

July 2011

The Sojourner

newsletter of the Unitarian-Universalist
Fellowship of Pottstown

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*There will be a 15 minute period of silent meditation before services.
Please enter the sanctuary quietly.*

Sunday, July 3, 2011 **Mindful Eating**

Speaker: Melody Moberg
Lay Leader: Tara Borosen

Mindful eating explores our incredibly intimate relationship with food, and the diverse effects simply paying attention to it has on our physical, social, political and spiritual lives. Melody Moberg ponders these effects, sharing her own growing journey shaped by mindful eating and the exciting possibilities of a spirituality centered around food.

Sunday, July 10, 2011 **NonViolence as a Spiritual Path**

Speakers: Alanna Berger and Blaise Liffick
Silent Witness Peacekeepers Alliance

The more Alanna and Blaise became involved with Silent Witness Peacekeepers, the more they realized they were following in the footsteps of leaders like Gandhi and Rev. Dr. Martin Luther King, Jr.; encouraging people to respond non-violently to spiritual violence. They continue to wrestle with the question, "How DO we respect the inherent worth and dignity of *everyone*?"

Alanna is a long lost cousin of Lisa Jokiel, and Blaise is related to CJ Rhoads!

Sunday, July 17, 2011 **Your Creative Spirit**

Speaker: Christine Burnley
Lay Leader: Lisa Jokiel

The intension of my presentation "Your Creative Spirit" is to enlighten our awareness of the

connections between intelligence, spirituality and imagination. It will focus on both thoughts and deeds of the three most influential geniuses in my experience - Howard Gardner, Julia Cameron, and Edgar Degas.

3rd Sunday potluck will follow the service.

Sunday, July 24, 2011

Hospitality as a Spiritual Practice Part II: From Newcomer to New Member

Rev David Farrington
Lay Leader: Miranda Van Horn

In Part II we'll take a closer look at the mechanics of creating a culture of religious hospitality. If we're successful in saying hello and letting visitors know that they're important, welcome, and appreciated, the next step in growing a healthy congregation is giving the curious a reason to keep coming back. The tie that really binds is a personal connection -- a visceral relationship with the church, its people, its vision and its mission.

Sunday July 31, 2011

A Spark of Freedom in the Muslim World

Lay leader: Carla Johnson

The spark of freedom is spreading throughout the Muslim world. History proves that democracy yields greater peace and prosperity and safeguards the rights of all religious/ethnic minorities and women. We must help institutions that will buttress democracy and serve as a remedy to deficiencies created by dictatorial regimes.

*Join us for a viewing of this lecture given at the June
2011 General Assembly*



From the Minister's Desk

It is summertime. UUs treat the summertime differently, I've discovered, in different regions of the country. In New England the churches simply close. God is to be found in the garden not in church, so why bother going, keeping it open? For ministers, it is a time to both charge the batteries, as it were, and to vacation. These are not the same thing.

The June-whenever to the Sunday after Labor Day is divided into two roughly equal parts – the “reading period” and vacation. The reading period allows us to catch up on new meditation manuals, books and the like and, literally, to meditate and reclaim our own spirituality. The UUA bookstore does a nice job of providing new offerings each summer and those of us who are in the vicinity get to browse to our heart's content. It is a kind of pleasurable marker for the end of one and beginning of another ministerial year.

For vacation my greatest joy is to go to Newfoundland – my mother's home, as the natives would say. Though I was a wee lad when she took me there, I regularly surprise relatives and friends with my recollections. At three and a half it was a wonderland of love and things and places, many of them quite primitive. A recent journey through Amish country brought it to mind. The bucolic countryside and farmers plowing their freshly manured fields with horse-drawn teams was an absolute treat. I tried to be inconspicuous as I pulled to the side of the road to watch one such team – six abreast. I had never seen more than two abreast in Newfoundland and maybe three or four elsewhere. I loved the “buggies” but worried about the horses drawing them at a spirited trot on hard pavement. Not good practice, I should think, for their delicate leg joints. I saw several signs advertising puppies for sale bringing to mind stories I have heard locally about puppy mills and wondered if we shouldn't have a Golden Rule for domesticated animals who serve us so nobly, consistently and well.

So for me, and perhaps for you, summer offers an alternative to the offerings and practices of the rest of the year – a chance to get away and come back again, renewed and refreshed. I will indeed make my annual trek to the UUA bookstore and park in the Boston Common underground garage. I may walk across the Common to the Boston Gardens where, in these days years ago, I took my daughter for our annual ride on the iconic swan boats.

