

November 2011

# The Sojourner

newsletter of the Unitarian-Universalist  
Fellowship of Pottstown

1565 South Keim St  
Pottstown, PA 19465  
(610) 327-2662  
[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, November 6, 2011

### Unitarian Martyrs

Speaker/Lay Leader: Jonathan Dreazen

As I was growing up in the Jewish faith, much of the history to which I was exposed dealt with many who gave their lives willingly or unwillingly for their religious beliefs. That understanding gave me a sense of the sacrifices made by my forebears.

I began to wonder, did our Unitarian ancestors do the same? Were they called upon to make the ultimate sacrifice for the faith? The answer is yes and I will honor one or more of these "sacrificial lambs" during this service. If martyrs make us a "real" religion then we qualify. Come and learn about these remarkable people and join me as we grow in our faith.

## Sunday, November 13, 2011

### Nothing Gold Can Stay

Rev Dave Farrington

Though it may feel like winter we are still in Autumn, still over a month away from the real nasty season. Fall is a time associated with dying in some cultures and life simply going underground in others. Today we will explore Autumn and whatever symbolic meaning it may hold for us.

## Sunday, November 20, 2011

### Giving Thanks

Rev Dave Farrington

As we approach the Thanksgiving holiday and our annual acknowledgement of the abundance within which we live, we will take a look at our UU relationship with food as a function of our diverse theologies and explore the place of food in our lives and worship.

*3rd Sunday potluck will follow the service.*

## Sunday, November 27, 2011

### A Sunday of Songs

Lay Leader: Emily Quarles-Mowrer

As Plato said, "Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything." We will explore the power of music through a service composed almost entirely of tunes.

Please join us for a Sunday of Songs.



## *From the Minister's Desk*

This week I had my new hip X-rayed at the hospital. At the risk of appearing ghoulish, I asked to see the X-ray. The technician was proud of her work and was pleased to share it with me. She pointed out various features of my anatomy and the prosthesis and I learned a great deal. I walked away pleased. And impressed. Impressed with what the surgical team has done, with the state of medical technology, with my own good fortune to live in these United States of America. In short I was humbled and filled with gratitude.

I love this season more than any other. I like it when it gets cold and dark, making bed and comforter a special treat. My kitties, Naomi and Ruth, have rejoined the nocturnal rites of autumn, themselves looking to get warm and share their heat-energy. Like everything in my life following the surgery and recovery, their presence is more meaningful, more precious.

Are we not fortunate as a people, to live here? To live amid such abundance as the world has never before known? Is it not appropriate to take time in this autumnal season to acknowledge our blessings and give thanks and to feast in celebration?

Pete Seeger was in Zucotti Park the other day stretching his life of protest from the great depression through the great recession. He has witnessed and been victimized by it all before.

We do well to listen to the news from home and abroad. We do well to be reminded that we are uniquely privileged in our abundance and that our "we" is becoming ever smaller – there are not as many of us sharing in the abundance as there were a year or ten or thirty years ago.

The greed and selfishness of a few at the top is wreaking havoc on more and more of those in the middle and the bottom of our purportedly classless society. The increasingly corrupt political system seemingly protects them from prosecution or even owning responsibility for their actions.

And so young and old, the poor and affluent who care about justice, the white, black, brown, yellow and red, the gay and straight alike are all assembling in public places in America and around the world, proclaiming they are the 99% enabling the 1% who control the wealth of the world.

Their model is the Arab Spring – a non-specific protest against greed and corruption at the top, limiting opportunity if not destroying life and society below. Who would have thought even a year ago that Americans and Europeans would be following the leadership of masses of Arabs seeking their rightful place under the sun?

As I approach my favorite holiday, I am profoundly grateful for my health, for my society, for the history which is uniquely ours. For my church and my congregation. We are indeed a people of abundance. But it is only ours for as long as we are vigilant, seeking – demanding – justice. Justice for ourselves and for each other, here at home and around the world.

Come, let us give thanks this Thanksgiving.

Blessings, *Dave*

610-850-3728/dfarrington@uuma.org

# *President's Message*

Last month we welcomed Rev. Daves' return to UUFP after a long and arduous rehab over the summer months. We can now "start" our church year again with our minister amongst us. As members and friends of UUFP we have been without a minister in the past but it was different this time as Rev. Dave has been our minister for 3 years. We've come a long way during those years and it is nice to complete the circle of our community and have him back with us again. Welcome back Rev. Dave!

