



August 2008

The Sojourner

newsletter of the **Unitarian- Universalist
Fellowship of Pottstown**

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Pottstown, PA 19465
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Sunday August 3, 2008

Words and Human Beings

Planned by Bob Jones

The use of words, linking one word to another to form a sentence, thought or opinion can reveal a lot about ourselves. (philosophy, religion, prejudices, things we love, etc) A certain word in our phraseology may turn the listener on or off. In the use of words, we can make or lose friends. A fascinating subject, which we are all involved in.

We ask you to think of four words which, expressed, turn you "on" and four which turn you "off".

Expect the diverse elements in the service we are noted for.

Sunday, August 10, 2008

Mind, Body and Spirit

Lay Leader/Speaker: Emily Quarles-Mowrer

The relationship between our physical selves and our mental worlds is the focus of many world religions. Some religions see a distinct separation between the body and the spirit. Other religions take a more integrated approach.

In her book Anatomy of the Spirit, Caroline Myss examines the ways in which emotional and spiritual stress can manifest as illnesses. Together we will explore the ways in which our thoughts influence our physical well-being.

Sunday, August 17, 2008

The Braucherei Tradition of Healing and Spirituality

Jesse Tobin from the Three Sisters Center

Please join Jesse as she discusses the history and evolution of the tradition of Braucherei, a

Pennsylvania German form of healing.

Jesse will focus on the spiritual beliefs held by most Brauchers and how Braucherei finds its roots in more ancient cultures. She will discuss how these ancient philosophies are blended and keep themselves side by side with Protestant culture.

Third Sunday potluck will follow the service.

Sunday, August 24, 2008

Homo Sum

Rev Paul Langston-Daley

Humanism is probably as old as humanity itself. In the 21st century, it denies the existence of a supernatural force. There has always been the component that humanity has the tools to save itself, and this element has been emphasized in modern humanist thinking. It is the belief that humans are inherently good and motivated by that goodness to work for the good of all life.

Today we explore the role of Humanism and the Humanist movement in UUism.

Sunday, August 31, 2008

Labor of Love

Sunday Service and Aesthetics Committee

While Labor Day is, historically, a day to celebrate the Labor Movement in the United States, or as a day of rest from our ongoing labors, it is also there to remind us of the labor that we give to our workplace, our home, our families, our friends and...our church. Join fellow members and friends as we work together to "clean house" and prepare for a new season at our fellowship.

Food will be served afterwards so that we may celebrate our labors together.

President's Message

It's been quite a busy summer so far at the UUFP. I would like to give you an update on Board related activities as well as share my experience at General Assembly with you.

Board Activities:

The Board has begun planning and taking steps for some of the activities required for our growth initiative: full-time Ministry, securing a loan for \$35K, filling positions for two Religious Education teachers, hiring a part-time Administrator, and applying for a Chalice Lighter Grant.

On July 19th the Board members and our minister, Rev. Paul Langston-Daley, had a productive leadership retreat. The retreat began with a reading of our Board covenant and an overview of the purpose and responsibility of the Board. Since new Board members were in attendance, Board training continued with a review of the UUFP Annual Planning Cycle and schedule that outlined the major planning activities for the year. We also reviewed the UUFP policies and our bylaws.

The Board then focused on setting goals for the year that are based on our Vision and Mission statements with an emphasis on growth.

We began with the five goals established earlier this year by our congregation:

- Implement Governance structure for the Board and Committee Council
- Implement Behavior Covenant,
- Integrate Mission and Vision
- Build a healthy congregation
- Improve Stewardship

Based on these five general goals, the Board established objectives and tasks for each of the five goals that are SMART: Specific, Measurable, Attainable, Realistic, and Tangible. The Committee Council will also be developing plans and steps necessary to accomplish these goals.

The Committee on Shared Ministry task force is in the process of developing a "bridge" governance structure until the UUFP is large enough to support the current structure. The Board requested and received approval at our June Congregational meeting to extend the suspension of the congregational bylaws related to Board and Committee structure for this fiscal year. At our Board retreat, a task force was created to modify the UUFP bylaws this year. As work progresses on this effort, congregational meetings will be held.

General Assembly (GA):

Carla Johnson, Marianne Yarnall, and I attended GA at Fort Lauderdale at the end of June. GA is the annual meeting of the Unitarian Universalist Association of Congregations, and it brings together an eclectic host of presenters, performers, and lecturers with hundreds of scheduled workshops and events. I came away enthused about the larger organization of which we at UUFP are a part.

It was inspirational to see the good work being done by some of our fellow congregations toward the same challenges and issues that we face at the UUFP. In particular, it was heartening to see the presentations at GA from four breakthrough congregations. These congregations were selected by the UUA based on their outstanding congregational practices.

