



The Westmorelander

Westmoreland Congregational United Church of Christ

An Open and Affirming Congregation

Volume 54, No. 9

May 1, 2007

Refresh - Recharge - Revision

For some months we as a Staff have been making and sharing plans for the May through August time period when I will be on sabbatical, so that Westmoreland will have a summer full of activity: vital worship, dynamic guest preachers, lots of opportunities for education and social events. It sounds so exciting to me that I am almost sorry to miss it! Clearly, Westmorelanders will be having a great time in my absence! The one thing we haven't talked about, however, is what I am planning to do.

I have organized my time around three themes: Refresh, Recharge, and Revision. Basically, that means I will consider the sabbatical a success if come back *refreshed* in mind, body and spirit to re-enter this community of faith full of renewed energy; if I have *recharged* the well of ideas and inspiration from which I draw for preaching, teaching, and worship leadership; and if I can gain a *new vision* for how churches like ours – that is, mid-sized and progressive – can operate creatively in the 21st century. I plan to do this though a combination of travel, classes and seminars, reading, and visiting other churches. I'll be attending the 50th anniversary General Synod of the UCC in Hartford. I have picked out several cities with vital and progressive churches to make weekend trips. I have a huge stack of books

I hope to shorten. I look forward to more regular exercise, time with Pam, my children, and extended family, more home-cooked meals, time to learn and sing some new songs – all things which feed my spirit though closer encounter with the Spirit! Yes, baseball and fishing might even be involved, within reason, of course!

In the end, this will benefit not only me, but our whole church, as refreshed, recharged, and re-visioned, I come back in September fully energized for this ministry I love and to which I have dedicated my life. Thank you so much for making it possible! Thanks to Bob and Amber for their leadership and the extra duties they will take on. (Amber will become full-time for this period, and will use most of the additional time to take charge of Pastoral Care.)

Thanks to all of you! Have a great summer, and then in September, I'll once again...

See You in Church!

Rich



Sr. Minister
Rich Smith
will be on sabbatical
May 6 - September 4

Worship Topics & Themes

Sunday, May 6

“Vision and Revision”

Acts 11:1-18, Revelation 21:1-6

Holy Communion

Rich Smith, preaching

Sunday, May 13

“A Vision With Legs”

Acts 16:9-15

Rev. Bob Maddox preaching

Westmoreland Begins Recycling

As part of its effort toward “going green,” our church is now recycling! Recycling bins – some blue and some green-- are in most rooms. These are for paper (white and colored) and cardboard only. Empty plastic bottles and aluminum cans should be disposed of in the specially designated recycling can in the main kitchen. Please use the recycling containers around the church for recycle items only and do not place other trash in them. Thank you for your cooperation.

Directories Available

If you have not already done so, please pick up a copy of the 2007 church directory. It includes contact information for all staff, officers and boards as well as the congregation.

You may pick up a copy in the Narthex, Social Hall or church office.

A Musical Weekend

May 11 and 12 will be a weekend of wonderful music at Westmoreland sponsored by the Arts Committee. On Friday at 8 pm the **Capitol Trio**, composed of pianist Anna Ouspenskaya, violinist David Chernyavsky, and cellist Igor Zubkovsky, will present a program of works by Prokofiev, Babajanian, and Brahms. The trio has performed extensively around Washington and abroad to international acclaim. A free-will offering will be taken to benefit **My Sister's Place**.

On Saturday, **Simple Gifts**, a duo that plays ten instruments, will perform a variety of ethnic folk music, from Irish jigs to Balkan dance tunes. Simple Gifts has appeared on regional and national stages as well as dozens of colleges and universities, and has recorded six albums. There are three components to their appearance: a spoons class at 3:30 pm, the concert at 4 pm and a jam session at 5 pm. Cost is \$10/individual and \$20/family.

Mark your calendar now and join us!

Pressure

I have so many things to do today, Lord
The birds are singing,
And the sun is shyly trying to touch the morning;
But I keep wondering where to begin,
Wondering if it's possible to get everything done.

Your presence fills the earth,
Your majesty fills the skies,
But I don't have time just now
To let your presence fill my soul
Because I've got to get started.

Why? I don't know.
I think I've lost perspective.
Forgive me, Lord.
Forgive me for being willing
To exchange a schedule for the presence
of the Almighty.

Help me be still
And know that thou art God,
Lest, my hectic pace finished,
I find my soul empty.
I can't be that busy, Lord.
I don't want to live with an empty soul.

Dathene Stanley

Ministries for Children & Youth

May 5, 5 pm

Family Worship Night - An opportunity to explore and explain the elements of worship, followed by a potluck supper in the Social Hall. Please bring a main course, salad or dessert for 8 to share.

May 4-5 - 7:30 pm-9 am

Middle School Lock-In - 6th-9th graders are invited for snacks, games and an overnigher at church.

May 13

Celebrate the Class of 2007 during worship and Coffee Hour.

May 20

Youth Sunday - Our youth will conduct the worship service. The service will be followed by the annual all-church picnic with food and festivities on the lawn.

A Creative Building Plan for First Congregational UCC

First Congregational UCC in Washington faced a problem common to older churches: a worn out boiler system, drafty windows, inaccessibility and a host of other structural problems. They also did not have the money – at least a \$1 million – to patch things up. What they did have was a valuable piece of property. Then a developer suggested they completely rebuild their building for mixed-use. After two years of study and working with consultants, they sold the “air rights” – the space above the church - for \$17.4 million dollars. The church still owns the land, but soon they will have a new church building at street level with an upscale condo tower above. The new 35,000 square foot facility will include space for their social services and the Dinner Program for Homeless Women. It's design has been certified by the U.S. Green Building Council.

