



The Spirit of All Souls

Letter from Rob

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All Souls Church Unitarian

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Life Is a Near-Death Experience

*Because I could not stop for death
He kindly stopped for me.*

-Emily Dickinson

I write this letter just days after Hurricane Sandy stormed the Eastern seaboard, shocking a region whose residents were focused on other business. Sandy reminded us that there are forces in life larger than us that don't always adhere to our carefully planned schedules.

All Souls Day is a similar kind of reminder. Every year on the first Sunday of November—even when it falls just three days before a white-knuckle presidential election—we pause to reflect on the meaning of our lives in the context of our mortality, and remember those in our church family who have died in the past year.

Like a hurricane, All Souls Day helps us put life back in perspective. It helps us focus on what's important. What's essential. What's life-saving. That way we can return to our busy lives—and the choices we face—with a better sense of what's at stake.

Please join us on All Souls Day and throughout the month for an on-going reflection on the significance our mortality lends to our lives.

Love, Rob



Rev. Dr. Robert M. Hardies
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Calling all creative souls and party planners. Help us plan **All Souls' 2013 inaugural ball**. Come to the interest meeting on Sun., Nov. 18, in the Tupper Room after first service, in the Longfellow Room after the second service. Contact Meagan Henry (mhenry@allsouls.ws) for more info.



Nov. 4: **Life is Near Death Experience.** Rev. Hardies. All Souls Day. Many of us have read about or know someone who's lived through a "near-death experience"—surviving an auto accident, a heart attack, or even a hurricane. Such an experience can forever change people's understanding and appreciation for life. All Souls Day can do that, too. Join us as we reflect on the significance of our lives in the context of our mortality, and remember those who've died in the last year.

Nov. 11: **We Who Believe in Freedom Cannot Rest.** Rev. Hardies. The election is over, but the work continues. It's not the responsibility only of those in corridors of power to build a more peaceful, just, and sustainable world; it's up to communities of the committed and the faithful. Communities like ours.

Nov. 18: **On Every Grave a Rose.** Rev. Hardies. Annual Thanksgiving Collection of Food and Funds. Death is the great equalizer. In death, those who once experienced each other as enemies, sometimes discover they have more in common than they realized. What are the implications of this insight for the barriers we erect between ourselves and others? This is the day we receive a special offering of food and funds to help our neighbors in need and support our work for social justice throughout the year.

Nov. 25: Rev. Newman.



The goal of the 2013 **Annual Giving** campaign is 100% participation. No commitment is too small. Pledging is easier than ever, at www.all-souls.org/giving. Renew your 2012 pledge, raise the amount, or pledge for the first time. You can also complete the pledge card (in the Annual Giving brochure in the pews) and place it in the collection plate or mail it in. As you open your heart in giving, get ready to receive all the blessings that accompany generosity. Questions? Contact Katie Loughary (kloughary@allsouls.ws).

Membership and Welcoming

Deciding to join All Souls is a commitment—one that we hope will enrich your life. All Souls encourages all its members to

- worship regularly at Sunday services;
- serve the church;
- connect with other congregants; and
- support All Souls with personally generous financial contributions.

Step 1: Welcome to All Souls. Learn and ask questions about Unitarian Universalism and All Souls Church. This session takes place after each service (both 9:30 and 11:15 AM), is informal, and lasts about an hour. No registration necessary.

Step 2: New Member Orientation. Prospective members learn more about Unitarian Universalism, All Souls Church, and what being a member means. Those who choose to can sign the Membership Book (no obligation), make their

financial pledge, and have their picture taken for the member directory. To register, go to all-souls.org and click on the Adult Spiritual Development button.

- Sunday, Nov. 11, 1:15—3:00 PM

Step 3: New Member Sunday. New members are introduced and formally welcomed to the community at an ingathering ceremony during a Sunday service.

- Sunday, Dec. 9

All are welcome to attend these sessions. Attendance does not constitute a commitment to join All Souls Church. Questions? Contact Amy.



Amy Mulry Wesolek
Director of Membership and Welcoming
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Meet the nominees for trustees and officers

Sun., Nov. 18, after each service, Reception Room. The new nominees to the Board of Trustees and church offices will be available to meet members of the congregation and answer questions. Elections for these positions take place at the Annual Meeting on Sun., Dec. 2. You can read the full report of the Nominating Committee online at www.all-souls.org/nominating-committee.

