



November 2008

The Sojourner

newsletter of the

Unitarian-Universalist
Fellowship of Pottstown

1565 South Keim St
Pottstown, PA 19465
(610) 327-2662
www.uupottstown.org

Sunday, November 2, 2008

Change

Lay Leader: Stefanie Fulwood

During fall, change speaks to me more deeply than in any other season. I want to face the darkness of the coming winter with a clarity of having examined the path my life has followed during the growth of spring and summer. I see the cycle of Life, Death and Rebirth and try to find it's reflection in my own existence; to see where I can finish things; to see where I need to let go.

Join us as we examine this cycle of change in our lives in our approach to the reflection of winter. We will also say good-bye to those who have passed on in our annual leaf ritual. Please join us in celebrating this season by dressing in costume.

Sunday, November 9, 2008

True Simplicity

Lay Leader: Rich Daley

The weather is getting colder, the holiday decorations are coming out, and families are making travel plans. It is that wonderful time of year when people of all faiths find common ground somewhere between the Orange Julius and The Limited. Before we start shopping, let us consider the importance of simplicity in our spiritual lives and reflect on the possessions we own and the ones that own us.

Sunday, November 16, 2008

Songs of Justice

Lay Leaders: Marianne Yarnall & Carla Johnson

This morning we'll raise our voices in song, celebration and justice. Music has been a catalyst

for social change for many years. Find out why some of your favorite songs were written, and the impact they had on society.

Third Sunday potluck will follow the service.

Sunday, November 23, 2008

Are We There Yet?

SERVICE TO BE HELD AT THOMAS PAINE
UNITARIAN UNIVERSALIST FELLOWSHIP
SERVICE TO START AT 10:30 am

Please join us for a story about holding fast to our beliefs, taking responsibility for those in our care and building better lives. Our choir will be performing jointly with Thomas Paine choir. In addition, several members of UUPF will have roles in this service, including some of the children. We hope to see you all there.

Sunday, November 30, 2008

What We Can Learn From Benny Podda

Lay Leader: Emily Quarles-Mowrer

Benny Podda was the 1983 USA light-heavyweight champion. He was a personal trainer to Chuck Norris in the late 1980s and early 1990s. He now lives as a modern day mountain man in San Bernardino National Forest, California. Podda has acquired a following in the body building world, in part because he is dedicated to strength for strength's sake, and finding his own notion of spirituality in life, rather than for the outward trappings of glory, such as competition wins, famous clients, and lucrative speaking engagements. Join us as we hear Benny Podda's unique perspective on life.

President's Message

I often find that I'm so busy working and taking care of daily responsibilities that I don't stop to appreciate the blessings in my life. In addition, the nightly news report of wars in foreign lands and failings in the financial markets adds to the worry and anxiety about the future. The many distractions in life often cause us to forget to stop and smell the roses.

It is helpful that Thanksgiving comes around once a year to remind us to be thankful for all that we have been given.

I write this month's column with a sense of gratitude for many things . . .

- For our family and friends who share our life's journey;
- For the strength and wisdom of our Unitarian Universalist faith which provides us with a framework and compass for leading our lives;
- For our diverse UUFP community and its many members who work so hard to promote and achieve the mission of the UUFP.
- For our country, as imperfect as it may appear at times, yet endowed with freedoms and liberties, including our right to vote and choose those who will lead us.

As we approach this election, more so than many past elections, we need to choose a leader who is capable of taking on the many challenges facing our country and who has a vision of how to build a better future. I hope that each and every UUFP member exercises her or his right to vote, as we have a responsibility to make our voices heard.

This month I am especially thankful for those who helped with the ministerial search process and worked to find a good candidate to fill the position. The Ministerial Search Committee invited Rev. David Farrington to join us for a weekend in October. On Saturday, Rev. Dave met with the Search Committee, the Board of Directors, the Committee Council, and the Sunday Service Committee. Many of you heard Rev. Dave's sermon on Sunday and attended the Town Hall meeting after the service. Thanks to all who participated in that meeting by voicing your comments and opinions, and thus allowing us to discern whether there might be a good match between our congregation and Dave's ministry.

Based on congregational feedback, interviews held over the weekend, and the Search Committee interviews and findings, the Board voted to enter into a consulting ministry contract with Rev. Farrington. Rev. Dave has agreed to become our minister, and this month we will begin our journey together. We welcome our new minister to the UUFP and look forward to our shared ministry together with him.

