earned some money, and the flowers, vegetables, herbs and house plants found new homes. We are very appreciative of the many helpers who brought plants, made cookies, helped set up and helped in the sale. It couldn't have worked without all your help.

## BookNook Monthly

By Ruel J. Eskelsen, *BookNook Chair*

I wanted to follow up my April BookNook Monthly with another plea for volunteers to serve on an ongoing committee to plan operations and help staff the BookNook on Sundays. It would be optimal if we could have the BookNook open the entire Sunday morning and give people ample opportunity to browse and buy.

A significant piece of future operations could be a used book exchange that runs weekly. In the past a book exchange event has been held at the church, but the problems of sorting and storing large numbers of books and then getting rid of the remainders left after big events has been hard. Running a selective operation on an ongoing basis is going to be a more sustainable model.

If you are a book lover and would like to be involved in literary sustenance for ASC, contact me. We are in particular need of a cabinet maker for constructing a new kiosk cabinet. We also have to decide which books to stock and staff the BookNook for a couple of hours on Sunday. Contact Ruel Eskelsen at RuelEskelsen@yahoo.com or 202.986.9416.

**GET SAFEWAY TO DONATE TO ASC**—If you shop at Safeway, be sure to sign-up with eScrip by 7/19 to donate 10% of your purchase on selected items to the charity of your choice—All Souls! (www.eScrip.com).

**TWO RECYCLABLE ITEMS**—Audiotapes you are finished with can be recycled. Also pots, plastic or otherwise. Leave both at the Taping Table in Pierce Hall.

## Make All Souls a Home for Everyone

by Jim Regan

I would like to connect with people to explore how to create a welcoming and nurturing church community for people with cognitive and developmental disabilities and their caregivers. As a parent of a young man with Asperger's syndrome and a non-verbal learning disability, this is close to my heart. I know there must already be other children, youth or adults at All Souls who face similar challenges—and certainly there would be many more if our congregation was well known for embracing and supporting people coping with developmental and cognitive disabilities. It takes more than a village—it takes a beloved community. Let's find each other and start talking. Whether you're a person with a developmental or cognitive disability, a caregiver, or anyone wanting to explore what we can do together, call me at 240.535.5880 or email me at jim@jregan.net.

## Sunday Counter Needed

Do you like counting cash or working an adding machine? Do you want to meet a few new folks at church? If the answer to one or both of these questions is "Yes," then this is for you! We are in need of individuals who would like to help count Sunday collections. You can commit to counting one Sunday a month or once every two months. Counter teams have four members and the process takes about one hour. If you are interested, contact Bob Wittig at bobwittig@yahoo.com.

## All Souls Church, Unitarian Pastoral Associates Program

To support the caring ministry in our church community, a handful of lay pastoral associates will receive training and be asked to offer a "ministry of presence" to those in our congregation in need of support during difficult times in life. The Pastoral Associates will function much in the same way the worship associates function to add to the quality and breadth of worship by enriching our care program under the direction of Rev. Lynngood and the Care Steering Committee. Pastoral Associates will visit members no longer able to get to church and those in need of a follow-up visit after a loss or other life challenge. Training will include discussion about listening, confidentiality, sensitivity, and other skills which are crucial when offering care. This special lay ministry role will be acknowledged with a commissioning ritual in Sunday morning worship on October 15<sup>th</sup>. **Applications are on the Front Office door and are due by July 17, 2006.** Please complete and return the application to Rev. Shana. Applications can be mailed, faxed, or simply placed in Rev. Lynngood's box in the church office. If you have questions, about this new program contact Shana directly at 202.332.5266 ext.106.

# Board & Financials

## All Souls April Board Meeting Highlights

In April, the Board discussed the possibility of hiring a consultant from the Alban Institute to conduct a management systems audit at All Souls and make recommendations for improvement. The goal would be to get independent, professional advice on how to improve church systems as they relate to internal administrative functions, as well as the interface of the staff with the lay leadership and congregation. The Alban Institute is an internationally-known consultancy based in Herndon, Virginia that focuses on church-related issues. After discussion, the Board directed Rev. Hardies, Dave Kerlina (a Board Member), and Jody Feldman (Church Moderator) to work on putting together a concrete proposal that would specifically define the project cost and scope of work.

Rev. Hardies offered an update on progress with respect to hiring for several new positions at the church. At the time of the meeting, the church was in the final stages of interviewing for an Assistant Director of Religious Education. It was also collecting application for a Director of Membership and Lay Ministry, which would be a fulltime position beginning this Fall. The church is also looking for a 32-hour/week Building Manager, who will hopefully begin by this summer, and a Children's Choir Director.

The Board discussed ways to respond when conflict arises between individuals within the church community or a church activities. It is going to look into the work the UUA has done on this topic and discuss further at the May meeting.

The Board approved Lori Giblin to serve on the Board of Directors of the Unitarian Universalist Affordable Housing Corporation.

