



## UUFPP Melting Potts

Fall 2009

### Ten Thousand Villages Fair Trade Shopping Festival



Often referred to as 'Fair Trade', our philosophy of helping to build a sustainable future is based on the principle that trade should have a conscience. Through Fair Trade artisans receive the respect, dignity and hope that comes from working hard and earning fair value for their work.

**Saturday  
November 14  
10 am - 5 pm**

Join us for this holiday shopping event and help to support Fair Trade at the same time!

### Green Micro Finance Forum Sponsored by UU Action Committee



Learn about ways that microfinance works to alleviate extreme poverty in the world. GreenMicrofinance (GMf), a pioneer in merging the environmental and microfinance sectors, has been working since 2002 to bring clean, affordable, renewable, locally generated energy to the two billion people at the bottom of the .pyramid. GMf's objective is to provide educational, technical, and financial services to assist the global poor's transition to a sustainable, affordable, and healthy energy future.

**Date: Nov 21  
Time: 7 pm**

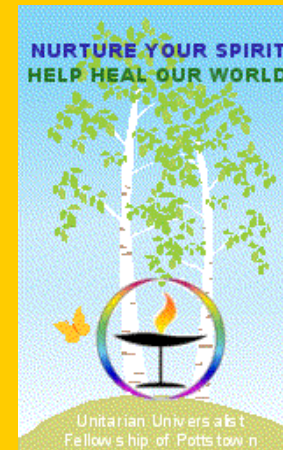
Join the discussion!



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### ▶ **Your Guide to Activities, Fun and Spiritual Exploration at the Unitarian Universalist Fellowship of Pottstown**



The Unitarian Universalist Fellowship of Pottstown is a member congregation of the Unitarian Universalist Association. We are a liberal religious congregation that strives to uphold a nurturing community where all are welcome in the search for intellectual and spiritual nourishment .



**Simply Sitting: Mindfulness Meditation**  
**Activity Leader: Miranda Van Horn**

**Simply Sitting** will provide people new to the practice of mindfulness meditation, as well as experienced practitioners, the opportunity to practice with others. Each week's one-hour session will be divided roughly into three twenty- minute sessions. We'll begin with a guided meditation at 7pm. After guided meditation we'll continue with sitting and walking meditation and end each session with a short contemplative meditation. Bring your own cushions and/or mats for meditation if you have them. Otherwise, participants can use chairs provided.

**Starting date: Oct 19**  
**Schedule: Mondays**  
**Time: 7-8 pm**

**Women's Spirituality**  
**Activity Leader: Linda Pallay**

Explore your spirituality through connection to women's spirituality. Open to women of all ages. The workshop curriculum "Rise up and Call Her Name" will be used in a 5 part series, celebrating the female divinity.



**Starting date: ongoing**  
**Schedule: First Thursday of the month**  
**Time: 7-9:30 pm**

**Popcorn Theology**  
**Activity Leader: Rev. David Farrington**



Explore the spiritual and ethical dimensions of some of our favorite movies. Share some popcorn and lively discussion.

**Fri, Nov 20**  
**Billy Elliott**  
**Fri, Dec 18 -**  
**It's a wonderful life**  
**Time: 6:30 pm**



**Build Your own Theology I and II**  
**Activity Leader: Rev. David Farrington**

These workshops sessions will help participants determine their values and beliefs about God or ultimate reality, human nature, ethics, and the meaning and purpose of life.

**Session I**  
**Starting date: Oct 28**  
**Schedule: each Wed for 10 weeks. (ending Jan 21)**  
**Time: 7 pm**  
**Minimum: 3 participants**

**Session II**  
**Starting date: Feb 24**  
**Schedule: each Wed for 10 weeks**  
**Time: 7 pm**