Have a Happy and Healthy Thanksgiving.

*In Faith,
Mary*

UUFP attends the Boyertown Unity Day celebration and walk



On October 12, the UU Action committee and the UUFP Member services committee joined together to stand for racial justice and to support the Boyertown school district and community in their "No Place for Hate" campaign. Thanks to these people for helping with the booth and marching in the walk. Tara, Anika and Talia Boroson, Stefanie, Nicholas and Connor Fulwood, Courtney, Rich, Kayleigh and Joseph Daley, Bonnie Donahue, Jennifer Mossholder, Lynn Medley, Baxter Sewell and Carla Johnson. It was a beautiful day with hundreds and hundreds of people, beautiful music, arts and crafts for the kids.

It was great fun to give out the balloons to the children (and the dogs). This was our first adventure with our UUFP booth and it went very well. Thanks to all of those who put it together - with a big thanks to Jenn Mossholder for coordinating it all.

Carla Johnson
UUAction Committee

Sharing with Thomas Paine

We here at UUFP are very excited to be sharing two services during our fall holiday season with our neighbors at Thomas Paine Unitarian Universalist Fellowship. We will be joining them for the November 23rd Service and they will be joining us for our December 21st Yule Service. This isn't just a matter of us going there and them coming here. We are working collaboratively on the services. The choirs will perform jointly at both services. In addition individuals from both Fellowships will be participating in the combined services. This is a wonderful way to connect to the larger UU community and get to know our neighbors.

There are two important things that everyone needs to know:

- Both services will take place at 10:30 am
- UUFP will be closed on November 23rd

No verbal announcements will be made. Any announcements **MUST** be given to Stefanie Fulwood by Monday, November 17th to be included in the Order of Service.

Maps and directions will be provided. If you have any questions, please do not hesitate to call me at 484-769-8392 or email me at stef@fifthessence.com.

Stefanie Fulwood
Programs Chair



IT'S EVERYBODY'S BIRTHDAY !!

The Caring Committees is sponsoring a celebration for everyone at the UUF. Mark your calendars now and reserve this date: **Sunday, January 18, 2009**. After Service, we will have our potluck meal...but with a twist. It will also be our "Everybody's Birthday" celebration, which we hope to make an annual event. This is a special day, being set aside to celebrate the wonderful people at our Fellowship.

If you can, please bring a dish for potluck, so there is plenty of food. When you get to the social room, look for your birthday month on the table. For example, folks who share January and February birthdays will sit together at that table, March and April birthdays will sit at the next table, etc. Kids should look for their own table, where they will all sit together. After we eat, there will be cake. We invite the children (or anyone else who is so inclined) to prepare some decorations and fun games for everyone of all ages to play. If anyone wants to bring music, feel free to do so. If you have any leftover party hats or favors, feel free to donate them – the sillier the better! All ideas are welcome and will be incorporated, because this is a celebration of our oneness as a group. We ask only that everyone please keep everything as informal as possible.



What's a birthday without presents? In keeping with our UUF green policy of "renewing, reusing and recycling," we are asking members to look through your unused treasures at home and **wrap or gift bag** one or more items to bring to our gift table. (Don't forget kids' items.) Perhaps you have some CD's you no longer use, books you've read, a household knick-knack that no longer fits your decor, a duplicate gardening tool, an unused toy or puzzle, a bottle of wine you can't drink – anything relatively small, clean and in good condition that you would like to find a new home. It's a great way to recycle your unwanted items and might really make somebody else's day. **NO BUYING ANYTHING NEW, PLEASE!!!!!!** We'll all pick numbers out of a hat and, in that order, choose a surprise bag from the gift table. Feel free to initiate trades, after we open our gifts.

Please contact Gladys Smith at 610-323-1890 or Deni Gross at 610-404-1185 (cfpeace@hotmail.com) if you have any party suggestions, want to offer help in any way, or have questions or concerns.

See you in January for the fun!
The Caring Committee

Pottstown Cluster needs your help

The Cluster provides food, clothing, household items, furniture, and support services to those who find themselves in need of assistance. Nonperishable items can be placed in the donation basket in the lobby at any time. Occasionally, specific items are requested.

