

October 2011

# The Sojourner

newsletter of the Unitarian-Universalist  
Fellowship of Pottstown

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Pottstown, PA 19465  
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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, October 2, 2011

### 氣 CHI "Life Force"

Speaker/Lay Leader: CJ Rhoads

The Chinese have a concept called "Chi" (or "Qi"), sometimes called "Primordial Chi" which, (Taijiquan and Reiki practitioners are told), can be "borrowed" from the universe and "used" to win fights and heal hurts.

Dr. CJ Rhoads has developed an explanation of this concept of Chi using western terminology and scientific process. She will also explain how she utilizes this universal power to make her life and the lives of those around her better.

## Sunday, October 9, 2011

### Appreciating What Was Here

Speaker/Lay Leader: Mary Ryan

Usually when we think of the great ancient civilizations, we think of Greece and Egypt, but there were some great ones in the Americas when Columbus landed in 1492. Some of the histories go back for more than 3,000 years and their contributions continue to affect our lives and vocabulary today.

We'll talk about some of these and why we need to appreciate the history of what was here.

## Sunday, October 16, 2011

### To Be Announced

Rev Dave Farrington

Please check the website for the following 3 services. As of press time Rev Dave is still in recovery from his recent surgery. Please send your positive, healing thoughts his way.

*3rd Sunday potluck will follow the service.*

Perhaps at our next potluck we can share this blessing from CJ Rhoads' July 3rd service on Mindful Eating:

*This meal is the gift of the whole universe,  
the earth, the sky, and much hard work.*

*May we live in a way that is worthy of this food.*

*May we transform our unskillful states of mind,  
especially that of greed.*

*May we eat only foods that nourish us and prevent  
illness.*

*May we accept this food for the realization  
of the way of understanding and love.*

– Thich Nhat Hanh

## Sunday, October 23, 2011

### To Be Announced

## Sunday, October 31, 2011

### To Be Announced



## *From the Minister's Desk*

The book of Genesis gives us the wonderful saga of Joseph, the youngest and favorite son of Jacob/Israel. This love, symbolized in a coat rich in colors and textures, was the source of envy and hatred among the elder brothers towards their younger sibling.

Nonetheless, fearing for their wellbeing, Jacob sent Joseph to look for his older brothers who had gone to Shechem to graze sheep. But when they espied Joseph joyfully approaching them they resolved to murder him.

Fortunately the eldest son, Reuben, prevailed and in the end they threw Joseph into what the Bible calls a "pit," but which we know was a dry cistern. There they left him to die, although Reuben had a secret plan to save him as a means of currying favor with Jacob. But as fate would have it they encountered a caravan of traders coming from Gilead enroute to Egypt. The brothers saw an opportunity and seized upon it -- retrieving Joseph from the pit they sold him into slavery in Egypt.

As with all the heroic sagas in the Hebrew Bible, we can learn much from Joseph's ordeal. For example, what was Joseph experiencing and thinking in the dark, dank bottom of a pit on the edge of the desert? My guess is that he would likely be feeling a bit like someone in a hospital a long way from home immediately following total hip replacement surgery - a little disoriented, confused, aware of growing pain and increasing discomfort and wondering to himself, "What did I ever do to deserve this?"

His stupor, refined by a few days rest, encourages his captors to commence "therapy," ostensibly to restore him to perfect wellbeing but experienced by himself as exacerbating every pain - physical, emotional and spiritual - of his journey. Leaving Jacob with the hope of pleasing him with the safe return of his elder sons but failing; joyously discovering his brothers only to become their captive and victim; physically hurt and spiritually broken by a precipitous drop into a dark, dank, seemingly bottomless pit -- abandoned to a fate of death by thirst and starvation only to be delivered to a life of slavery in a foreign land.

While I know nothing of what it is like to be a biblical hero, I can now speak with some authority about having hip replacement surgery and subsequent therapy. To the uninitiated both can be somewhat of a surprise. I had no idea, for example, how traumatic it is to replace a major joint. Of course it makes sense when one thinks about disturbing muscle, tendons, cartilage and the like in order to replace a substantial piece of bone with man-made materials. It leaves a scar more than a foot in length and requires a healing process requiring weeks of time and countless pain medications.

The pain is very real. One does not get to be a senior without knowing pain. But I never experienced pain of this magnitude. And while narcotic drugs greatly reduce its effects, it is always present and becomes very tiring. Physical and occupational therapy exacerbate it. The former is essential to restoring normal function of the affected joint and limb while the latter teaches how to compensate for temporary losses and re-learn basic living skills - getting bathed and dressed, preparing meals, doing laundry and the like.

But healing entails more than the body. It is also a function of the Spirit. Properly nourished the Spirit is a balm to the weak, aching body enabling healing from within as medicine does from without. It is part and parcel of the miracle of life. It is some of the stuff I understand Jon Dreazen alluded to so eloquently in his sermon *Cancer, Death and Faith*. It is the stuff generated when one who is suffering through recovery receives personal notes, some with hugs and kisses, from caring others. Others come in the form of cards, flowers, emails, instant messages, phone calls and visits.

