

# The Sojourner

newsletter of the Unitarian-Universalist Fellowship of Pottstown

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uupottstown.org

## October 2007

### Sunday, October 7, 2007

#### **Turn that Frown Upside-Down**

Lay leader/Speaker: Emily Quarles-Mowrer

Have you ever been told to smile away your blues? The James-Lange theory of emotion developed in the 1880's holds that physiological conditions provoke the experience of emotion. New neurological research indicates that the seat of emotional sensitivity and the seat of physical sensitivity are in the same area of the brain.

In this service we will explore the psychological and neurological basis for the mind-body connection.

### Sunday, October 14, 2007

#### **Listening to Chaos**

Rev. Paul Langston-Daley

What does it take to build and sustain a Beloved Community? What is a Beloved Community? How shall we be together? How do we care for one another? Join us as we sing, and worship (shape what is of value to us) together.

Today, following the service we will vote on our covenant. This covenant is another step in creating the Beloved Community we aspire to build.

### Sunday, October 21, 2007

#### **In Defense Of Science**

Speaker- Bob Jones

Lay Leader- Albert Jenkin

We use the works of science every day, perhaps seldom thinking about or appreciating it. The intent of our service today is to remind us what science does for us and even how it helps to shape our philosophy of life and belief system.

We plan to employ our choir, audio visuals and, possibly, a mini drama to illustrate our topic. There'll even be special music during the offering.

*Third Sunday potluck will follow the service.*

### Sunday, October 28, 2007

#### **Roots and Wings**

Rev. Paul Langston-Daley

As Unitarian Universalists we have something called Congregational Polity. What is that? What does it mean for this congregation? Our history is rich and provides deep roots allowing our congregations to take wing, spreading the good news of Unitarian Universalism.

## *From the Minister's Desk*

This month, the congregation will vote on the Covenant of Right Relations. It is, in essence, an agreement or promise to one another that we make as members of a religious community. A promise about how we will be together when we face difficult situations or conflicts. The idea is that this covenant offers guidelines by which each of us can, and will, be held accountable for our actions. It allows the community a framework for safety in all interactions. While we know that none of us is perfect, these guidelines can provide us with an intentional way of being together.

Author and community builder M. Scott Peck wrote a book in the late eighties called, *The Different Drum: Community Making and Peace*. In it, he describes the steps a group must take in order to become a loving and peaceful community. Peck believes that we put off community by saying that community will come when we have peace. Instead, he says we should be seeking community in order to bring peace. True community does more than merely tolerate others. True community asks each of us to accept and integrate the opinions, ideas, theologies, cultures and rituals of others in a way that helps us to grow and become more complete and whole human beings. But to that end we must be willing to be vulnerable to change. We must be willing to be affected and infected. Willing to learn and understand. Willing to stretch our minds and our hearts. Even if our values remain unchanged, we must be willing to explore.

I hope you will join us in voting on our Covenant of Right Relations. Please take some time to talk with members of the Board, the Committee on Ministry or me about what you think of our covenant. We look forward to your ideas and opinions!

Peace begins in our hearts, we sometimes need to be reminded that each of us is responsible for creating that peace. (But even Jesus, the Prince of Peace as he is sometimes called, turned over the money changers stalls in front of the temple.) Peace requires that we work hard for what we believe in, personally and politically. And, peace requires that we speak the truth in love to one another. Let us hold the promise of peace in our hearts. Let us be curious about one another as we celebrate this Beloved Community. May it be a light of inspiration for us all, and for the world. May it burn deeply and brightly in all of us.

Shanti,

Paul

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## *President's Message*

This month the congregation will vote on a UUFP Covenant that serves as a guide to how we agree to interact together as a community. This process began exactly a year ago with a congregational workshop with Rev. Dr Richard Speck on healthy behaviors in religious communities. Over the past year, Rev. Colin Bossen led a series of workshops on developing and implementing Congregational Covenants. It is now time for the congregation to vote on the implementation of the covenant.