Board of Trustees

Bruce DePuyt (trustee) and partner Russell Cross found a spiritual home at All Souls and joined in 2005. Bruce served on the Third Century Challenge Committee and as a pastoral care volunteer. He has led three service trips to work in New Orleans' Lower Ninth ward. Most recently, he co-organized the 11-11-11 Celebration, which feted the church's 190th birthday and Rev. Hardies' tenth year at All Souls. He hosts Channel 8's "NewsTalk," which focuses on local and national politics. Bruce's experience as president of the Unity Christ Church in Gaithersburg during their renovation should prove invaluable to All Souls' upcoming project.



Emily Koechlin (trustee), member for 13 years, is active in the church's social justice ministries. She spent five years involved with children's religious education and has belonged to the same covenant group for eight years. More recently, she served on the Nominating Committee, raised funds for the Capital Campaign, and volunteered with the Archives Committee. Professionally, Emily was a treasurer of several organizations and worked in information technology and knowledge management. Retired in October 2011, she will bring a career's worth of experience to the Board.



Jenice L. View (trustee) has attended since 1959, been a member since 1984, and was married here. Involved with the Jubilee Singers and Kuumba Players, she also served on the Ministerial Search Committee that called Rev. Daniel Aldridge, as well as the Nominating Committee, New Orleans Ministry, and Multiracial-Multicultural Transformation Team. Jenice has also chaired the RE Committee and the Beckner Fund, sat on the UUA Religious Education Credentialing Committee, and co-authored UUA curricula. Before joining the faculty of George Mason University, where she teaches public school teachers, she worked for over 20 years for social change nonprofits.



Church offices

Erika Landberg (moderator), member since the mid-80s, served on the Board in the 90s and again from 2006 to 2010, the last two years as president. She has belonged to a covenant group, sung with the All Souls Choir, co-facilitated a Roots and Wings class, served on the Two Services Committee, and chaired the Music Committee. In July 2012, Erika stepped in as interim moderator. A former teacher and DC Board of Education member, she has, for the past 11 years, been program director of DC VOICE, an organization committed to ensuring high quality public education. She and her husband have two boys; son Steve is also a member.



Cheryl Gray (treasurer), since joining All Souls in January 2010, has sung with the All Souls Choir, sat on both the Investment and Nominating Committees, been an usher, and led the Explorers Covenant Group. At the World Bank and Inter-American Development Bank for 14 years, she has managed departments with staffs of up to 135 and annual budgets up to \$26 million. In addition to expertise in administration and budget management, this experience has given her a strong appreciation of the importance of working constructively in groups, of empowering others, and of creating broad ownership of issues and decisions.



Grant W. Smith (membership secretary), raised as a Unitarian Universalist in Savannah, GA, has attended All Souls since 2002 and been a member since 2007. He has been an usher and Jubilee Singer, served on the Bay Retreat planning committee, and belonged to a couples covenant group. Grant has long planned and participated in social justice and anti-racism activities, serving for a year as a legislative intern at the UU Washington Office for Advocacy. His professional work with grass-roots and nongovernmental organizations, lobbying for reform of U.S. counter-narcotics laws, gives him organizational skills as well as experience in public policy and persuasion.



Mark Matthews (secretary) stepped in this spring to fill the unexpired term of secretary and feels privileged to be nominated for a full term. A second-generation Unitarian and member of All Souls since the late 1980s, he has edited the ASC newsletter, served on annual giving campaigns, chaired the Nominating Committee, and been an usher. His four decades in journalism give him a commitment to open access, which will serve him well as secretary, who must accurately record the Board's actions and provide the congregation with clear and reliable accounts of issues facing All Souls' elected leaders.



Angela Heverling (assistant secretary), attending All Souls since 2009 and member since July 2010, has been a member of Young Souls, the Green Souls' Ethical Eating Committee, the Washington Interfaith Network core team, and this year's Nominating Committee (until deciding to run for assistant secretary). Angela also participates in a covenant group and has taught ESL for a year. She brings strong organizational, research, and writing skills from her years at a peace organization in Eastern Pennsylvania (she helped organize its summer camp), her work in the field of child welfare, and her current professional experience as a labor lawyer with a small government agency.