The caravan that bought Joseph and sold him into slavery in Egypt was coming from a place famed for its aromatic and curative oils - Gilead. Centuries after Joseph's ordeal the prophet Jeremiah would ask,

# President's Message

Our September Labor of Love was truly a lot of labor and performed by members/friends of UUFP with a lot of love! Walls were painted, windows were cleaned, the kitchen got a thorough clean up and clean out, the bees' nest is gone, the gardens were weeded, lawn was mowed and our yard sale items were removed! Wow. Thank you all for pitching in for the beautification of UUFP!

Our In-Gathering and Peace service on 9-11 brought us together for a day of renewal and remembrance. The In-Gathering brought us together in remembrance and with stories of summer fun while the Peace service reminded us not only of our vulnerability but also of our resolve to pull together in support and to move on in the spirit of community and love.

As we move further into our church year we are preparing for our leadership retreat on Saturday October 22. We will meet in the social room. This year a portion of the meeting is for all of UUFP. The Board and Committee Council chair persons will meet from 10-11:30 AM, at 11:45 all of UUFP is invited to join us for the next portion for community building and a fun audio on governance. The audio is both enlightening and funny. At 1:00 we will dine together with a potluck lunch. Please bring your favorite dish to share. At 2 PM the board will hold its regular monthly meeting. Please set aside this time for UUFP as we work together for growth and community.

**Come into this circle of community. Come into this sacred space.**

Come into this circle of community. Come into this sacred space.

Be not tentative. Bring your whole self!

Bring the joy that makes your heart sing.

Bring your kindness and your compassion.

Bring also your sorrow, your pain.

Bring your brokenness and your disappointments.

Spirit of love and mystery; help us to recognize the spark of the divine that resides within each of us.

May we know the joy of wholeness.

May we know the joy of being together.

—Source: Original

*Linda*

Cont... "Is there no balm in Gilead?" Are we alone in our suffering and pain?

Your many heartfelt communications assured me, as the God of the ancient Hebrews once assured the chosen people Israel in exile - if you are loved and have faith, you can never be alone. Your suffering is mitigated and your healing assured.

Thank you for your messages of love and caring - you are my balm in Gilead.

Blessings,

*Dave*



## *Religious Education*

The teen religious education classes got off to a lively start this year in September, when we discussed the topic of maintaining balance, both in our personal lives and in the larger Unitarian Universalist (UU) context. In October, we will complete our discussion of balance between the contributions of Unitarianism and Universalism, both at our Fellowship and also within the UU denomination as a whole. We will also begin a general discussion of ethics, in light of our UU Seven Principles. This is a preface to Dr. Jon Dreazen's discussion of medical ethics with the teens in their November class. *Teens meet on the second Sunday of each month and are always encouraged to bring their friends as guests.*

Due to low enrollment in the kindergarten to sixth grade age group, we are currently holding religious education classes for these children only one Sunday per month. We have volunteers to cover November, December, January, February, March and, tentatively, May, but we still need volunteers to contribute one hour of time for the October and April classes. If you are able to do so, please contact either Deni Gross or our President, Linda Pallay. For this age group, a curriculum is provided for volunteer teachers to follow. Should enrollment in the K-6 group increase, we will adjust the number of classes offered each month.

Religious education classes begin at 9:30 and end in time for participants to attend services at 10:30. Further information about activities is always available on the bulletin board in the hallway leading to the classrooms. To volunteer your time or for questions or concerns about anything related to the Religious Education program at our Fellowship, please e-mail Deni Gross at [RE@uupotstown.org](mailto:RE@uupotstown.org).

*Deni*



## *Thanks !!*

A great big thank you to all of our dedicated members and friends who worked so hard on Sunday, September 4th. It is safe to say that even though we all worked long and hard we enjoyed each other's company while accomplishing quite a bit.

The Labor of Love Crew

Several people are missing from this picture due to welcoming visitors and being busy elsewhere. Know that we appreciate your efforts. (And next time we'll try to gather EVERYBODY for the photo.)

Much was accomplished and the UUFP is in tip top shape for an upcoming year of fellowship and festivities!

# GETTING TO KNOW UU

## Frances Provost



It could be said that Frances Provost's religious life began auspiciously with her baptism by none other than Norman Vincent Peale in the Collegiate Marble Church in New York City. Her parents raised her as a Lutheran but by the time she entered college, she was ready to determine her own religious path. So Francis went to the college library and read up on the world's religions. The two spiritual paths that appealed most to her were Unitarianism and Buddhism. She visited both kinds of services, found each of them agreeable, and has practiced both ever since.

