

January 2012

# The Sojourner

newsletter of the Unitarian-Universalist  
Fellowship of Pottstown

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[www.uupottstown.org](http://www.uupottstown.org)

*There will be a 10 minute period of silent meditation from 10:15-10:25 before services. Please enter the sanctuary quietly.*

## Sunday, January 1, 2012

### **That Upon Which You Rest Your Heart**

Rev Dave Farrington

To welcome the New Year we will consider the Hindu notion of *Sraddha* – examining the relationship between our faith, our vision and our passion. Are they related or independent of each other? If related, then how?

## Sunday, January 8, 2012

### **My Work as a Reporter**

Speaker: Ron Devlin

Ron Devlin, reporter for the Reading Eagle, will speak about his work as a human interest reporter.

## Sunday, January 15, 2012

### **The Rev. Dr. Martin Luther King In His Own Words**

Rev Dave Farrington

Two years ago Rev. Dave prepared the sermon for the Pottstown community worship service honoring Dr. King. Back by popular demand, we will do a similar (albeit abbreviated) service at UUFPP drawing on Dr. King's many sermons, letters and speeches. Love the words and cadence of Dr. King's work? We need five voices. Contact Rev. Dave to be one of them!

*3rd Sunday potluck will follow the service.*

## Saturday, January 22, 2012

### **The Tao of Happiness and Spirituality**

Speaker: CJ Rhoades

The concept of the Tao is a foreign one. It basically means to let go of desire and what you want will come to you. Both happiness and spirituality are the kinds of things that if you try "too hard" to get, you will actually lose in the process. CJ will share some thoughts and suggestions on how we can use our knowledge of the Tao to improve our own journey toward happiness and spirituality

## Sunday, January 29, 2012

### **Diamonds and Rust**

Rev Dave Farrington

Theodore Parker's famous sermon on *The Permanent and Transient in Christianity* set forth his beliefs that biblical scriptures failed to tell the truth about the Divine. Today we will explore Joan Baez's song, *Diamonds and Rust*, as a secular equivalent, exploring what part of the human experience has permanence and which is transient.



## *From the Minister's Desk*

Mark Twain famously said of New Year's, "Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual."

I'd like to tell you I'm newly resolute, but I have had enough new year resolutions turn to paving stones that I know better. Why create frustrations when they abound in nature anyway? Nonetheless it is a time to reflect and look forward.

When I think back over 2011 I am confronted with the reality that the last half of it left a good deal to be desired. Hip replacement surgery was far more intense than I had anticipated, especially the protracted healing which continues even now. And of course the very definition of an accident tells us that something unanticipated happened. Healing from being back-ended in an auto crash also continues, though progress there is less apparent than with the surgery.

It would be too easy and equally improper to look at just my lost time and physical discomfort of the last few months. For all of it was balanced by caring colleagues, including the Reverend Bryant Brown of the Thomas Paine Fellowship who was on call in my absence and filled in admirably. Other colleagues who visited me in hospital, and of course, all of you who sent cards and emails and honored my request to restrict visits so I could do the work of rehabilitation.

Special mention must go to Lisa Jokiel and Emily Quarles-Mowrer, the Sunday Service Committee, for keeping the pulpit supplied with competent and capable speakers. Indeed, all the work areas of our Fellowship functioned ably, demonstrating to any who might have questioned it that UFP still has the ability to be self-directing!

So 2011 was a time of challenges and successes. And as it draws nigh we acknowledge endings and beginnings. I was not alone in experiencing the unexpected. Others among us suffered change and losses of varying kinds, some known to us, others not.

A Board member recently observed that there seemed to be an unusual amount of change in the lives of our members and friends and that the New Year might be a good time to provide an opportunity for people to come together and share some of what is going on in their lives.

There are benefits to sharing changes, grief, loss and concern or anticipating some unknown. Chief among them is confirmation of what we likely already know - that we are not alone. Still, it can feel that way at times and being part of a group that is pledged to honor the sanctity and privacy of other members' feelings can be a balm for a troubled soul.