Full minutes from May and June Board meetings are available to church members in the church office. Members interested in viewing or receiving a mailed copy of the official minutes should contact Jan O'Connell at the church office (joconnell@allsouls.ws or 202.332.5266 ext. 103).

## What is a pledge anyway?

Webster's Dictionary says a pledge is something promised, especially money that is contributed in regular payments. A pledge is also an agreement or promise: All Souls promises every Sunday to be a diverse, justice-seeking, spirit-growing community. Such an ambitious promise is based on faith that members will, in turn, make a financial commitment to the community.

All Souls asks for a written promise in the form of a pledge so the annual budget can be developed. Our Generosity Campaign will get underway in September, and

provide the basis for a reliable budget for the fiscal year **January 1-December 31, 2007**. The pledge drive is conducted in September and October so that a budget can be developed based on the dollars that are pledged. The budget is then voted on at the December congregational meeting.

Some faith traditions expect members to tithe or give at least 10% of their income to the church. All Souls is not so prescriptive, though the pledge card provides a giving guide based on income. We hope each member will commit to a pledge that is commensurate with the many ways they benefit from being at All Souls.

You can make a monthly, quarterly or annual pledge. What is important is some type of regular schedule that the church can count on, so expenses don't exceed income at any point during the year. You can write a check, pay by credit card (yes, we accept American Express!), or have your pledge debited from your checking account. Again, the most important thing is a written indication of your intent so the budget is based on fact rather than fantasy!

## Financial Update for ASC

For 2006, ASC needs just over \$1.2 million to meet our expenses. A significant portion of our revenues, 68% of total revenues, comes from pledges and Sunday collections.

Financial highlights for Jan.1 thru April 30, 2006:

<b>Y-T-D Revenues</b>	<b>\$448,097</b>
<b>Y-T-D Expenses</b>	<b>\$406,833</b>
<b>Operating "income"</b>	<b>\$ 41,264</b>

	<u>\$Collected</u>	<u>Goal</u>	<u>%Collected</u>
<b>2006 Pledges</b>	\$269,848	\$800,000	34%
<b>Sunday Collections</b>	\$ 19,248	\$ 52,750	36%

Financial highlights show that revenues exceed expenses through April 30 which gives us a bit of a cushion. However we are still early in the year and our financial picture can change quickly.

As we head into the summer months, it is very important that we keep our pledge collection rate on track. So if you have missed making a pledge payment or if you plan on being away a lot this summer, please make sure that your pledge commitment is current for the summer months. This will enable the church to meet expenses during June, July and August.

If you have any questions regarding this financial information, contact Bob Wittig, bobwittigdc@yahoo.com. For questions regarding your pledge, please contact Stacey Cosey at 202.332.5266 ext. 111 or scosey@allsouls.ws.

# Member News

**W**arm wishes and congratulations to our young newly married members: **Aishling McGinty and Heather Laing, Darcy Baxter and Katherine D'Amato, Anna Hargrave and Jimmy Hernandez, and Amanda Poppei and Peter Verchinski.** We're happy too to know that **Sara Edwards** is engaged and plans to be married this summer.

**Michael and Nicole O'Brien** welcomed **Connor Patrick** to their hearts and home.

We're glad to hear that many of our members are recovering from illness: **Lloyd Wright** who was hospitalized for several days, **Bob Neuman** who had a bout of pneumonia, **Stacy Jarboe** who had surgery on her neck after several weeks of severe pain, **Bob and Molly Freeman's** grandson **Koby** who had successful intestinal surgery, and **Judith Bauer** who was homebound after a heart procedure. We're also pleased to report that **Jean Porter** is home after being burned out of her apartment building.

Congratulations to **Kat Shiffler** who graduated with honors from American University and to our grandmother of the month, **Adenia Taylor**, whose granddaughter **Se-shmi**, graduated from Spellman College and whose 13-year-old grandson was invited to a special program for the gifted Duke University on the basis of high SAT scores.

Congratulations to **Alan Johnson** on his retirement from many years of teaching, to **Steve Agarwal** who graduated from Wakefield High School. We wish a joyous 90th birthday to our "grandmother of the world," **Hilda Mason.** And a happy 90-plus birthday to our favorite in-house historian, **Paul Pfeiffer.**

We bid a fond farewell to **Tim Burch and Kathryn DaLonga** who are off to California and to **Christiane Geisler** who is moving to Philadelphia. We're sorry to hear that **Tricia Slusser** has been hospitalized with painful pancreatitis, that **Julie Agarwal** is facing minor surgery, that **Aidan Barrett** had to face leg surgery which will keep him home for the summer, and that **Wesley Hanes** may be facing further serious surgery. We hope **Barbara Corprew** will soon be free of shoulder pain.

Our loving thoughts are with **Buddy Adams** whose mother has been hospitalized with serious lung problems, to **Rebecca Dalton**, whose mother had quadruple bypass surgery, to **Hally Ahearn** whose mother faces health problems, and to **Pam Sparr** whose close friend is critically ill.

