



The Sojourner

newsletter of the Unitarian-Universalist

February 2008

Sunday, February 3, 2008

Saying Goodbye With Grace

Rev. Paul Langston-Daley

We know that things in our lives will change. We know that we will experience loss; everyone does. How do we manage those losses? How do we find the courage and strength to move on? Is it possible to let go, to heal, to grow and open oneself to what might come next? How can we say goodbye with grace?

Sunday, February 10, 2008

Our Stories and Storytelling Our Lives

Guest Minister: Rev. Becky Gunn
Lay Leader: Stefanie Fulwood

Myths, folk tales, fire-side stories, our Sunday morning story time with our children - each fill our imaginations and provide paths to understanding and awareness. We will speak of how stories of ourselves and our ancestors, both mythic and real, touch our hearts and souls.

Sunday, February 17, 2008

Balancing Life & Wealth

Lay Leader/Speaker: CJ Rhoads

If you are wealthy, philanthropy makes sense. It's easy for Bill Gates and Warren Buffet to give away billions of dollars. It's not so easy for those watching their debts growing larger, or who are worried about having enough for the future. How do you have peace of mind while giving what you can? CJ has some answers to share.

Third Sunday potluck will follow the service.

Sunday, February 24, 2008

Heeding the Call

Rev. Paul Langston-Daley

Each of us has a purpose in life: a calling. Our calling is what drives us forward, what elicits the "fire in the belly". It feeds our spirit, drives us forward and gives us a sense of wellbeing. How do we recognize that calling? What might it cost us? How do we respond to our calling with integrity?

Second UUFP Town Hall Meeting

Sunday, February 24 at 11:30 a.m.

As part of the continuing process of defining our vision, the Board invites the members and friends of our Fellowship to meet and discuss your vision for the future of this Fellowship. This process will help us define our Mission, clarify our purpose and grow. Our community needs your ideas, thoughts, and support!



From the Minister's Desk

Thank you to all who participated in the Town Hall meeting and Circle Dinners last month. We have begun the first steps in developing a vision- a "five year plan" about who we will become and where we want to go. The Committee on Shared Ministry and I will review your input and try to group these ideas to begin to define our vision.

I remind everyone that we have to decide WHAT we are BEFORE we decide HOW to get there. Many of you have terrific ideas about advertising, outreach and improving our visibility in the community. HOLD THOSE THOUGHTS!!! We will need them in the next phase of this process. First, we need to decide WHAT we are about.

As I said on Sunday at the meeting- If you choose not to participate in the process, that is your choice BUT, that choice precludes you from complaining about where things are going. We are a democratic institution and participation is not just a right, it is a responsibility. All of our members have a voice in this process. Friends too have a voice, but not a vote. Our next Town Hall meeting will be February 24, following the service at 11:30 am (bring a bag lunch). At this meeting we will narrow our focus and define our vision.

I am including the 4 questions I asked at the meeting for those who were not able to attend. I also am including some information about how congregations grow and the different forms of growth. Our vision should be mindful of these different kinds of growth and include some form of them in our final statement. Consider the following for our next town hall meeting: How big do you want to be (numbers)? What kind of Worship and Music inspires you? How large should the religious education program be? What should that program include? What kinds of outreach, community/social action are we, as a Fellowship, interested in?

Questions from the Town Hall Meeting following the service:

1. Why does the church exist?
2. What are we to be as a church? (*Who and what are we?*)
3. What are we to do as a church? (*What does god/spirit of life and love want done in the world*)
4. How are we to do it?

It is important to remember that there are 5 Dimensions of Church growth:

Churches grow warmer through fellowship.

Churches grow deeper through leadership.

Churches grow stronger through worship.

Churches grow broader through ministry/missionary work.

Churches grow larger through evangelism. (*From The Purpose Driven Church by Rick Warren*)

If we can agree on a vision, we can make it happen. Nothing can stop us from building the powerful and loving institution that we can be, except our own doubt and fear. There is potential here. And our message is a saving message. Our values are grounded in religious principles. It is this grounding that gives authority to our beliefs and it is this authority that gives power to our actions. We are not helpless, unless we choose to be.

Together we can make a difference- we can bind our beliefs, our values with one another to create a path of moving light through the darkness. Together our vision widens and our strength is renewed. Together, we can move mountains.

Shanti,

Paul

Rev. Paul Langston-Daley, Minister

President's Message

February is here! The days are gradually growing longer and the sun is shining brighter. The dormancy of winter is coming to an end. The barren trees are stirring deep down in their roots, starting to push the life sustaining sap up towards their outstretched branches, soon to create new buds and leaves for all to enjoy.