I organized and ran such a group for one of the large Boston area churches when I was in seminary. Several parishioners showed up to "have a look," during a period created for just such a purpose. In the end nearly all of them stayed and reported to the Minister that it was greatly beneficial. I consider it among the most effective things I have accomplished in ministry.

So if this is a time of endings and beginnings made special for you by some discomfort, sadness or even the joy they may produce, I invite you to speak with me. At a minimum we can talk privately (as always) but we can also explore what it might be like to process the change/s you are experiencing or anticipating in a closed group setting.

It might brighten your New Year and would almost certainly light a candle for others struggling with some darkness of their own.

*Happy New Year!*

*Rev. Dave*

# *President's Message*

The New Year ushers in the excitement of new beginnings and changes and celebrates with gratitude the passing of the old. It is a time for reflection and contemplation on the personal state of our lives. We are surrounded by the news of the day regarding the triumphs and tragedies in our world and sometimes forget we have our own ways to either rejoice in or amend.

At UUFPP we can re-affirm our congregational Covenant (it is hanging up on the bulletin board outside of the office) that in part states that one of the reasons we have come together is to support each other through all the phases of our lives. In December we welcomed Reverend Dave back into the fold with a wish for a new year that is restorative and full of good health. We also need to do the same for ourselves. By taking "compassion" as a New Year's resolution we have a goal to live up to each day.

Consider saying a prayer or offer a thought of appreciation for kindness or compassion that has come your way, then move on to thinking about how you can spread that to the person standing next to you, no matter where you are. This isn't to be mistaken for letting people get away with anything but it does require letting go of previously held notions of that person and allows you to see anew who they are. It feels good when this attitude is spread to us as individuals so why not be the one doing the spreading?

This month we will continue with the board leadership retreat for long term visioning for UUFPP. We do need to think of times yet to come. UUFPP needs to have a vision of what we want for ourselves as part of the collective whole. We also need a pathway to get there. What are your ideas for the next five years at UUFPP? What do you envision happening here? The board will keep you posted on any ideas that come out of this meeting session. In the meantime put on your thinking caps and offer realistic ideas of what you'd like to see at UUFPP during the next 5 years.

*Happy New Year,*

*Linda*

*Now may the love of truth guide you, the warmth of love hold you  
and the spirit of peace bless you, this day and in the days to come.*



## *Religious Education*

Religious education classes for teens and children are held every second Sunday of the month at the Unitarian Universalist Fellowship of Pottstown from 9:30 to 10:30 a.m.

January through March CJ Rhoads will lead the teen class for "Pacem In Vita: Making a Better Future". The dates are **January 8, February 12 and March 11.** CJ describes "Pacem In Vita (known as Making a Better Future program) as a leadership and conflict resolution curriculum for high school students. They learn better ways of dealing with conflict as well as how to plan for their future along with Taijiquan and Qigong moves".

**January 8:** Jon Price will lead the Elementary class for "The Web of Nature". The lesson explores the seventh UU principle: "The interdependent web of existence of which we are a part". This UU principle when translated for children states: "We believe in caring for the earth, the home we share with all living things".

In December, Reverend Dave Farrington led the teens in a discussion about their view of God, including asking them to portray their personal vision of Deity through a picture, symbol, or a poem. Marianne Yarnall taught the Elementary class from "Long Ago and Far Away: the Birth of Jesus." They also made Christmas trees from their own hand tracings!

Religious Education (RE) is looking for adults to assist in the program. RE is a program full of rewards and fun. Learning what our children and teens think about the world we live in can be an enlightening experience! When you step into RE the role of teacher and student blend as we explore together our views on life, religion, spirituality and how we move and interact in this world. Lesson materials are provided and assistance is available. Please contact Deni or Bob Gross regarding your interest, either in person or via email: [RE@uupottstown.org](mailto:RE@uupottstown.org)

Max Devlin, our Nursery care worker, is in the Nursery every Sunday throughout the year from 9:30 to 11:30 am. All young children are welcome.

