



**A Just Peace, Open and Affirming,  
Multiracial and Multicultural Congregation  
Intentionally Inclusive... Expect the Unexpected**

**Inside this issue:**

*From the Interim Pastor*, page 1

*News From Around the Parish*,  
page 2

*Second Sunday Offering, WIN*  
page 3

*Called Pastor Search Update*,  
page 3

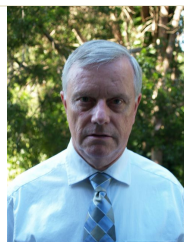
*Nurture on Health*, page 3

*Calendar*, page 4

*May Birthdays*, page 4

*Coffee Hour Hosts for May*,  
page 4

*Spring Congregational Meeting*,  
page 4



*From the Interim  
Pastor*

**A Holistic  
Spiritual Practice  
of Mindfulness**

I referred in my sermon on April 26 to a spiritual practice to which I was introduced during the annual Central Atlantic Conference clergy rest & renewal retreat. Our teacher was Bruce Epperly, who with his wife Katherine Epperly has co-authored *Feeding the Fire! Avoiding Clergy Burnout* (Cleveland: The Pilgrim Press, 2008). As I suggested in my sermon, this five-fold practice of mindfulness is as valuable for all Christians as it is for clergy in particular. Here's how Bruce and Kate describe this practice in their book.

“In this spiritual practice, we invited you simply to take notice of your current physical and spiritual well-being at least twice each day. Take a moment to breathe deeply, gently becoming aware of the simple joy of inhaling and exhaling.

“*Pause* as you breathe in order to receive God's graceful wisdom with each breath.

“*Notice* your current state of wellness. Do you feel any stress? Are you at home in your body? If you are anxious, what is the source

of your anxiety? Take time to breathe through any stress, anxiety, or pain.

“*Open* to the totality of your experience, including the energy of God flowing in and out of your life with each breath....

“*Yield and stretch* to God's movements in your body and your intellectual and emotional life....

“*Respond*. In this ‘wholly’ or ‘holy’ reading of your body, mind and spirit, listen for God's call within your whole being. What is divine Wisdom saying to you in terms of your wholeness? In what way will you respond to God's call in your life? Where is God calling you as a transforming [follower of Jesus]?” (pp. 79-80).

This is a spiritual practice with ancient roots and contemporary vitality. Try it, and see what it feels like to you.

Grace and peace!  
Doug Clark



## News from Around the Parish

by Peg Lorenz

April was a very busy month at First Church. Beginning with Palm (Donkey) Sunday, we learned that the palms, purchased with First Trinity, were Eco-Palms and came directly from communities in Central America and harvested in an environmentally friendly way that protects the forest. Money from sales goes to help send young girls to school and build community centers! On Easter we shared lilies with the other churches using the sanctuary. Lilies were taken to our shut-ins after the service. Doug's sermons helped us think more deeply about the meaning of Easter. It goes without saying that the music for both services was glorious, as it is every Sunday.

We received a newsy email from **Cynthia** and **Ed Hobbs** in Jamaica. Cynthia's mother was down for a visit. On a sad note, an aunt of Ed's passed away and head came back to north Carolina to be with his family. They have found an Anglican church where they feel comfortable.

### Lots of travel news this month:

**Anne** and **Tom Mascolino** are going to Memphis for the weekend of May 15 to baby-sit their two grandchildren. "Wish us luck," said Anne. **Sally** and **Oley Olson** returned from their enjoyable cruise and are now headed for Bloomington, IN where their granddaughter, Kate Peebles will

receive her PhD from IU, where she will stay on as an instructor. **Phyllis Gillie** is going to graduation at Oberlin and from there to Grand Rapids, MI where she is in the process of moving out of her house. **Anne** and **Richard Griffis** had a vacation on European waterways from Amsterdam to Vienna, making stops along the way, including a visit to a church in Germany that had 17,000 organ pipes! Upon their return Anne went to Claremont, CA for her 50<sup>th</sup> college reunion. **Nora Marsh** vacationed in Costa Rica where she was able to have a nice visit with Mary Hayes. **Jamey Moore** will celebrate Memorial Day and his sister's birthday on the California coast. **BBZ** and **Joe Zikmund** spent a week in Williamsburg with BBZ's sister. They plan to be in Japan from May 6 to 18 and visit Hakkaido, the northern island, which they have never seen.