But this year will be a little different from recent others. I will not be going to Newfoundland but rather the VA hospital in Philly for hip replacement surgery. It seems both ball and socket joints have had better days and need an upgrade. The preliminaries will be finished by the middle of July and hopefully surgery will be scheduled soon after that. I'm trying to arrange it so that the impact on the church year will be minimal, if any at all. I'm planning on doing one hip this year and the other next.

During my absence the Reverend Bryant Brown of the Thomas Paine Fellowship has generously offered to provide coverage in the event of an emergency or urgent need. I will provide the President with my schedule and Bryant's information so she can be contacted in my stead should that becomes necessary. As I can barely live without electronics, I will continue to monitor my emails and the goings on at the church and in the larger world.

So, have a great summer. Enjoy the break. Share with me the joys of recharging your batteries, refreshing your view, looking for God in your garden and, perhaps, saying a little prayer for your Minister when you hear he's gone to Philly.

Blessings,

Dave

610-850-3728/dfarrington@uuma.org

President's Message

It has been a pleasure working with all of you at UUFPP with the various roles that we have taken on over the years. We've all worn different hats and this year I will step in to the president's role and graciously ask your blessings as well as patience as I get used to my new UUFPP job. I'm hoping it will be an exciting year for all of us as we relax and reflect over the summer to prepare for the start of our new year this September. I know many of you will work tirelessly over the summer at UUFPP and for this I am especially grateful. Your generous spirits are what keep us all going at UUFPP and the joy of seeing "whose here this week" as we venture in each Sunday keeps us coming back for more friendship, community and fellowship.

For those who will be taking on new roles this year I hope that you feel as I do that it is a privilege and a joy to dig in and work together at UUFPP. For those of you who are leaving a familiar post we thank you, from the bottom of our hearts, for your work throughout the years. We have learned from your example, of your willingness to give of yourself to the many ambitions of UUFPP. I hope you have had fun along the way and I trust you have gotten to know each other better in the process.

Thank you all for a wonderful year!

So now we start into the fiscal year 2011-2012 on July 1st!

For those of you who are looking for a place to spread your wings we have many offerings available for you to sink your teeth into:

Facilities entrusted with the care of our wonderful building and grounds, **Hospitality** through **our greeters and kitchen crew**, **Aesthetics** care for beauty of our building and belongings, the **Gardening crew** who lovingly care for our gardens surrounding UUFPP, **Communications** help spread the good news of UUFPP in so many ways, **Member Services** not only serve our members but also reach out beyond our borders to welcome friends and visitors, **UU Action** reaches into our hearts and soul for uplifting and meaningful social justice causes to support, **Worship** to nourish our souls, uplift us when we are down and offer many joys of celebration, **Choir** to sing out whatever is in your heart, **RE** for young and old to learn, grow and share our chosen path with others, **the Sojourner** to help organize and advertise who we are and what we're up to (!), **Stewardship** to help us with our budget and pay our bills, **Committee Council** where we all come together to discuss what's next on our plate like the Auction, Popcorn Theology and Meditation, **Committee of Shared Ministry** and the **Caring Committee** to offer care to those in need, the **Nominating Committee** to help us find new leaders for all of our endeavors, the **Growth Committee** who help with the long term planning of UUFPP, the **Board of Directors** who oversee the activities of UUFPP and help us set a goal and vision for the future of UUFPP, and of course our **Minister** who offers kind words to all of us and inspires us through Sunday services.

We are impressive aren't we?

Have a great summer,
See you at the fellowship!

Linda Pallay



History Memory Cabinet A Memorial for Bob Jones

This project started with 5 boxes of Bob's memorabilia. Last year Gladys Smith, Mary Ryan and I started going through everything. We found a lot of small treasures: old UU Pamphlets, scrapbooks of newspaper clippings, old newsletters, skits, cassette tapes, books of Membership, pages of history, a stained glass window article from the newspaper, and UU ads that were run in the Mercury years ago.

Many thanks go to Gladys Smith who was with me all the way; Mary Ryan, for all her help and ideas and Ron Downie for composing the message on the plaque. Also, thank you to Bob Hakun for printing Ron Downie's poem "Jonesie".

And, of course, thanks to friends, neighbors and family who made it possible!