Thank you,

*Linda*



## A Warm Day In January

Local Churches Gather For Martin Luther King Day of Service.

January is a cold month. Last January was no exception, but more than 400 people found warmth at the Unitarian Society of Germantown on Lincoln Drive in Mt. Airy. They gathered to participate in the 2011 Martin Luther King Day of Service. The volunteers completed 24 projects that helped the disadvantaged in the local community.

This year there will be just as many opportunities to serve. Children can make posters and decorate lunch bags. Older kids can read them stories about Martin Luther King, Jr. Their parents can make bag lunches for homeless shelters.

These are a few of the many ways to participate in the Martin Luther King Day of Service on January 16. At the Unitarian Society of Germantown on Lincoln Drive, the day starts with coffee and bagels at 8:30 AM and ends with a wrap-up lunch at 12:30 PM.

"We want our volunteers to have a good experience," said Kevin Donahue, the co-chair of the Day of Service. "Each project has a team leader who assures that the volunteers have the opportunity to do some meaningful work."

Kevin, a member of the Wellsprings Congregation in Chester County, is organizing this effort with the help of many local churches, including Summit Presbyterian Church, the Unitarian Universalist Fellowship of Pottstown, the Unitarian Universalist Church of the Restoration, and Main Line Unitarian Church.

Most of the projects are at nearby neighborhood sites. Twenty volunteers will help to clean local Boys and Girls clubs. Twelve others will be visiting a local nursing home. Twenty more will be outside removing trash from local streets.

"We are planning for 300 volunteers," said Kevin, who credits USG member Nancy Dearden with coordinating most of the projects. "Their work, and the kind donations of our contributors, will make our neighborhood a brighter place."

In addition, service projects will take place in Center City Philadelphia and Norristown. The Unitarian Society of Germantown is one of many area churches providing services on Martin Luther King Day. "Service is an exercise in compassion," says Rev. Kent Matthies, minister of the church on Lincoln Drive. "Acts of compassion make our neighborhood a warmer place where all of us want to live."

Volunteers can get more information and register to help at the event's web site: [www.mlkphillyuus.org](http://www.mlkphillyuus.org). The Unitarian Society of Germantown is at 6511 Lincoln Drive. Parking is in the rear off Johnson Street.



## *Thank you Reverend Payson!*

A sincere thank you goes to Rev Aaron Payson for his inspiring service, "Graceful Moments" on Sunday, November 27th.

Rev Payson stepped in to help out after Rev Dave's unfortunate car accident and during his recovery period in Massachusetts.

Rev. Payson is Minister of The Unitarian Universalist Church of Worcester, Massachusetts and was Rev Dave's mentor in preparation for Final Fellowship in UU Ministry.

It was nice getting to know him and his wife Kristen.

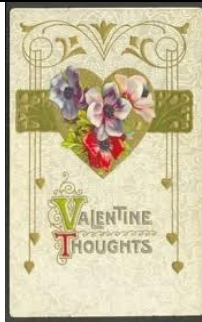
*Happy  
Valentine's Day!*

**Saturday,  
February 11<sup>th</sup>!**

**Save the date!**

**Invite a friend or neighbor!**

Our Valentine event is in the planning stages and we're making a few changes this year but the evening will still include a wonderful dinner, great company, sweet desserts, and Valentine entertainment!



*In Memorium...*

Margaret Phelps, mother of Miranda Van Horn, passed away on Tuesday, Dec 20th.

She was 88 years old and would have turned 89 in January.

Margaret and Miranda became members of the UUF in 2009. Over the past year and a half Margaret resided at Frederick Mennonite Community.

Please keep Miranda and her family in your thoughts during this holiday season.



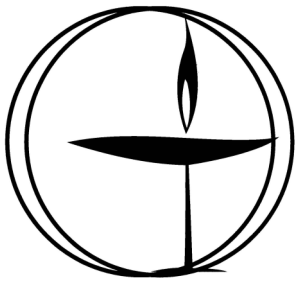
*Meditation Moment...*

*The self-assured strength that grows from knowing that we already have what we need makes us gentle, because we are no longer desperate.*

— Jamgon Mipham Rinpoche

Simply Sitting meets on Mondays at 7:30 pm. Visitors are always welcome.