February is when our neighbor starts to tap maple trees, collecting sap for processing into maple syrup. The sap starts to flow when the weather is just right. The flow is best when nights are cold and the days are warm. The large differential in the temperature serves to stimulate the tree to produce more sap. Drop by drop, each tree contributes its special sap which is collected regularly. The sap is mostly water; and to make pure maple syrup, the sap needs to be boiled to evaporate some water away. This process requires a lot of time and energy because it takes over 40 gallons of sap to make one gallon of pure maple syrup!

As we at the UUFP move towards spring, we need to reach deep into our own roots for inspiration, and for the ideas upon which we can grow and thrive. We have traditions, and teachings, and we have energy and ideas. Last month at our Town hall meeting, we gathered together and shared our thoughts and vision of what we are to be and do as a church. Once we have a united vision, we will proceed to draft a mission. Let's create an environment that allows everyone to contribute. Let's allow our ideas and vision to bubble into a sweet, pure community. Through discussions and debates, and through the democratic process, we can focus our energies on mapping new paths towards the future...a future that is based on growth and new life in our fellowship.

May we strive to create a Beloved Community that is accepting and inclusive, seeking out diversity and welcoming others. Let us work together towards a shared vision, building a church that will grow and flourish as a light of hope!

UUFP Planning Schedule

February

Develop Individual Committee Plans & Budgets for 2008-2009

March

Board and Committee Council develop UUFP Plan & Budget for 2008-2009

April

Final Plan & Budget for 2008-2009

May

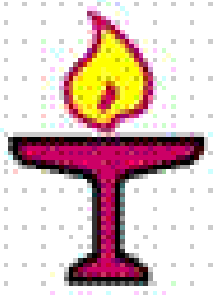
BOD appoint committee chairs for 2008-2009

June

Annual Congregational meeting (elect officers, approve budget)

Religious Education Notes

Family Chalice Lighting:



Love is a circle trying to bend,
Love is pieces trying to mend,
Love is darkness waiting for light,
Love is power and love is might.
Love is a circle, it knows no bounds,
the more you give, the more comes around.
Love is ours alone to give,
it lives in us, it's beautiful.

-from the Song "Love is a Circle" by Phyllis Hiller

CURRICULUM

In February we begin the Fourth UU Principle: **Search for What You Think is True**
(A Free and Responsible Search for Truth and Meaning)

- February 3: "Passing" God Among Us – What Shape Does God Take For You?
- February 10: God Has Many Names
- February 17: Valentine's Day Intergenerational Service
- February 24: People Who Don't Believe in God Believe in Many Ways

EVENTS PAST AND UPCOMING

JANUARY had few formal events at the Fellowship. Nicholas and Conner Fulwood did, however, participate in the taking down of the holiday decorations! Thanks guys!

Pajama Day!

In February we will have an intergenerational Valentine's Day service.



Come dressed in your PJ's on February 17th!

XOXO

Lynn Medley, RE Chair

Drum out the doldrums! Beat away the blahs!

The Facilitators' Circle of the Joseph Priestley District
Women and Religion and the UU Fellowship of Pottstown, PA



invite you and the women of your congregation to

A Drumming Circle for Women on Saturday, March 8, 2008

Join Marcy Francis, Minister of Healing through Music, Movement and Touch
at the Christian Association at Penn, as she and her professional team lead a drumming circle.

10 am to 1 pm on Saturday, March 8, 2008

at the UU Fellowship of Pottstown

1565 S. Keim Street Pottstown, PA 19465

www.uupottstown.org

Bring your sister, daughter or granddaughter over 10 years, a friend or neighbor to join you in learning the rhythms and sounds of the African traditions of drumming and whole-body involvement as a way to shake out unhappiness and suck in the unbridled joy of celebrating life!

Pack a brown bag lunch (drinks and snacks will be provided), wear loose clothes and comfortable shoes and bring your own hand-held rhythm or percussion instrument. If you don't own one, **Marcy will provide instruments** for you to use. Enjoy hours of drumming, dancing, and movement designed to imbue you with a happy, healthy spirit.

Advance registration and payment (mail by Feb 21st)

\$15 per person, \$10 for your guest under 16 years of age

At the door—\$20 for adults, \$15 for 16 and under

Space limits us to 60 participants: sign up and pay now to be sure of a place!