The UUFP Board of Directors and our minister, Rev. Paul Langston-Daley, are also working on a separate covenant that indicates how the Board and Minister will work together in shared ministry. This covenant was developed with assistance from Dr. Richard Speck, the JPD District Executive, and reflects the fellowship's behavioral norms and the ministerial expectations of our congregation, as well as Paul's expectations of the Board and congregation. Both the Board and Paul separately made lists of promises to each other. These promises will be drafted into a covenant between the Board and the minister.

Many of the children in our congregation have learned about the importance of covenants. As many of you know, I taught Religious Education (RE) at UUFP for many years. My favorite curriculum is called, Living the Promise. This was a values oriented curriculum that encouraged the children to consider a "covenant of being" – a promise of goodness. We discussed that as members of the human race we have a covenant to be responsible for each other and should not harm each other. We discussed such questions as "What is our part in such a covenant?" and "What would it mean to live responsibly within that vision?"

My husband and I have endeavored to teach our own children to be responsible members in our world community. They are now teenagers, and at times they have reminded us that our words or actions do not reflect the values that we taught them. (Out of the mouths of babes!) It is humbling to hear it from our children, none-the-less important to be reminded that striving towards responsible behavior is a life long process.

I plan to vote for our UUFP Covenant because I want to affirm my promise of good intention to our UU community. I believe that it sets a good example for our children and youth. I also strongly believe that the covenanting process that our congregation is undergoing is an important step in our progress towards a healthier and vital community. I hope that you also will embrace the process and support the new UUFP Covenant.

I close with a quote from the book "Growing a Beloved Community" by Tom Owen-Towle.

*Indeed, what would it take for us to see the holy or the divine in each person with whom we tussle in congregational life? The Hindu salutation namaste roughly translates as "I honor that which is sacred in you, or that place where you and I are one!" Practice saying that to yourself as you greet, engage, and tangle with the folks in your faith community. For a day, a week, for always.*

*Celebrate! Celebrate! Let's All Celebrate!*

The 40th Anniversary is coming up - quicker than you think. People are beginning to coalesce and plan. There was an informal planning session on Saturday September 22, 2007 from 9:00 am to 10:30 am, and there will be another one on October 7th at 1:00 pm. You can attend virtually by calling 218-936-6666 and then enter code 824244 if you can't make it to the Fellowship at either of those times.

Everyone is welcome.

Currently we need volunteers for the following tasks:

- Send notices out to newspapers
- Print out tickets (shall we charge as a fundraiser or should it be free?)
- Find actors to play Founders in play
- Direct Founders play
- Be one of the actors in the Founders play (must be with the Fellowship less than 10 years)
- Gather pictures and scan them in for DVD\*
- Record video interviews with older members\*
- Edit video interviews and create DVD\* (Shall we charge as fundraiser for DVD copies, or should it be free?)
- Gather items of historical significance
- Create nostalgia table (Nostalgia Wall being done by aesthetics committee)
- Decide on food for dinner
- Make arrangements for food (either buy and make or cater)
- Send out invitation letters to event
- Set up phone tree and call people to invite
- Arrange the chairs and stage area
- Plan for stage area lighting
- Plan for stage area sound
- Do the lighting
- Do the sound
- Clean up food and kitchen
- Restore chairs and stage area

The items with an \* require equipment which I can provide to anyone who might be interested in learning how to use a video camera and/or scanner, or learn to make a DVD. No prior knowledge necessary, but some familiarity with using a computer would be helpful. I'll teach whomever would like to attempt these tasks.

Currently we have people doing the following tasks:

- Publish the task report CJ Rhoads
- Send a notice about the event for the newsletter CJ Rhoads
- Make signs and distribute Linda Pallay

- Enter join dates for all members

Judith van Beek

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- Provide information about activity levels
- Decide on the awards and make them
- Solicit acts for talent show
- Write Founders Play
- Write a 40th Anniversary poem
- Gather and Direct an Alumni choir

CJ Rhoads  
 Carla Johnson  
 Cougar (Michael Reddy)  
 Robert Jones  
 Ron Downie  
 Marianne Yarnell



Our Minister, Rev Paul Langston-Daley, looks on as long term member, Gladys Smith adds her water contribution to the communal bowl. The traditional water ceremony is held each year in September. Members of the congregation pool their samples of water from places which have a special meaning for them. This event signifies the beginning of a new year in the Fellowship.