**Introduction to Mindfulness Meditation is offered on the first  
first Monday of each Month**



# UUFPP Calendar

## January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Happy New Year!</i> Choir 8:30 Adult RE: 9:30 Service:10:30	2 Meditation 7:30 <i>1st Monday Intro to Meditation</i>	3	4 Membership Mtg: 7:00	5 Yoga 7:00	6 Committee Council : 7:15	7
8 Choir 8:30 Adult & Ch RE: 9:30 Service:10:30	9 Meditation 7:30	10	11	12 Yoga 7:00	13 UUFPP Board Mtg: 7:30	14
15 Choir 8:30 Adult RE: 9:30 Service:10:30 <i>3rd Sunday Potluck: 11:30 Sojourner Deadline</i>	16 Meditation 7:30  <i>Martin Luther King Day</i>	17	18	19 Yoga 7:00	20	21
22 Choir 8:30 Adult RE: 9:30 Service:10:30	23 Meditation 7:30	24 Sunday Service Mtg: 7:15	25	26 Yoga 7:00	27	28
29 Choir 8:30 Adult RE: 9:30 Service:10:30	30 Meditation 7:30	31				

## Who's Who at the UUFP

**Minister:** Rev. David Farrington

**Board of Directors:**

**President:** Linda Pallay

**Vice President:** Open

**Board Secretary:** Tara Boroson

**Treasurer:** Mary Ryan

**Board Member:** Carla Johnson

**Board Member:** Jon Price

**Board Committees:**

**Committee on Shared Ministry:**

Chair: Marianne Yarnall

**Congregational Committees:**

**Committee Council:**

Chair: Rev Dave Farrington (interim)

**Stewardship:**

Chair: Mary Ryan

Bookkeeper: Open

**UUAction:**

Chair: Carla Johnson

**Worship:**

Chair: Lisa Jokiel

Choir: Marianne Yarnall

**Member Services:**

Membership: Miranda Van Horn

Greeters: Judith Van Beek

Sunday Coffee Teams: Judith Van Beek

Newsletter: Kay Price

Website Updates: Bob Gross

**Facilities:**

Chair: Jon Price

Committee Council Rep: Frances Provost

**Religious Education:**

Children's RE Coordinators: Bob and Deni Gross

**Important email contacts:**

Minister@uupottstown.org – Rev David Farrington

President@uupottstown.org – Linda Pallay

VicePresident@uupottstown.org – Open

BoardSecretary@uupottstown.org – Tara Boroson

Board@uupottstown.org - Board members

Committees@uupottstown.org – Open

Office@uupottstown.org – Office staff

Mailings@UUPottstown.org --Judith Van Beek

Newsletter@uupottstown.org – Kay Price

UUAction@uupottstown.org - Carla Johnson

Programs@uupottstown.org – Lisa Jokiel

MemberServices@uupottstown.org – Miranda Van Horn

Facilities@uupottstown.org – Jon Price

Finance@uupottstown.org - Mary Ryan

Stewardship@uupottstown.org - Mary Ryan

Sharedministry@uupottstown.org - Marianne Yarnall

Webmaster@uupottstown.org – Bob Gross

RE @uupotstown.org- Deni and Bob Gross

**Change of email, phone or street address?** Email your new contact information to mailings@uupottstown.org or hand over new info in person to Judith Van Beek.

**Sojourner Policy/Deadlines**

The Sojourner is the voice of the Unitarian-Universalist Fellowship of Pottstown. Notices pertaining to the Fellowship, its activities and members, and denominational news may be submitted to the Fellowship in writing or by email. **The submission deadline is the 15th of each month. Please note the email address for the Sojourner: newsletter@uupottstown.org**

UNITARIAN UNIVERSALIST  
FELLOWSHIP OF  
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Website:

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*Pottstown Cluster food pantry collection during service  
every second Sunday of the month.*