The month of November reminds us to count our blessings, to take stock of what we are grateful for in our lives. As we look around UUFP, at our community of members and friends, and also at our physical structure and grounds there is much to be thankful for. We have been at our current site for over 40 years; our building has grown from our sanctuary, 2 rooms, kitchen and bathrooms to our current building with 4 RE/meeting rooms, social room and handicapped bathroom. It all happened with vision, planning, pulling together as a community and hard physical labor. It certainly has been worth it hasn't it?

As we move forward into our current year I think we still have much to be thankful for. Thankful for our gathering together, thankful for our personal lives in and outside of UUFP, and thankful that we have a wonderful space at UUFP.

Please consider the following words by Naomi King and her "Thanksgiving Blessing"

## *"A Thanksgiving Blessing"*

Let us join our hands and hearts in gratitude on this wondrous day where we have the abundance of our lives before us. We remember this day of bounty, all of those who do not have enough, who are afraid, who are lonely, and who suffer. We wish for the abundance of this world to be shared, for fear to become love, for the lonely to feel welcomed, and for the suffering to know rest and joy. For the labors, the love, the care that gave us the delights of this and every day, we say "thanks!" For the nourishment of our spirit, the challenges that strengthen us, and the friends we have on the journey, we sing "thanks!" For all that is our lives, for these good gifts, we whisper, "thanks!"  
Overflowing with gratitude, let us shout, "thanks!" Amen

*-This blessing was found on the UUA worship web*

*Linda*

P.S. To help you keep current with the flow of information at UUFP every month - the Board of Directors minutes, the report of the minister, budget, and the membership updates are on the bulletin board outside of our business office.



## *Religious Education*

Religious education classes for both teens and the kindergarten through grade six group (K-6) will be held on Sunday, November 13, starting at 9:30 am and ending in time for service at 10:30 am.

Teens have been meeting every second Sunday of the month to participate in a discussion group, led by Deni and Bob Gross, the Teen RE Facilitators. In September, the discussion was about finding balance both in our personal lives and within the greater context of Unitarian Universalism (UU). In October, the teens examined the similarities and differences between morality and ethics, including how those outside the UU faith view our denomination. The November discussion will be led by UUFP member, Dr. Jon Dreazen, and will center on medical ethics. Teens are always welcome to bring a friend to participate.

C.J. Rhoads will lead the teen classes in January, February and March of 2012. Bob and Deni are scheduled to lead the remaining teen classes in December 2011 and April and May of 2012. However, because the teens benefit from hearing a variety of viewpoints, we invite and encourage other Fellowship members to lead a teen discussion on a topic of personal interest. If you think you might like to participate, we can schedule you to lead the discussion on the December, April or May dates. Simply contact Deni or Bob with your topic choice and we will schedule you accordingly.

We hope to see an increase in K-6 participants over this upcoming year so that we may return to offering classes for this age group every Sunday of the month. For now, however, classes are held once a month, usually the second Sunday. In October, Laurie Young taught *Inherent Worth, What Does it Mean?* and in November, she will teach *Everyone is Special*.

Marianne Yarnall has volunteered to lead the December K-6 class, titled *Long Ago and Far Away, The Birth of Jesus*. In 2012, Jon Price will teach in January, Lisa Jokiel in February, Miranda VanHorn in March, and Christine Burnley in May. We still need an adult to fill the April 2012 spot. If you can devote an hour to the K-6 children next April, please contact Deni or Linda Pallay, and we will add your name to the schedule and provide you with teaching materials.

Many sincere thanks to all our religious education volunteers.

Deni Gross, Teen RE Facilitator / [re@uupottstown.org](mailto:re@uupottstown.org)

*Deni*



Compassion  
A Labyrinth Walk  
Friday Evening, November 11, 2011

"Come out of the Circle of Time  
And into the Circle of Love"

Rumi

At the Unitarian Universalist Fellowship of Pottstown,  
1565, South Keim Street, Pottstown, PA 19465

Between 5:00pm - 8:00pm

Last walker at 7:40pm

For this indoor labyrinth walk we will enjoy:

- \* Gentle live Lyre music played and improvised by Kerry Lee, with occasional recorded music
- \* Complimentary Reiki
- \* Massage therapy in the social hall
- \* Opportunity to journal and meditate around the labyrinth

All are welcome \$5 donation suggested

For more information please call Sally Martin  
(Labyrinth facilitator) at 610 323-3067



## Coffee, Coffee... and Books!

*The coffee kiosk is  
not just about coffee.*



Each week members buy from the book sale...and each week members donate books to the sale so we have a collection of titles that's constantly changing for your perusal. Check the table often for publications that might be of interest to you! Also, donate some of your old (or recent) favorites for others to enjoy and help UUFP at the same time!