Babysitting will be available for **pre-registrants only!!!**

Send Your check made out to The JPD of the UUA

to Jennifer Mossholder, 110 Ava Circle, Gilbertsville, PA 19525

Questions? Call Jenn at 610-906-1928

The Women's Group

The Women's Group will meet on Valentines Day, February 14th, 7 pm at the Fellowship.

Lisa Schneider will lead the session on making soap with essential oils and fragrances. Soap making is a very peaceful activity and with the camaraderie of the Women's Group members it's a fun and relaxing evening.

We will start with our traditional check-in and then head to the kitchen for soap making.

No need to sign up ahead of time. Just come to UUFJ at 7 pm and meet us in the Nursery/Lounge.

In March we will return to meeting on the first Thursday of the month, March 6th.

New members are always welcome.

Linda

First Friday Movie Night

February 1st at 7 PM at the UUFJ



Amazing Grace

One man's role in the long battle to outlaw slavery in the United Kingdom sets the stage for this historical drama. In 1784, 21-year-old William Wilberforce was elected to the British House of Commons, and soon established himself as a politician with a conscience. Several years later, his close friend William Pitt became prime minister, and together they made a bold plan to introduce a bill banning slavery before the English legislature... and despite Wilberforce's best efforts, his bill went down in defeat... Wilberforce launched a second campaign to persuade England's lawmakers to end the slave trade.

[Amazing Grace](#) made its North American premiere as the closing-night gala attraction at the 2006 Toronto Film Festival.

~ Mark Deming, All Movie Guide

New UU Class

Monday February 4th & Monday Feb 11th
7:00pm-9:00pm at the Fellowship

Interested in learning more about Unitarian Universalism and our Fellowship? Join Rev Paul-Langston-Daley for this two part class.

This class is a requirement for joining the Fellowship, but you need not join if you come.

The first class will survey UU History and hopefully answer any questions you may have about our Association. The second class covers your interests and needs as well as the nuts and bolts of being a member: expectations, Fellowship structure and our democratic process.

We hope you will join us for this exciting class!



Thrift Store

Fashion Show

A good time was had by all as the UUFJ celebrated re-use and re-cycling by holding a thrift-store fashion show. A spaghetti dinner was enjoyed prior to the show. Thanks to Bonnie Donahue, Linda Pally and Gladys Smith for all of their wonderful cooking.

Fashion bargains were shown off by: Ruth Daly, David Donahue, Dorothea Hamlin (in absentia), Albert Jenkin, Carla Johnson, Darcy Mossholder, Jenn Mossholder, Caddy Mossholder, Robin Mossholder, Hayley Mossholder, Kay Price, and Judith van Beek.

For your future purchasing pleasure, fashions were from these stores:

Jessi's Consignment Corner
Pottstown Good Will
Phoenixville Goodwill
Exton GoodWill
Morgantown Re-Uzit
Jake's Flea Market
Zern's Army Surplus



UUFP Calendar

February 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Choir: 8:30 Service: 10:00 Peace Med: 11:30 Pledge drive	4	5 Meditation with Sally: 7-8:30 Membership Mtg: 7:00	6	7 Yoga: 7:00	8	9
10 Choir: 8:30 Service: 10:00 Chi Gong: 11:30	11 Committee Council Mtg: 5:30 BOD Mtg: 6:45	12	13	14 Yoga: 7:00 Women's Group: 7:00 <i>Valentine's</i>  <i>Day</i>	15	16
17 Choir: 8:30 Service: 10:00 Canvasser Training: 12:00	18 Aesthetics Committee Mtg: 5:30 Canvasser Training: 7:00	19	20	21 Yoga: 7:00	22	23 JPD: Music and Worship Arts Conf: 9:00 AM
24 Choir: 8:30 Service: 10:00 Town Hall Mtg: 11:30	25	26 Sunday Service Mtg: 7:00	27	28 Yoga: 7:00	29	



Welcome Kristin!

On behalf of the Sunday Service Committee and the Religious Education Committee, the UUFP would like to give a big, warm welcome to Kristin Appignani, whom we have hired to staff our Nursery.

Kristin was brought to us by Jean Flood and Paul Nemeth and we are very thankful that Rev. Paul thought to ask her if she was interested in the position. She will be here on Sunday mornings from 9:45 am to 11:30 pm in the Nursery. Children who are too young for our RE program may spend an enjoyable Sunday morning with Kristin. She may also be providing childcare at other Fellowship events.

Please take a moment to introduce yourself to her and help us make her feel welcome. If you have any questions or wish to know if she's available to watch the children for an event, please contact Stefanie Fulwood or Lynn Medley.