We extend the warmth of our All Souls circle to **Betty Swanson** who faced two surgeries during May; to

**Charles View, Virginia View's** son, who fell from a ladder breaking his neck, his back and both arms; and to **Jessie Bakeman** and **Trellis Waxler** who continue their life threatening battles with cancer.

We send our deepest sympathy to **Andy Taylor** whose mother, **Geri**, died in Florida, **Yvonne Doerre** whose father died suddenly, and **Mark Ewert** whose niece was killed in an automobile accident.

Finally, we send loving sympathy to **Colin Danville** on the death of this father and our love and sympathy to the **Bonner family** on the death of their wife and mother, **Mary**, after a long, bravely-fought illness.

## Special Caring List

**P**lease keep in your thoughts and prayers these members of our congregation who are unable to get to church any more: **Jessie Bakeman, Mary Jane Fisher, Virginia Gray, Loretta and Wesley Hanes, Charles Mason, Eunice Knapp, Marianna Sewell, Marietta Sharp, Peter Stebbins, Larry Stone, Emile Wiggins.**

Notes or cards would be welcomed. Addresses are in the church directory (in the office or Pierce Hall). You can also visit the Caring Table to sign cards. If you are interested in visiting shut-in members, contact Rev. Lynngood at church (202.332.5266 ext. 106).

## Getting Started at All Souls

**T**he welcoming and Membership Committee invites those interested in learning more about and/or joining ASC to the following sessions.

**Step 1. Introduction.** Join our Associate Minister, Rev. Shana Lynngood, to learn about UUs and ASC. After service on July 16 and August 27 from 11:45 am—1 pm.

**Step 2. Orientation.** Those interested in joining ASC are invited to this three-hour session where you will explore your spirituality, learn about ASC, and tour the church. Those who wish to join can sign the book of members.

**Step 3. New Member Orientation.** New members are formally introduced to the congregation during this special Sunday Service.

All are welcome to attend these sessions. Attendance does not constitute a commitment to join All Souls. It is not necessary to pre-register for these sessions. Questions, contact Lynne Heltman, asc-newmembers@verizon.net, or at 202.363.1478.

## All Souls Church, Unitarian Church Services

### July 2 · “Qualities of Leadership” · Rev. Lynngood

This 4th of July weekend we will explore what it means to be a leader (in any setting). How much is leadership about personal traits and how much of it is rooted in the goals being reached for?

### July 9 · “Calling and Commitment: Hearing the Life that Lives In Us” · Rev. Louise Green, Director of Social Justice Ministries

How do we choose where we put our time, treasure and talent? Pondering the concept of vocation for All Souls congregants and spiritual progressives.

### July 16 · “Spiritual Resources” · Rev. Lynngood

A wise colleague said one of the reasons to regularly attend church is because it is the equivalent of getting a spiritual check-up. When difficult life experiences come, what are the spiritual wellsprings you draw from? How do you make sure they are accessible when you need them?

### July 23 · “Putting First Things First” · Rev. Lynngood

This cliched phrase actually holds some wisdom about how we might prioritize and balance our lives. What are the first things in your life? How do you keep other things from obscuring them?

### July 30 · “Our Lives are Our Legacy” · Rev. Lynngood

At the retreat Sunday morning this year, I spoke about living in such a way that it will leave its mark as something of which we are proud. How do we live in a way that uplifts all we value?

### August 6 · “Are We Having Fun Yet?” · Rev. Louise Green, Director of Social Justice Ministries

Summer reflections on the elusive quality of fun and why we sometimes find it in short supply as we construct our busy lives.

### August 13 · “From You I Receive, To You I Give” · Amanda Poppei

What do you hope to get when you come to church on Sunday? If you receive something important here, how do you pass it along? Join Amanda Poppei, All Souls member and a candidate for the Unitarian Universalist ministry, as she celebrates the many gifts she has received from All Souls--and explores the gifts

we each bring when we join a congregation. Amanda currently serves as the ministerial intern at River Road Unitarian Church.

### August 20 · “Questions of Faith” · Rev. Hardies

Are there questions about spirituality or God or faith or All Souls Church that you’ve just been dying to ask Rev. Hardies? Here’s your chance. Submit your questions during the two services preceding this Sunday, and Rev. Hardies will answer as many of them as time allows. Join us for Rev. Hardies’ fifth annual Q&A sermon.

### August 27 · “Hospitality and Grace” · Rev. Hardies

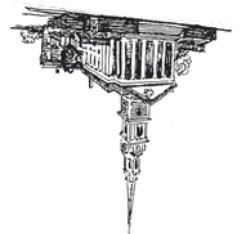
Hospitality is a precious and powerful spiritual gift. How do we embody hospitality in our lives and what difference can it make?

### September 3 · “Who is America Anyway?” · Rev. Louise Green, Director of Social Justice Ministries

We join 60 other D.C. congregations of various faiths offering Labor Day Weekend sermons on immigrant rights and hospitality. Action option will be an All Souls delegation to the Monday, September 5 national immigrant organizing rally in D.C. on the downtown mall.

Return Service Requested

*The Spirit of All Souls*  
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