Graduations and celebrations: **Jo** and **Dwight Marsh** celebrated their 50 wedding anniversary in April 1. **John Sherry** was recently promoted from legislative aide to legislative director in the office of Rep. Allyson Schwartz of PA. **Jessica Prentice** will be awarded a Masters Degree in Social Work from the U. of MD on May 18. She has been hired for a half time position with the College Park Youth and Family Services. She is looking for another half time job. Jessica has worked long and hard for this and we express our admiration and best wishes to her. Also graduating with our admiration and best wishes is **Eric Steiner** who has worked long and hard for his law degree from George Mason University. Now he

has to study for the VA bar exams which he will take in July. His message to us is "Thank you First Church for your understanding of my less frequent attendance and for your constant love and support whenever I've been able to attend. **Kim Bassler** graduates from Western Community College in Roanoke and will enter Mary Washington College in Fredericksburg, VA in the fall. **Emily Marsh** has learned that she has been accepted into the honor college at Virginia Commonwealth University. **Joe** and **Carol Alfred** are proud to share the good news that their daughter, Elizabeth will be attending at the New England School of Law in Boston. **Alisa Tanaka Dodge** shared her good news on April 26 that she and Matt expect their second child in October.

Still running around: Not only did **Peter Tracey** run the 26 miles Boston Marathon, on April 24-28 he joined **John** and **Carolyn Marsh** and **Laura Mecagni**, in a team of 6 men and 8 women who ran the American Odyssey Race from Gettysburg to DC in 29 hours. To quote Carolyn, "It was quite an event".

In our prayers: **Irving Gordon** has been spending time in the hospital and recently underwent a *vertebroplasty* (repairing of the vertebrae). He is now at home and resting comfortably. **Mari Castellanos** and **Pat Ashbrook** recently had cataract surgery. I'm sure the world looks brighter to them now. **Lance Warren** has been experiencing severe back pain but was able to be in church on May 3.

**WASHINGTON INTERFAITH NETWORK URGENT BUDGET ACTION ALERT – SECOND SUNDAY OFFERING**

**BACKGROUND:** At a recent Economic Development Hearing, DC Councilmembers Evans, Bowser, Alexander, and Barry submitted \$10 million in earmarks to be funded out of Neighborhood Investment Fund. Chair Kwame Brown was the only member of the Economic Development Committee who voted to uphold the integrity of the fund. These recommendations will next go before the entire council for a vote on May 12th. Chairman Vincent Gray has stated to WIN leaders that he will work to uphold the integrity of the fund. The Neighborhood Investment Fund was designed to be a tool for comprehensive and strategic development in neighborhoods, not a slush fund. The Washington Interfaith Network (WIN) wants the city administration and the DC Council to keep their past promises to WIN and to uphold the integrity of the Neighborhood Investment Fund.

**WHAT WE CAN DO:** Attend the next meeting of the City Council, along with WIN leaders from throughout the city.

**WHEN:** Tuesday May 12th at 10am

**WHERE:** Wilson Building 1350 Pennsylvania Ave Room 500

**QUOTA:** 5-10 leaders per institution

**WASHINGTON INTERFAITH NETWORK** is a multi-ethnic, interfaith, non-partisan politically active grassroots organization, consisting of more than 45 dues-paying member congregations (including FCUCC), schools, union locals and other entities working to improve life in the District of Columbia for all residents. WIN is one of more than 60 affiliates of the Industrial Areas Foundation. We help to support WIN through today’s Second Sunday offering.

**Pastor Search Update Interviews Begin**

The Called Pastor Search Committee is happy to announce that we have interviewed our first two candidates by telephone. We are moving forward with these candidates by arranging to meet with them face-to-face and hear them preach. Meanwhile, we are evaluating sermon tapes from a third candidate and answers to our initial written questions from two others. To date, we have received a total of 30 Ministerial Profiles. Our ad has been posted for nearly three months now and we will soon ask the Conference office to place a hold on additional profiles as we work with the candidates we have selected for consideration.

We ask for your continued prayers as we enter this exciting phase of our discernment process.

**What Progress Are We Making in the Search for a New Pastor**

1. We have appointed a Search Committee:  
*Byron Adams, Chair*  
*Susan Anderson*  
*Barbara Hayes*  
*Nick McConnell*  
*Karen Pence*  
*Peter Tracey*  
*Lance Warren*  
*Priscilla Waters*
2. We have a description of our congregation.
3. The Search Committee is considering all potential candidates.
4. The Search Committee is selecting possible candidates.
5. The Search Committee will interview these candidates.
6. One candidate will be recommended to us.
7. We will vote on the recommended candidate.
8. We will join in worship to install our new pastor.

**Nurture on Health**

In celebration of Mother’s Day, join us at 2:30 pm in the parlor for a Nurture on Health! We will all have an opportunity to share a personal story of health or illness. Keisa Bennett will lead us in a discussion of how health relates to the health care system. Bring your mothers; bring your stories; bring your questions – so that we can give health to one another.