Lifespan religious education and family ministries

The best place to keep up with our latest offerings is the website, where you can also register for classes. Whatever your style, whatever you seek, we have something for you. And the ASD program can only increase if we know what you'd like to see or what you're willing to lead. Email me your ideas, and we'll take it from there. Meagan

Get centered

Spiritual Renewal for Justice-Makers. Justice-making, organizing, door-knocking, volunteering, and fighting for change is hard work and takes a toll on our souls. What are you doing to renew yourself in the midst of your work to change the world? How do we wrestle with despair? Over the course of 3 weeks, led by Cathy Rion Starr, we'll regroup ourselves post-election, seeking to connect to that which sustains us. We'll explore different tools for spiritual reflection and spiritual practices together. Come sing, dance, play, cry, and laugh together! Tuesdays, Nov. 13, 20, 27, 6:30-8:30 pm.

Finding Your Still-Point. Explore methods of mindfulness, drawn from Buddhist and Taoist traditions, that help you center yourself in the midst of chaos—internal and external. Peter Mosher leads. Sat., Dec. 8, 9:30 am-1:30 pm, Eaton Room.

Get informed

Being a White Ally at the Dinner Table. At Thanksgiving and other family holidays, we may find ourselves sharing a meal with people who do not necessarily share our views. This session will focus on how to talk about white privilege and racial bias so that your message can be heard. We will also talk about how to respond to comments that convey racial bias and/or white privilege, and how UU spirituality can help us navigate those challenging moments. Wed., Nov. 14, 7:00-9:00 pm, Tupper Room.

Rita Nakashima Brock and Gabriella Lettini will read from and sign their book, *Soul Repair: Recovering from Moral Injury after War*. Thu., Nov. 15, 6:30-8:00 pm, Pierce Hall.

Green Souls Ethical Eating Documentary Series (no registration needed). *Bitter Seeds: The Human Toll of GMOs* documents the effects of genetically modified organisms on rural farming communities in India, rebutting the argument that GMOs can solve world hunger and showing how companies like Monsanto profit in the face of extreme poverty and an epidemic of suicide. Sun., Nov. 18, 1:00 pm, Eaton Room.

Katharine Gratwick Baker reads from her new translation of Olga Adamova-Sliozberg's *My Journey: How One Woman Survived Stalin's Gulag*. Wed., Dec. 5, 6:30 pm, Pierce Hall.

Get recharged

Art, Community, and Spirituality. Explore the artistic side of spirituality during a morning of art and reflection in a welcoming space with others from the All Souls community. You'll even have something to take home with you. Sat., Dec. 1, 9:30 am-12:30 pm, Pierce Hall.



Meagan Henry
Director of Lifespan Religious
Education and Family Ministries
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Just visiting

I have divorced myself of the fear of death. It's a reality that we will all face—why spend time worrying about the inevitable? But is that true? Do we really die? I've meditated on this question for years. I've come to the realization that all in existence is energy in various forms and manifestations. So does energy die? According to the Law of Conservation of Mass, energy is neither created nor destroyed but is transformed from one form to another. Therefore, death is just a change in our state. Or better yet, we don't die. We transform. The same is true for birth. We aren't born, we enter this plane of existence to experience and learn and love and then when we've garnered all that we need, we transform.

Spiritual teacher Osho's epitaph reads, "OSHO. Never born, never died. Only visited this Planet Earth between 11 Dec 1931–19 Jan 1990." What a fascinating way to approach life—remain a visitor!

Nikevia

In memory of Pierre Williams. Never born, never died. Only visited this Planet Earth between 24 Oct 1980–25 Jan 2007.



Nikevia A. Thomas
Children's Religious Educator
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Celebrate the holidays with the All Souls Choir



The All Souls Choir invites you to join us this Holiday season. We have an exciting set of Sundays and special services this December and would love to have new members be a part of it! Artist-in-Residence Dr. Diana Saez, director of the Coral Cantigas, will join us to prepare music from throughout Latin America for Las Posadas on Sunday, December 16. Rehearsals for the music for Las Posadas begin on Thursday, November 29. We also invite singers to join us in preparing music for the late Christmas Eve service, which we will learn throughout the month of December.

We rehearse each Thursday evening from 7:30 to 9:30 in the Sanctuary, and no audition is required to join. Simply contact Choir Director Scot Hanna-Weir (shanna-weir@allsouls.ws) or just show up on a Thursday night and introduce yourself. We are always accepting new members in all voice parts and hope that you will join our music-making community!