Stefanie's Contact Info:

phone: 484-769-8392

email: stef@fifthessence.com

Lynn's Contact Info:

phone: 215-527-5903

Friendly's Night



Thanks to all who helped (and ate) at our Friendly's Night on January 15th. We raised \$196 just for eating Dinner! The Fellowship gets 10% of ALL sales from 4pm-9pm. We only have to have someone sit at the door and greet people as they arrive and thank them when they leave.

I hope to have a display put together for better advertising for our next Friendly's Night which is scheduled for June 3rd.

Hope to see you all there!

All About Me

By Kristin Appignani

When I was a child I had a Dr. Seuss book entitled "All About Me". Although I'm sure my parents remember filling in the answers to such questions as "How many doorknobs are in your house?" What I remember most is that it was the first time I thought about my town in detail.

Greenlawn, NY was a great town to me. The firemen had a parade in July followed by a fair. I remember the year I was considered responsible enough to "work" at a booth. It was a huge source of pride, and now I realize a great deal of work for the fireman I was helping.

Wednesdays my Mom would drop me off at a local farm where in exchange for a riding lesson I completed "chores". I felt accomplishment after I'd completed grooming my charges; but it occurs to me as an adult that except for one Shetland pony they probably looked rather shabby from their calves up. Then there was the patient activities director at the park who explained the matter and existence of a petrified tree on the property several different ways, many times.

A lot has changed about me since I was given that Dr Seuss book. I'm a little taller and a lot older. I have a Bachelor of Art Education from Kutztown University, an FBI fingerprint clearance, a criminal clearance, a child abuse clearance, certificates in First Aid, Fire Safety, Infant/Child CPR, Child/Adult CPR, and Fire Safety. I've got memberships to PAYCE, NAYCE, and PACCA. Yet, I believe the patience, guidance, time, and respect given to me by the adults I remember from my childhood are what best qualifies me to be a childcare provider and teacher. I learned from example. I am very lucky in this way; and now I have the opportunity to be an example.

Aesthetics Committee

Taking time to give everyone a brief update on the Aesthetics Committee. Our main priority right now is our Sign Project; the primary focus of which is the main sign. Since it was identified several months ago that our sign is one of the major ways that people find us, it was decided that a new sign with additional drawing power, especially for special events, will be a big benefit to our growth. The committee has redesigned the sign and is in the process of getting estimates and bids to build it. In addition to the main sign, our sign project also encompasses indoor directional signs and additional parking signs outside. The indoor signs that are currently hanging will be put in frames, for a more finished look. The outdoor parking signs will be wood to match the main sign.

Our beautification projects, which included the Labor of Love service and the Hanging of the Greens will probably be expanded to include a spring outdoor project. We'll keep you posted on details as they develop.

In service,
Stefanie Fulwood
Aesthetics Committee

Sunday Service Committee

It's been awhile since I've brought you an update from Sunday Service Committee. The main thing I want to share with you is the very successful Worship Associate Training that was recently held. Rev. Paul met with myself, CJ Rhoads, Marianne Yarnall, Bob Jones, Lynn Medley, Emily Quarles-Mowrer and Carla Johnson in order to give us a consistent foundation for leading worship. It was a very productive training that brought to fruition one of Sunday Service Committee's long term goals.

Aside from that, we've been working hard at building consistent, quality services for the Fellowship. Despite the fact that our committee is much smaller this year than it was last year, we are working hard, cohesively. The working relationship we have developed with Rev. Paul has really benefited our committee and we're thankful for his experience and guidance.

Bright Blessings,
Stefanie Fulwood
Programs Chair



Meditation Moments...

"Oh, I've had my moments, and if I had to do it over again, I'd have more of them. In fact I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day."

-Nadine Stair, eighty-five years old, Louisville, Kentucky

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

Who's Who at the UUF

Minister: Rev Paul Langston-Daley

Board of Directors:

President: Mary Alsayegh

Past President: Carla Johnson

Board Secretary: Linda Pallay

Finance Secretary: CJ Rhoads

Treasurer: Albert Jenkin

Board Member: Lynn Medley

Board Member: Bob Gross

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: 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 Pallay

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

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

Council@uupottstown.org - Comm Council members

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

Rentals@uupottstown.org - Stefanie Fulwood

Finance@uupottstown.org - CJ Rhoads at UUF

Stewardship@uupottstown.org - CJ Rhoads at UUF

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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Email:

office@uupottstown.org

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