The kids enjoy the beautiful day on the playground. All playground toys and structures were newly cleaned during the “Labor of Love” service on September 2nd. New mulch also made the playground more “kid-friendly”.

## *Thank you!*

The Sunday Service Committee and the Aesthetics Committee would like to extend a huge 'Thank you' to everyone who showed up for the “Labor of Love” service. I was personally disappointed to not be able to participate in that service due to moving. When I finally caught up with Lynn Medley and Rev. Paul, I was touched and honored at how many people showed up, how much work got done, how enthusiastic everyone was and how much time all of you spent sprucing up our building and grounds. Thank you so very much. Your efforts are welcome and appreciated.

Stefanie Fulwood  
 Programs - Sunday Service Committee Chair  
 Aesthetics Committee Chair

## *Transition Team*

The Transition Team has had several meetings over the summer. We have recognized a need to examine our role at UUFP and thus we are currently in a state of transition. In previous years we set forth as directed from the Board of Directors to develop a plan to help UUFP function more efficiently and purposely. Our congregation is now on a new path with our new governance model which effects how all of UUFP is run. The committee structure and the crafting of our behavioral covenant (congregational vote on October 14<sup>th</sup>) are some of the first steps we have taken toward this goal.

Now it may be time for the Transition Team to change. We will keep you posted as we consider the purpose and need for the Transition Team for this year. As always if you have any questions of us please do not hesitate to contact any Transition Team member: Mary Alsayegh, Carla Johnson, Rev. Paul Langston-Daley, and myself-Linda Pallay.

*Fridden (peace in German),*

*Linda*

## *Sunday Service Committee*

Sunday Service Committee has taken it's first steps along the joint path with Rev. Paul. We've begun our work together in a collaborative process. It opens some exciting doors for us because Rev. Paul is going to challenge all of us who produce Sunday morning services to grow so that we can provide services that better meet your spiritual needs. I'm personally very excited by the opportunities for growth that are being laid before me. In the short time Rev. Paul and I have worked together, I have grown to trust him and the direction in which he is guiding us. I don't say this often, but I have faith.

One of the suggestions Rev. Paul has made that Sunday Service Committee has embraced is a theme for the services this year. We are focusing on Community Building. That doesn't mean every single service is going to be on this theme, but we will work hard at pulling some part of all of our services around to this theme, expanding our understanding of what it means to build community together. We look forward to your joining us on our incredible journey this year.

Bright blessings,

Stefanie Fulwood

Programs - Sunday Service Committee Chair

## *Women's Group*

October 11 at 7 PM the Women's Group will meet in the lounge at UUFP. We will continue the study of "Rise Up and Call Her Name, A Woman-honoring Journey Into Global Earth-based Spiritualities", by Elizabeth Fisher. This program provides a unique format for learning about goddesses from a variety of traditions, hearing and telling personal stories, creating sacred art, participating in rituals, talking about important questions in feminist spirituality, and engaging in personal discovery.

Goals of the program:

To bring awareness of the processes of nature into contemporary spiritual life;

To nurture self-respect in women and respect for women in men;

To expand appreciation of and respect for Earth-based spiritual traditions and the earth-honoring aspects of other religious belief systems;

To open doors to cross-cultural interaction and foster respect for diversity .

Please consider joining us for reflection, community, discussion and spirituality. Remember to bring a journal to each session. Also bring 3 things that have special meaning to you that represent different parts of your life. Wrap them in a cloth that also has special meaning to you.