Upcoming book signings

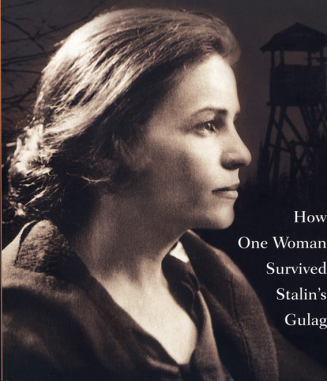
Veterans make up only 7% of the US population, but account for an alarming 20% of all suicides. Research now suggests an ancient but unaddressed factor: moral injury. This deep-seated sense of moral transgression includes feelings of shame, meaninglessness, and remorse. In *Soul Repair*, the authors tell the stories of four veterans who reveal their experiences of moral injury and how they've learned to live with it. Brock and Lettini also explore its effect on families and communities, and the processes that have helped soldiers gradually heal. *Soul Repair* will help veterans, their families, members of their communities, and chaplains to understand the impact of war on the consciences of healthy people, to support the recovery of moral conscience in society, and to restore veterans to civilian life.

 Rita Nakashima Brock
 Gabriella Lettini

SOUL REPAIR
Recovering from Moral Injury after War
Rita Nakashima Brock and Gabriella Lettini

Thursday, November 15, 6:30-9:00 pm
All Souls Church Unitarian, Pierce Hall

MY JOURNEY



How
One Woman
Survived
Stalin's
Gulag

OLGA ADAMOVA-SLIOZBERG
Translated from the Russian by Katharine Gratwick Baker

Katharine Gratwick Baker reads
from her new translation of
Adamova-Sliozberg's *My Journey*

Wednesday, December 5, 2012
6:30 PM - wine and cheese reception
7:15 PM - reading and discussion

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My Journey, depicting one woman's survival in prison, not officially published in Russia until 2002 and available in English for the first time, is one of the best known of all Gulag memoirs and was one of the first to become widely available in underground circulation. It provides vivid archival information about incarcerated women that is still highly relevant internationally in 2012.

Intern's Corner

When I contemplate my eventual death, I draw comfort from science. Not the science that tells me morphine can eliminate pain, or the science that tells me loss of the oxygen to the brain as death is approaching may remove my fear and take me into a beautiful hallucination.

No, simply this: There is unity in our multiplicity. We are interdependent. We are all made from the same stuff. And the “stuff” of

which we are made never disappears, is never retired from use. Once the atoms that make up my body are no longer needed for my body, they will re-enter the cycles of the earth—becoming rain, soil, air, other humans. In fact, the very atoms that I call “me” at this moment once belonged to others—mountains, trees, lovers, heroes, criminals. The physical “stuff” of me is not my own; it is borrowed from the interdependent web of existence, and some day it will return to that web.

And of course, it is already returning in every moment.

Each time I take in a sip of water, I take in part of the world. I transform, and become a slightly different me. The world transforms, and becomes a slightly different world. Each time I breathe out, I give part of me back to the world. I transform, and become a slightly different me. The world transforms, and becomes a slightly different world. Every moment we are alive, we are coming into new life. Every mo-



Abbey Tennis
Intern Minister
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ment we are alive, we are letting go of part of our life.

Literally. On an atomic level.

What if this is how the spiritual world works as well? Each time we connect with another, receive the gift of another's smile, we take in part of the interdependent web of the holy; that which I call God. Each time we show our love for another, we give part of our soul back to God. Every moment, we are spiritually transformed. Every moment, the interdependent web of the holy is transformed. Every moment we are alive, our spirit comes into new life. Every moment we are alive, our spirits are releasing part of life.

And some day, each of us will die. But, as the “stuff” that is our bodies will eventually fully re-enter the cycle of existence, so too, I believe, will our spirits. The part of our spirit we give away as love in our lives will continue to cycle through the world as love long after we are gone. We will all certainly die, yet nothing really ever dies. Death simply re-enters us fully into the interdependent cycle of the world and the spirit.

Though, of course, we have never really left that interdependence in the first place.

This is where I draw comfort: Ultimately, when we come to rest, we rest in interdependence. We rest in oneness. And the beautiful thing is, we already rest in interdependence with every breath. We rest in oneness with every sip of water. We are transformed every time we receive another's love. We transform the world every time we love.

The beautiful thing is, we are dying in every moment.