## Calendar for May

### Sunday, May 3

12:00 Bible Workbench  
1:00 Sunday Worship,  
Sunday School & Communion  
Worship Leader: The Rev. Phyllis  
Gillie

Preaching: The Rev. Douglas  
Clark

Texts and Title: I John 3:16-18.  
John 10:11-16. "One Flock, One  
Shepherd"

Presiding at the Table: The Rev.  
Phyllis Gillie

2:00 Fellowship Hour  
2:30 Spring Congregational  
Meeting

### Wednesday, May 6

5:00 Volunteers at the Thrive DC  
7:30 Choir Rehearsal

### Thursday, May 7

7:00 Pastoral Search Committee

### Sunday, May 10

12:00 Bible Workbench  
12:15 Choir Rehearsal  
1:00 Sunday Worship &  
Sunday School

Worship Leader: Michael Brooks

Preaching: The Rev. Dr. Ron  
Hopson

Praying: The Rev. Douglas Clark  
Second Sunday Offering: WIN

2:00 Fellowship Hour  
2:30 Nurture on Health

### Monday, May 11

6:30 Finance Commission

### Tuesday, May 12

6:45 Care of Parish

### Wednesday, May 13

6:00 Worship Commission  
7:30 Choir Rehearsal

### Thursday, May 14

7:00 Pastoral Search Committee

### Sunday, May 17

12:00 Bible Workbench  
12:15 Choir Rehearsal  
1:00 Sunday Worship &  
Sunday School

Worship Leader: TBD

Preaching: The Rev. Dr. Ron  
Hopson

Praying: TBD

2:00 Fellowship Hour

### Tuesday, May 19

6:00 Community Chorus  
Rehearsal

6:30 Council

### Wednesday, May 20

7:30 Choir Rehearsal

### Thursday, May 21

7:00 Pastoral Search Committee

### Sunday, May 24

11:30 Christian Education

12:00 Bible Workbench

12:15 Choir Rehearsal

1:00 Sunday Worship &  
Sunday School

Worship Leader: The Rev. Dr.

Barbara Brown Zikmund

Preaching: The Rev. Douglas Clark

Text and Title: John 15:1-8. One  
Vine, Many Branches

Loretta Uzzelle with the  
Community Chorus

2:00 Fellowship Hour

### Wednesday, May 27

7:30 Choir Rehearsal

### Thursday, May 28

7:00 Pastoral Search Committee

### Sunday, May 31

12:00 Bible Workbench

12:15 Choir Rehearsal

1:00 Sunday Worship &  
Sunday School

Worship Leader: Nan McConnell

Preaching: The Rev. Douglas Clark

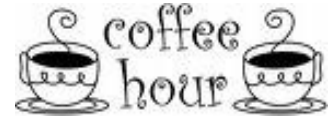
Text and Title: Acts 2:1-42. "We  
Are One in the Spirit"

2:00 Fellowship Hour

### May Birthdays

Adeline Guilbaud, Kimberly  
Bassler, Cindy Mazur, Scott  
Prentice, Rebekah Ross, Peter  
Spinella, Christine Moore, Stefani  
Filak, Anne Griffis, Sara Spinella,  
Joan King, Edmond Chaffee,  
Jennifer Dinkelmeyer, Peter  
Smolinsky Withbroe, Nick

McConnell, Jessica Prentice,  
Nicholas Swanson Hutchison,  
Michael Spinella, Gabriels  
Swanson Hutchison, Tom  
Mascolino, Ruth Shinn, Mary  
Layne



Hosts for May

3 Meg Maguire, Dale Ostrander,  
David Greer, Cyndy Mazur  
10 Anne & Richard Griffis, Faith  
Brightbill, Randy Jones  
17 Lucille Dickinson, Gail Spane,  
Joe Alfred, Dwan Reece  
24 Gail Sonneman, Suzanne  
Snyder, Peter Gerlach-Mack,  
Jessica Prentice  
31 John & Carolyn Marsh, Laura  
Mecagni, Kristy Goodfellow

### Spring Congregational Meeting

The Spring Congregational Meeting  
of First Congregational United  
Church of Christ was held last  
Sunday, May 3, 2009. Along with  
considering a variety of reports and  
action items, the congregation  
voted to authorize the Church  
Council to appoint a "negotiating  
team to negotiate further with PN  
Hoffman/Bacon regarding all  
aspects of the site redevelopment  
project and to consider and explore  
all other alternatives for  
redevelopment of the site." The  
motion further stipulated "that the  
negotiating team is not authorized  
to accept any offers on behalf of  
FCUCC without further authority"  
from either the congregation or the  
Council.