*Find the Coffee Kiosk after Sunday  
Service at Coffee Hour.*

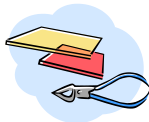
## 氣 Tai Chi Classes

CJ Rhoads invites anyone who would like to join with participants from her April auction item: a 5 session series of Tai Chi/Chi Gong classes beginning Friday, November 18th at 5:45 PM.

The class will meet for one hour and do a combination of Qigong and Tai-jiquan. If there is enough interest, (at least 5 people) classes will continue on after that (\$10 per person per session) with proceeds benefiting the Church.

These classes are open to anyone who wishes to take them for the original auction price.

Please contact CJ Rhoads for more information on the classes and proposed scheduled times.



## Memory/History Cabinet

Our next display tells the history of the stain glass windows in our sanctuary. They were a gift from a former member of the UUFP, Dee Gains. Her daughter Elizabeth is the artist. Please take the time to read the article from The Pottstown Mercury written in December 1987.

Bob Jones installed the windows after Elizabeth finished them. He put the smallest one in upside down. Can you see why? Its o.k. now.

*Special thanks to Bob Hakun for enlarging the article.*

*Peggy Jones and Gladys Smith*



## Meditation Moment...

*Speed is the enemy of mindfulness.*

*-Sakyong 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**



## *Leadership Day*

Saturday, November 12, 2011

10am to 4:30pm

at

All Souls Church, Unitarian  
1500 Harvard Street NW  
Washington, DC 20009

*All are welcome to attend:*

### **A DAY OF LEARNING AND RELATIONSHIP BUILDING for PROFESSIONAL STAFF AND LAY LEADERS**

#### **Hear Firsthand about "Breaking Through"**

Over the past few years, the UUA has designated four D.C. area congregations as "Breakthrough Congregations", Come hear from representatives of all four congregations as they share the reasons they were able to "break through".

#### **Participate in "Gathered Here": Claiming the Best of Our Faith**

Discover our common aspirations. Unleash the power of our faith. Be a participant in this UUA national initiative. Learn how to take it back to your congregation.

#### **Learn at Workshops:**

Discipling Leaders

"I Just Tell Them I'm Jewish. It's Easier":

The Challenge of Articulating Our Faith

Stewardship: You Are Not Alone

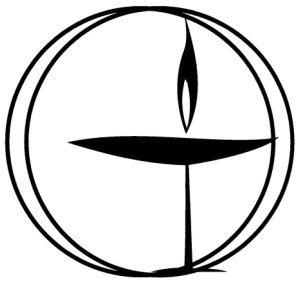
Multiculturalism and Theological Pluralism

#### **Build Relationships**

Meet leaders from other congregations and share ideas.

**The fee for this event is \$20 per person.  
Deadline for registration is November 8, 2011**

Questions? Contact Jody Malloy, Director for Lay Leadership Development,  
Joseph Priestley District, at [jody@jpduua.org](mailto:jody@jpduua.org) or 610-357-8789.



# UUFPP Calendar

## November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Membership Mtg: 7:00	3 Yoga 7:00	4	5
6 Choir 8:30 Adult & Ch RE: 9:30 Service:10:30	7 Meditation 7:30 <i>1st Monday Intro to Meditation</i>	8	9	10 Yoga 7:00	11 <i>Labyrinth Walk</i> ; 5-8 BOD Mtg: 7:30 PM	12 JPD Leadership Day: 10-4:30
13 Choir 8:30 Adult & Ch RE: 9:30 Service:10:30	14 Meditation 7:30	15 <i>Sojourner Deadline</i>	16	17 Yoga 7:00	18	19
20 Choir 8:30 Adult & Ch RE: 9:30 Service:10:30 <i>3rd Sunday Potluck: 11:30</i>	21 Meditation 7:30	22 Sunday Service Committee Mtg: 7:15	23	24 Yoga 7:00	25	26
27 Choir 8:30 Adult & Ch RE: 9:30 Service:10:	28 Meditation 7:30	29	30			

## 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  
POTTSTOWN

1565 South Keim Street  
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Phone: 610-327-2662

Email:

[office@uupottstown.org](mailto:office@uupottstown.org)

Website:

<http://www.uupottstown.org>

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