At this time The Cluster, in addition to nonperishable food, is in need of toiletries. Specifically they are asking for deodorant, toothpaste (adult and child), toothbrushes (adult and child), diapers, and feminine hygiene products. They are also in very serious need of warm children's pajamas. Sizes 12 months to youth 16 are needed, they can be new or used but should be warm and without holes.



All donations appreciated, *Courtney Daley*



Meditation Moments

This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.

- Dalai Lama

Compassion and tolerance are not a sign of weakness, but a sign of strength.

- Dalai Lama

Caring Committee



Please keep Bob Jones, one of beloved founding members, in your thoughts and prayers. Bob has been in the Pottstown Hospital for over a month and struggling with many difficulties. He is keeping his spirits up and can now receive visitors. After a stint in critical care he is now on the transitional floor and will soon be receiving physical and occupational therapy. He plans to go home as soon as possible.

If you wish to visit Bob, the best times to come is in the afternoon and early evening. Please keep your visits short and upbeat.

If you wish to send a card, please send it to his home address.

We are all pulling for Bob and wish him a speedy recovery.



Who's Who at the UUFP

Board of Directors:

President: Mary Alsayegh

Past President: Carla Johnson

Board Secretary: Linda Pallay

Finance Secretary: Paul Nemeth

Board Member: Lynn Medley

Board Member: Tara Boroson

Board Committees:

Committee on Shared Ministry: Carla Johnson

Peaceful Resolutions: CJ Rhoads

Congregational Committees:

Committee Council:

Chair: Lynn Medley

Stewardship:

Chair: Paul Nemeth

Bookkeeper: Courtney Daley

Fundraising: Vacant

UUAction:

Chair: Carla Johnson

Worship:

Chair: Stefanie Fulwood

Sunday Service: Stefanie Fulwood

Choir: Marianne Yarnall

Member Services:

Chair: Jenn Mossholder

Caring: Deni Gross, Gladys Smith

Greeters: Judith Van Beek

Sunday Coffee Teams: Judith Van Beek

Newsletter: Kay Price

Website Updates: Bob Gross

Facilities:

Chair: Jon Price

Building and Grounds: Bob Jones

Aesthetics: Stefanie Fulwood

Gardens: Vacant

Religious Education:

Chair: Lynn Medley

Important email contacts:

President@uupottstown.org: Mary Alsayegh

PastPresident@uupottstown.org: Carla Johnson

BoardSecretary@uupottstown.org: Linda Pallay

Board@uupottstown.org: Board members

Committees@uupottstown.org: Committee Council

Office@uupottstown.org: Office staff

Mailings@UUPottstown.org: Judith Van Beek

Newsletter@uupottstown.org: Kay Price

UUAction@uupottstown.org: Carla Johnson

Programs@uupottstown.org: Stefanie Fulwood

MemberServices@uupottstown.org: Jenn Mossholder

Facilities@uupottstown.org : Jon Price

Rentals@uupottstown.org: Stefanie Fulwood

Finance@uupottstown.org: Paul Nemeth

Stewardship@uupottstown.org: Paul Nemeth

PeacefulResolutions@uupottstown.org: CJ Rhoads

Sharedministry@uupottstown.org: Carla Johnson

Webmaster@uupottstown.org: 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**



UUFP Calendar

November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2 Choir: 8:30 Service:10:00	3	4 <i>Election Day</i>	5	6 Yoga: 7:00 Women's Group: 7:00 Sunday Service Mtg: 7:00	7	8
9 Choir: 8:30 Service:10:00	10 Board Mtg: 6:45	11 Membership Mtg: 7:00	12	13 Yoga: 7:00	14	15 <i>Sojourner deadline</i>
16 Choir: 8:30 Service:10:00 <i>3rd Sunday Potluck: 11:30</i>	17	18	19 Race: The Power of an Illusion: Session #3 7:00	20 Yoga: 7:00	21	22
23 Choir: 8:30 Service:10:30 at Thomas Paine	24	25	26	27 Yoga: 7:00	28	29
30 Choir: 8:30 Service:10:00						

UNITARIAN UNIVERSALIST
FELLOWSHIP OF
POTTSTOWN

1565 South Keim Street
Pottstown, PA 19465

Phone: 610-327-2662

Email:

office@uupottstown.org

Website:

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