They exhibit many of the following attributes:

- Excellence in worship
- A strong family ministry
- Radically hospitable
- Growth in membership and has navigated a size transition
- Fair share with UUA and the district

continued.....

One minister from a breakthrough congregation stated that the first step was to have the congregation develop a Covenant of Good Relations that describes how members should work with each other, with the staff and with the minister. (Yes, UUFP did that already!) He said that the process of creating this covenant was the beginning of the development of an attitude of trust in their UU community. Rev. Morehouse emphasized the importance of having a mission, a vision and a strategic plan. (Sound familiar?) He indicated that their strategic plan is reviewed annually; and he said, "If you don't have a strategic plan, you're not going to grow; you're not going to get there if you don't know where you're going."

The breakthrough congregations achieved significant growth and vitality through hard work, collaboration, and a willingness to take a leap of faith to achieve goals. I would encourage our congregation to watch the DVDs prepared by these congregations, and answer the following questions:

1. What is similar about our congregation?
2. What are the common themes that emerge from these congregations?
3. What are the challenges that we face in being able to break through in our growth?
4. What are the opportunities before us and how can we capitalize on them?

Carla and I attended Unitarian Universalist (UU) University, which was held the day before the start of General Assembly. Reverend Nick Carter, President of Andover Newton Theological Seminary, delivered the keynote address and spoke about "Ministry in the Borderlands" and the skills we need to be effective in working together with people of different faiths and cultures. Rev. Carter ended his message by telling participants not to worry that they might not be the people who can make a difference. He said, "You are called to make the world a better place, and you have assets...The gift of faith is to know that you can do it!"

I also attended a special session at GA devoted to congregation presidents. Gini Courter, UUA Moderator, and Rev. William G. Sinkford, UUA President met with about 250 Unitarian Universalist congregation presidents at GA. They responded to questions on a variety of topics, including the UUA's national marketing and outreach campaign, initiatives at the congregational, district, and national level which might be more 'green' and cost-effective, and how to encourage deeper connection among our Association of Congregations.

I could continue to expound the virtues of GA, but I would encourage all of you to check out some of the events and workshops yourself at <http://www.uua.org/events/generalassembly/>. Many of the GA events and workshops were recorded.

The most important message I received from attending GA is to realize the benefit of being part of a larger organization. Gini Courter said, "The faith that we belong to has over 1,000 congregations. We get tradition, history, future, public witness..." After attending GA, I now understand that "us" is more than just those who enter our door on Sunday morning.

I will end with the closing remarks from UUA President, Rev. William Sinkford, at Plenary II. "Remember, we are pilgrims on a journey, but we do not travel alone. We have our Unitarian Universalist faith and our faith in one another. Ours is a theology of hope. 'Give them not hell, but hope and courage,' wrote John Murray, our Universalist forebear. We will need both hope and courage in the coming months. We need not despair. Our spirits **can** be nurtured. We **can** help heal our world. Fear need not win the day. Love **can** prevail. Love **will** prevail."

In Faith,

Mary

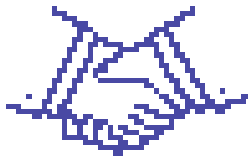
Membership Committee

Hi all! I hope your Summer is going well. The Membership Committee is very busy making our dream come true of doubling our membership rolls.

We have two projects we need your help with:

Greeting on Sunday Mornings
and the UUFP Phone Tree.

Starting in September we need to have two Greeters at the Front Door on Sunday Mornings. We need this team/duo to have at least a "long-time" UUFP attendee to answer questions and give a brief tour of the Fellowship and the other Greeter to sign visitors in and hand out the Order of Service. If you are interested in becoming part of this team, please sign up on the clipboard by the Kitchen or see Judith van Beek.



Our other project is updating our phone chain. Please see Jenn Mossholder to update your information and make sure you are included on the chain so we can create an updated one and distribute it to all of you! This is a great system for letting you know of emergencies (closures due to weather, etc.) or even really good news!

Our next meeting is scheduled for
August 5 at 7:00 pm.

All are welcome to attend
without commitment!

Jennifer Mossholder,
Membership Chair
jenn@mossholder.com

Women's Group

The Women's Group is taking a break for the summer. We've ended our session for the year 2007-08 and will begin a new session for 2008-09 in the Fall. Please look for information in the September Sojourner and on the Sojourner calendar for the new start up date.

We've had a great year studying the African Goddesses from the "Rise Up and Call Her Name" curricula and with fundraising activities for the UUFP auction in May. We also celebrated the Women's Group and its members in January with a Chinese dinner.