Frances was born in Manhattan. She grew up, was educated, and worked in New York City and New Jersey. She has also lived in Wisconsin and Illinois where she was a member of the Appleton UU Church and the Woodstock Congregational UU Church, respectively. Having recently relocated from Illinois to Pottstown in order to be close to her two daughters, she searched the UUA's website for a list of area UU churches. She visited each and, much to our delight and good fortune, felt most comfortable here.

Frances is an active member of the Building and Grounds Committee and also offers her expertise by assisting our Treasurer. She contributed her time, energy and skills in construction work by helping out with the recent renovation project of The new Pottstown Cluster building. One of her first much appreciated projects at our Fellowship was to replace the broken window on the side of our building. She also regularly attends our Simply Sitting meditations on Monday evenings.

Frances earned a Bachelor of Science degree in Education from NYU and studied industrial design at Parsons School of Design. Currently retired, she has worked in the lighting industry and as a draftsman. Her favorite pastimes are activities at the Fellowship and at a local gun club where she frequently participates in target practice events, which she refers to as "Long Range Paper Punching." She also is a book collector though she says that most of her collection is still in boxes - waiting to be unpacked from her move.

Welcome, Frances, to our Fellowship! We're glad to be able to offer you both Unitarian Universalist and Buddhist elements in our community to support you on the spiritual journey you began when you were young. We're grateful for the many ways that you've already contributed to our fellowship and look forward to sharing time with you in the future.

*-- Miranda Van Horn*



## Coffee, Coffee, Coffee...

**Curl up with a cup of wonderful coffee, chocolate, and a good read!**

*On Sale Now!!*

Breakfast Blend , Hazelnut Crème, and Organic Love Buzz. Love Buzz is a blend of Full City and French Roasts. It's dark and velvety smooth. Delicious!

Visit the Book Sale and the Coffee Kiosk on Sunday mornings to buy fairly traded, organic coffee, chocolate products and books that your UU friends have enjoyed.

Book donations welcome  
at the Coffee Kiosk.

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



## *EMAIL DELIVERY OF THE SOJOURNER*

We are now delivering the monthly UUPF Sojourner directly to your inbox.

In order to get the news out about what's happening at UUPF in a more timely and efficient manner we are now trying this new delivery system.

Paper copies will still be available at the fellowship to pick up on the last Sunday of each month and those of you who do not have email will still receive a hard copy.

Let us know how you feel about our new delivery method by emailing to [newsletter@uupottstown.org](mailto:newsletter@uupottstown.org) or speak to Kay Price at the fellowship.



## *Redner's Save-A-Tapes*

Remember to save your register tapes if you shop at Redner's. The fellowship collects a profit of 1% of the total accumulated from the tapes.

In order to qualify for this program you must sign up for a "Pump Perks" card, (this process takes about 2 minutes.) which also helps to save you money on gas. Each time you purchase groceries at Redner's be sure to use your "Pump Perks" card.

Then place your register receipts in the White Redner's box located in the fellowship room. Peggy Jones will collect the receipts, add up the total amount spent and turn in the receipts for cash.



## *Meditation Moment...*

*The most precious gift we can offer others is our presence.*

*When mindfulness embraces those we love, they will bloom like flowers.*

-Thich Nhat Hanh

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

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

Compassion  
A Labyrinth Walk  
Friday Evening, November 11, 2011

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

Rumi

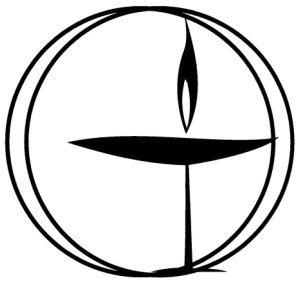
At the Unitarian Universalist Fellowship of  
Pottstown,  
1565, South Keim Street, Pottstown, PA 19465  
Between 5:00pm - 8:00pm  
Last walker at 7:40pm

For this indoor labyrinth walk we will enjoy:

- ❖ Gentle live Lyre music played and improvised by Kerry Lee, with occasional recorded music
- ❖ Complimentary Reiki
- ❖ 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



# UUF Calendar

## October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Choir 8:30 Adult & Ch RE: 9:30 Service:10:30	3 Meditation 7:30 <i>1st Monday Intro to Meditation</i>	4	5	6 Yoga 7:00	7	8
9 Choir 8:30 Adult & Ch RE: 9:30 Service:10:30	10 Meditation 7:30	11	12	13 Yoga 7:00	14	15  <i>Sojourner Deadline</i>
16 Choir 8:30 Adult & Ch RE: 9:30 Service:10:30 <i>3rd Sunday Potluck: 11:30</i>	17 Meditation 7:30	18	19	20 Yoga 7:00	21	22 <b>UUF Retreat</b> Com Council 10:00 AM Congregation 11:45 PM BOD 2:00 PM
23 Choir 8:30 Adult & Ch RE: 9:30 Service:10:30	24 Meditation 7:30	25	26	27 Yoga 7:00	28	29
30 Choir 8:30 Adult & Ch RE: 9:30 Service:10:30	31 Meditation 7:30					

## 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.*