Linda

# UUFV COVENANT

Version for vote October 2007

*In the pursuit of truth, and in the spirit of justice,  
we unite in compassionate fellowship and service.*

With the UU Principles as our guide, we covenant to:

- Uphold a nurturing community where all are welcome in the search for intellectual stimulation and spiritual nourishment
- Presume good intentions, even in times of conflict, and go beyond tolerance to understanding
- Consider carefully the potential results of our words and actions, behaving with kindness and respect towards others
- Enrich our liberal religious community by encouraging diversity among our members and exemplifying an open mind within the larger community
- Cultivate the health of the congregation through shared ministry, giving cheerfully of ourselves as we are able, to the tasks we choose together
- Support one another in all phases of life
- Nurture the growth and education of our children who are an integral part of our community
- Have faith in our chosen leadership and be supportive of them in their efforts
- Honor our collective space by respecting the sanctity of our building and grounds, and the gifts contained within

*There will be a congregational vote on this version of the covenant  
October 14<sup>th</sup>, 2007 at 11:30, following the service*

## **Important email contacts:**

Minister@uupottstown.org – Rev Paul Langston-Daley

President@uupottstown.org – Mary Alsayegh

PastPresident@uupottstown.org – Carla Johnson

BoardSecretary@uupottstown.org – Linda Pallay

CommitteeCouncil@uupottstown.org – Stef Fulwood

Office@uupottstown.org – Albert Jenkin

Mailings@UUPottstown.org-Judith Van Beek

Newsletter@uupottstown.org – Kay Price

UUAction@uupottstown.org - Carla Johnson

Programs@uupottstown.org – Stefanie Fulwood

MemberServices@uupottstown.org- Kay Price

Facilities@uupottstown.org – Matthew Molyneux

Communications@uupottstown.org – Cougar

Rentals@uupottstown.org –Stefanie Fulwood

RE@uupottstown.org - Jeanne Bautista

Finance@uupottstown.org - CJ Rhoads at UUFV

Stewardship@uupottstown.org - CJ Rhoads at UUFV

PeacefulResolutions@uupottstown.org— CJ Rhoads

Transition@uupottstown.org - Linda Pallay

Webmaster@uupottstown.org – Bob Gross



## *This I now believe...confessions of an admitted flip-flopper.*

“A journey of a 1000 miles starts with a single step” Lao Tse tells us. My 72 year journey began when I took my first baby steps in Pottstown in 1935. For my first 14 years I obeyed Mom and Dad and I was baptized at 10 into the Jehovah’s Witness faith. They believed the Bible in its most rigid interpretation. God inspired, the Bible is their only truth and may never be questioned. With brother Andy and Mom and Dad we attended endless Bible studies at The Kingdom Hall and witnessed door to door placing the “Watchtower” and “Awake” magazine in the hands of any willing person. Extreme beliefs were burned into my young mind.

Teenage peer pressure began drawing me away from the Witnesses and, coupled with Dad’s more frequent desire for alcohol, allowed me an easier breakaway. An eventful next ten years transpired: high school, Penn State, big-time football, dropped out, got married, two children, divorce, back to State for a semester.

All the English courses were filled except for “Old Testament as Literature”, which I enrolled in. Finally, after ten inactive years, a new slant on the nature of the Bible awakened within me. I began to learn this text was a construct for man. It was cobbled together by a very small number of the learned who realized it could be used as a tool to control the masses. Faith became the yoke of bondage while belief systems became its chain. Sadly, it still works today.

Connie married me in 1964 and we produced three children. By this time Dad had overcome his demons and become a leader in AA. He showed me an ad in the Philadelphia Bulletin, “You may be a U.U. and don’t know it.” He started attending the Mainline U.U. church in Devon and I accompanied him often.

Social justice, science, thoughtful introspection, Emerson, Whitman and Thoreau, rather than Bible verses filled the air. The audience was engaged in thoughtful talkback all under the direction of Dr Mason MaGuinis. There my introduction to Humanism took place. Dad, Bob Jones and Charlie (Leyrer) (*sp*) started the Pottstown U.U. Fellowship in 1967 with the Mainline U.U. as our sponsor.