Some people wonder if buyers who can afford up to \$1 million for a condo will want to own one in a building above a food program for the homeless. Church member Meg Maguire said that the buyers in that building will accept the diversity of the city and some will even come down to the first floor and help out.

Churches in other cities, including Minneapolis and Sioux Falls have undertaken similar projects. The message these churches are sending to their communities is “ministry is happening here.”

It's All About You, Seniors

Spring is here, and, in addition to flowers, events for Seniors are blossoming. Westmoreland is fortunate to be in a community where senior-oriented activities and programs abound. Nearby we have IONA Senior Services and Sibley Senior Association. Between the two, you can find support, exercise and educational seminars for just about any interest and health issue. Both organizations offer a free newsletter detailing programs and events. Check out the spring newsletters for IONA and Sibley, call 202-895-9448 (IONA) or 202-364-7602 (Sibley) or visit www.iona.org or www.sibley.org (programs/seniors).

You Don't Have to Go It Alone

If you are managing a chronic health problem – diabetes, vision impairment, Alzheimer's Disease, arthritis or need support for bereavement or as a caregiver – you don't have to do it on your own. There is a group for you. Much can be said for sharing the challenges with others who understand your struggles.

Get Moving!

Sibley and IONA both offer a wide variety of exercise programs. Even if you haven't exercised in years, it's not too late to begin to strengthen your body and work on coordination. Several of Sibley's Tai Chi classes meet at Westmoreland.

Take a Proactive Approach

Learn to protect yourself from crime, save your back, refresh your driving skills, get consumer and legal assistance, even free health screenings. In other words – take charge!

You Are What You Eat

Whatever your age, you need good nutrition. Learn about the foods that are especially important to eat as we get older. Experts will help you assess your current eating habits and guide you through gradual changes that will align your habits with current nutritional research.

Have Some Fun

Infuse your life with enjoyable social activities: join a book club, learn to knit, play bridge, enjoy an afternoon of tea and music or go on a day trip. Add to the quality of your life – and probably your years – by getting and keeping connected to others.

Tuesday, May 22 - Longwood Gardens. Depart Sibley at 8 am; arrive back 6 pm. The \$65 cost includes transportation, admission, lunch voucher and gratuities. Call Kristin Leoncavallo at 800-321-3973, Ext. 3224.

Senior Safety

Recent events have led Westmoreland staff to want to help our seniors, particularly those who live alone, insure their safety in their homes. Over the next several months, we will be in touch with many of you to learn more about your living situations and how we can help.

Parish Notes

Congratulations to **Pam Owens** and **Grant Doty** on the birth of **Alexander David**, born April 16. The proud older brothers are Ian and Nathaniel.

Mary Lois Williams continues to recuperate at The Washington Home. She enjoys getting cards and notes from her Westmoreland friends: 3720 Upston St., NW, Room 305B, Washington, DC 20016.

Lorraine Murphy is recuperating at home following a lengthy hospitalization. She appreciates notes and cards.

Frances and **Jack Stickles** have moved to Asbury Methodist Village. Please contact the office for their new address and phone number.

Our prayers of sympathy are extended to **Bob Musil** and his family on the death of his mother Margaret Kirkland Musil who died on April 16 in Garden City, Long Island. A memorial service was held on Long Island on April 20.

Women's Reading Group Speak Memory

by Vladimir Nabokov
Wednesday, **May 2**, 7:30 pm
Emma Rose Martin's home

Wednesday Evening Book Group

The Wednesday Evening Book Group has discontinued meetings due to the lack of a critical mass.

First Quarter Church Attendance

Weekly average

	Adults	Youth
January	146	52
February	138	40
March	140	52
Quarter	141	48



May 1 - 19, 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Women's Reading Group 7:30 pm	3 Choir rehearsal Chancel 8-9:30	4 Middle Sch Youth 6 pm	5 Yoga 9 am Family Worship Night 5 pm
6 Fellowship Bkfst 8:30 am Worship & Church Sch 10 m Child. Choir 11:45	7	8 Mid-East Comm. 7:30 pm	9	10 Choir rehearsal Chancel 8-9:30	11 Capitol Trio 8 pm	12 Yoga 9 am Simple Gifts 3 pm - Class 4 pm - Concert 5 pm - Jam sess.
13 Worship & Church Sch 10am Child. Choir 11:45	14	15	16 Prime Timers 12 Noon	17 Choir rehearsal Chancel 8-9:30	18	19 Yoga 9 am

Senior Minister.....Richard L. Smith
 Minister for Children, Youth and Families.....Amber Henry Neuroth
 Minister of Discipleship.....Robert Maddox
 Director of Music.....Alejandro Hernandez-Valdez
 Newsletter Editor.....Janet Moyer
Office Hours: 9 AM - 5 PM

Newsletter Deadlines

Issue Date	Deadline
May 15	May 4
June 1	May 18

Articles should be emailed to:
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The Westmorelander (USPS 680-780) is published semimonthly September to June by Westmoreland Congregational United Church of Christ, 1 Westmoreland Circle, Bethesda, MD 20816. (301) 229-7766

www.westmorelanducc.org

Postmaster: Send address changes to **The Westmorelander**, 1 Westmoreland Circle, Bethesda, MD 20816. ■ Periodical postage paid at Bethesda, MD 20814