The Women's Group originally started approximately 4 or 5 years ago and has always been open to new members. Our doors are never closed. Please consider joining us this Fall as we explore the many facets of spirituality from the feminine prospective.

One of the Goddesses studied this past year was Yemaya:



"Yemaya, the Yoruba Mother of the Sea, mother of all life because the sea is the source of all life, is said to have seven aspects with various characteristics. The first time she walked on earth, fountains that later became rivers sprang up wherever she set foot.

Sea shells, through which the priestesses and priests could hear the voice of the universe, were among her first gifts to the people. She is wearing an 18th century Ijebu armlet with a fish-legged figure". From the website **Ra-Hoor-Khuit Network**

The Women's Group hopes all UUFP members and friends are having a great summer and look forward to seeing you as your journey brings you to UUFP each Sunday.

Linda Pallay (chair), and Bonnie Donohue, Lisa Schneider, Lisa Kuhlman



News from the Nursery

Sunday Service Committee and Religious Education Committee would like to welcome Lisa Prescott to our Nursery. Lisa is a former UUFP member who lives in Boyertown. She and her husband, Richard, have two children, Isaac and Alana. She is working for us part-time while she runs her own business out of her home.

Lynn and Stefanie feel very lucky that Lisa has agreed to staff our Nursery, which also sees to the safety of our older children during the summer months. Lisa's understanding and support of the seven principals, as well as her down-to-earth approach to children are assets to our youth at the UUFP. We're very lucky to have her. Welcome Lisa!

We also have Victoria Capon assisting us this summer on a fill-in basis. Victoria Capon has a Masters in Education and is currently working as an Art Teacher. She brings a lot of experience with children of all ages to our Fellowship. Both of these amazing women bring a lot of fresh, new ideas to our nursery program. Please take a moment to welcome them to UUFP if you haven't already.

Stefanie Fulwood
Sunday Services Chair

Support the Fellowship while you shop!



Giant gift cards are for sale after the service each Sunday. When you buy your groceries or gasoline with the gift card, 5% of your total purchase benefits the UUFP.

See Albert Jenkin if you would like to buy a gift card. It's an easy way to contribute to the financial well-being of the fellowship.

Our Gardens...



Marigolds, Zinnias, & Portulacas have been planted - somewhat late but with all of the sun, hot weather and rain, they are growing nicely. With advice from the Penn State Cooperative Extension we have been working on eradicating the thistle in our flower beds. However, we have been warned that we will probably have thistle problems from now on !!!

Also, if anyone has any ideas for ridding us of the little animals making holes in our dianthus, please let me know.

Thanks!

Dorothea Hamlin
Gardens Chair



Meditation Moments...

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



UUFP Calendar

August 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Choir: 8:30 Service: 10:00	4	5 Membership Mtg: 7:00	6	7 Yoga: 7:00	8	9
10 Choir: 8:30 Service: 10:00	11 Board of Directors Mtg: 6:30	12	13	14 Yoga: 7:00	15 <i>Sojourner deadline</i>	16
17 Choir: 8:30 Service: 10:00	18 Committee Council Mtg: 6:30	19	20	21 Yoga: 7:00	22	23
24 Choir: 8:30 Service: 10:00	25	26 Sunday Service Mtg: 7:00	27	28 Yoga: 7:00	29	30
31 Choir: 8:30 Service: 10:00						

Who's Who at the UUFP

Minister: Rev Paul Langston-Daley

Board of Directors:

President: Mary Alsayegh

Past President: Carla Johnson

Board Secretary: Linda Pallay

Finance Secretary: Paul Nemeth

Board Member: Lynn Medley

Board Member: Susan Snow

Board Committees:

Committee on Shared Ministry: Carla Johnson

Peaceful Resolutions: CJ Rhoads

Congregational Committees:

Committee Council Chairs:

Rev Paul Langston-Daley, Mary Alsayegh

Stewardship:

Chair: Paul Nemeth

Bookkeeper: Courtney Daley

UUAction:

Chair: Carla Johnson

Worship:

Chair: Stefanie Fulwood

Sunday Service: Stefanie Fulwood

Choir: Marianne Yarnall

Member Services:

Membership: Jenn Mossholder

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: Dorothea Hamlin

Religious Education:

Chair: Lynn Medley

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

Board@uupottstown.org - Board members

Committees@uupottstown.org— Committee Council

Office@uupottstown.org – Courtney Daley

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 – Kay 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**

UNITARIAN UNIVERSALIST
FELLOWSHIP OF
POTTSTOWN

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office@uupottstown.org

Website:

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