In faith, Abbey

Ministerial Internship Committee

All Souls, a diverse, vibrant urban church and leader in the Unitarian Universalist denomination, has both means and responsibility to help train new ministers. In five years, we have welcomed three interns. After Walter LeFlore spent the 2008–2009 church year with us, he received his Master of Divinity from Andover Newton Theological Seminary and, as of April 29, 2012, is the senior minister of the UU Fellowship of Poughkeepsie, NY. Lex Cade-White, our 2011–2012 intern, earned her Master of Divinity in May and now serves as a chaplain at Emory University Hospital in Atlanta. Abbey Tennis, whose spirit-filled words can be read to the left, joined us in August and will serve through summer 2013.

While the ministers supervise the interns, and the Internship Committee supports and evaluates them, the congregation also plays an important role in our success as a teaching church. Congregants welcome the interns and give them the experience of leadership in church activities, such as worship, pastoral care, religious education, committee work, community outreach, and church governance. Moreover, the congregation is the Committee's best source for feedback and, of course, provides the funds needed to sustain the intern.

The Internship Committee is a permanent subcommittee of, and has responsibilities similar to, the Committee on Ministry, but it has its own terms of reference. These include the charge to involve the congregation in the internship experience. The Committee feels that, as the church continues to welcome interns, the congregation should consider making teaching an explicit part of the church's mission.

The congregation's warm welcome has benefitted both the church and our two previous interns. We believe that a more cohesive, cooperative process can only increase this mutual benefit for All Souls, for Abbey, and for our future interns.

Bill Rice, for the
Ministerial Internship Committee

Columbia Heights refinancing benefits tenants

On October 31, Columbia Heights Village Apartments, a 406-unit affordable housing complex near 14th and Harvard Streets NW, completed a \$70 million refinancing, which had been in the works for over a year. Change All Souls Development, Inc. (CASDI), Columbia Heights Village's community general partner, working with managing general partner Clark Realty, took advantage of lower interest rates and higher property values to cash out equity. The money will bring new benefits for the tenants.

In 1971, All Souls Church,

through the All Souls Housing Corporation, partnered with the community group CHANGE to develop Columbia Heights Village. The church has a continuing fiduciary responsibility for the complex's well-being.

From the proceeds of the refinancing, \$5 million will go to building improvements identified by the tenants and energy efficiency upgrades. A series of upgrades completed a year ago greatly reduced the water and electric bills for the complex's common areas. The next step is to bring similar cost savings to individual tenants, who pay

their own electric bills.

The tenants will also benefit from a \$500,000 grant to a "tenants empowerment fund," which is designed to help individual tenants improve the quality of their lives. This grant will be administered by CASDI's non-profit parent, Change All Souls Housing Corporation (CASHC).

In addition, CASDI received, as its share of the refinancing proceeds, about \$2 million, which the organization expects to use as seed money to further the Change All Souls mission at Columbia Heights Village. It also hopes to develop and maintain additional affordable housing in the neighborhood.

The boards of both CASDI and CASHC benefitted this past year from the volunteer efforts of several talented All Souls congregants. The boards are still looking for volunteers with experience in finance and accounting. If you or someone you know might be able to help, contact CASDI Chairman Alan Johnson (falkjohnson@yahoo.com) or CASHC President Jacqui Cosgrove (jacquicosgrove@gmail.com).



Do you have news of interest to the All Souls community? Contact Gary Penn (gpenn@allsouls.ws) to propose your article. He will schedule it in an upcoming issue of *The Spirit of All Souls*.

To build the Beloved Community, All Souls Church cultivates and celebrates . . .

. . . **spiritual growth and transformation** as we question, learn from others, and seek lives of meaning and reverence.

. . . **a welcoming, diverse, and vibrant community** where we love, respect, and care for one another.

. . . **service and prophetic action** to move the world toward justice, healing, and sustainability.

Staff

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Return service requested

Deadlines for ***The Spirit of All Souls*** fall on the third Fridays of the month preceding the issue. Send submissions to Gary Penn (gpenn@allsouls.ws) with the word "Spirit" plus a short descriptive phrase in the subject line.

Upcoming deadlines

December issue: November 23

January issue: December 14

Help save the planet and money by receiving *The Spirit* by email only. Contact Laura Marshall (lmarshall@allsouls.ws/202.332.5266) with your email address, and take the opportunity to update your other information for our database. This helps ensure that you receive all publications and communications by email and only legally required notices by mail. Thank you for your help.