My new family, my work, and my involvement in the community kept me away from much of the early doings of the fellowship. Connie and I attended when we could. Charlie faded away, Dad died, and Bob Jones, now joined by a diverse but willing group, kept things going. The Grange, the Anvil Studio, and Ted Serle’s challenge to give us the ten acres of land if we would build a church on it, is all now part of our history. I was able to become more active and helped in our construction efforts. My living was made by working and creating a business in the landscape nursery field. Working with and being in nature helped me emerge myself in Humanism. Recently I have renewed my interest in Taoism.

My best thinking used to be done during walking while developing poems in my head. Health problems have reduced my walking and the muse has faded away. I now believe at the twilight of my life that man has bankrupted many civilizations with loss of life and treasure; by chasing after deities which are wrapped in faith and surrounded in belief systems.

U.U.’s should know better but we seem to love to be “religion lite” and wish to pander to many of its trappings.

“Peace is the Way” and Nature, where less is more, must be the model.

Ronald C. Downie

## Who's Who at the UUF

**Minister:** Rev Paul Langston-Daley

### **Board of Directors:**

**President:** Mary Alsayegh

**Past President:** Carla Johnson

**President Elect:** Vacant

**Board Secretary:** Linda Pally

**Finance Secretary:** CJ Rhoads

**Board Member:** Lynn Medley

**Board Member:** Bob Gross

### **Committees:**

**Committee Council Chair:** Stefanie Fulwood

**Transition Team:** Linda Pally

**Peaceful Resolutions:** CJ Rhoads

### **Stewardship:**

Chair: CJ Rhoads

Treasurer: Albert Jenkin

Fundraising: Vacant

### **UUAction:**

Chair: Carla Johnson

Welcoming Congregation: Don Davis

### **Programs:**

Chair: Stefanie Fulwood

Sunday Service: Stefanie Fulwood

Choir: Marianne Yarnall

Women's Group: Linda Pally

Chautauqua Team: Cougar

### **Member Services:**

Membership: Kay Price

Caring: Ruth Daly

Greeters: Judith Van Beek

### **Facilities:**

Chair: Matthew Molyneux

Building and Grounds: Matthew Molyneux

Aesthetics: Stefanie Fulwood

Gardens: Dorothea Hamlin

### **Communications:**

Chair: Vacant

Newsletter: Kay Price

Website Updates: Bob Gross

### **Social Life:**

Chair: Vacant

Sunday Coffee Teams: Judith Van Beek

### **Religious Education:**

Chair: Lynn Medley

### **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**

## *Meditation Moments...*

*Each moment becomes an expression of the consciousness established earlier -  
where intention goes, energy flows.*

- Margaret Watson

Come join us for meditation the first Tuesday of the month  
in Fellowship Hall from 7pm - 8:30pm.

No experience is necessary, just a desire to take some quiet time for centering and  
development of inner calmness.

*Any questions, please call Sally Martin 610-323-3067*

# October 2007

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Meditation with Sally: 7-8:30 Membership Mtg: 7:00	3	4 Yoga: 7:00	5	6
7 Choir: 8:30 Service: 10:00	8 Interfaith Fast: Day for Peace and Justice	9	10	11 Yoga: 7:00 Women's Group: 7:00	12 JPD Women Annual Retreat Oct 12-14	13 and Religion Retreat
14 Choir: 8:30 Service: 10:00 Cong Mtg: 11:30 Chi Gong:TBA	15 Board Mtg: 7:00 Deadline for Sojourner	16	17	18 Yoga: 7:00	19	20
21 Choir: 8:30 Service: 10:00 <i>3rd Sunday Potluck after service</i>	22 Committee on Shared Ministry: 7:00	23	24	25 Yoga: 7:00	26 Set up for Clear day: 12:00 noon	27 * <i>Breakthrough Clear Day: Kimberton Wellness Center: 8-6</i>
28 Choir: 8:30 Service: 10:00	29 UU Action Committee: 7:00	30 Sunday Service Mtg: 7:00	31			* <i>Chautauqua Café' has been canceled for Oct and Nov</i>

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