We would like to change displays monthly and would welcome a helping hand. If you enjoy exploring UUFPP history, are creative and would like to help with displays please contact me after service.

My hope is that the History Memory Box will continue to grow with ideas and become a place of interest here at the UUFPP.

Peggy Jones

Congratulations Carla!

Congratulations go to Carla Johnson for her recent appointment as secretary of the JPD Board.

Below is an adapted segment of the minutes from the Joseph Priestly District Annual Meeting in Harrisburg on April 9, 2011:

Ms. Johnson is member of the Unitarian Universalist Fellowship of Pottstown (UUFPP). Carla has over 10 years experience in congregational and district lay leadership. In her congregation she has served two terms as Board President, chaired the Social Justice Committee, served on Ministerial Search teams, worked on the Healthy Congregations process, and helped develop a new governance model for growth. Her wider involvement includes attending General Assembly, JPD Spring Assemblies, and serving as the Philadelphia-Wilmington Growth Social Justice Sub-Team Co-Chair.

Carla's term will expire in 2014. We wish her the best in her new UU role.



Coffee, Coffee, Coffee...

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

New Coffee!! Now, besides Breakfast Blend and Hazelnut Crème, we've got **Organic Love Buzz**. Love Buzz is a blend of Full City and French Roasts. It's dark and velvety smooth.

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.*



UUFP Yard Sale

Come one come all!

Want to be rid of some of your still good but unused household items? Here's your chance to get rid of the clutter and also benefit the UUFP.!

The UUFP will host a yard sale on Saturday, August 13th from 8:00 AM to 2:00 PM.

- Donations may include clothing, books, (no encyclopedias) household items, furniture, bedding, etc. *All items must be clean or freshly laundered.*
- All donations must be priced by the donor. If dropping off before the day of the sale please store in the teen RE room across from the nursery.
- Homemade baked goods may also be donated for sale. Cookies, brownies, pies...all are acceptable sale items.
- There will be signups for volunteers to work the sale after Sunday services. Volunteers can work 2 hours on up to the full day (7:30-2:30).

See Judy McDonald with questions.



Religious Education

Sunday school Religious Education is in need of leadership. We have a small group of children and students awaiting the leadership and guidance of the UUFP membership. I have stepped in to the presidents' role and will no longer lead this committee.

Bob and Deni Gross will continue to lead the teen group but are requesting assistance this year as they feel it is good for the teens to hear from other members at UUFP. The Gross's will start up the Sunday school year on September 11th and are then requesting others sign up for 2nd Sunday classes with the teens. The classes will meet 2nd Sunday of each month from September through May. Please speak with or email Bob and Deni regarding your interest.

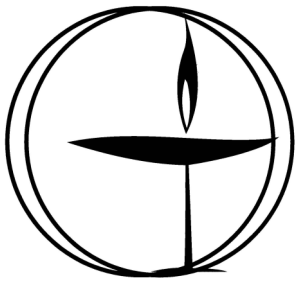
The Nursery is under the skillful guidance of Max Devlin. Max joined us in April and the children are enjoying the fun and games he provides for them each Sunday. The Nursery is open every Sunday throughout the year.

The Elementary class needs someone, preferably a group of members, to help guide them this year. This is a fun group of children who are eager to learn and fun to learn from! I will help to mentor whoever steps up to help. Planning for RE needs to start in July to be ready for the start-up on September 11th.

Please contact Rev. Dave or I regarding your interest. You'll be in for a delightful year!


Thank you,

Linda



UUF Calendar

July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Choir 8:30 Adult & Ch RE: 9:30 Service: 10:30	4 Meditation 7:30 <i>1st Monday Intro to Meditation</i>	5	6 Membership Mtg: 7:30	7 Yoga 7:00	8 UUF Board Meeting 7:00	9
10 Choir 8:30 Adult & Ch RE: 9:30 Service: 10:30	11 Meditation 7:30	12	13	14 Yoga 7:00	15	16
17 Choir 8:30 Adult & Ch RE: 9:30 Service: 10:30 <i>3rd Sunday Potluck</i>	18 Meditation 7:30	19	20	21 Yoga 7:00	22	23
24 Choir 8:30 Adult & Ch RE: 9:30 Service: 10:30	25 Meditation 7:30	26 Sunday Service Meeting: 7 PM	27	28 Yoga 7:00	29	30
31 Choir 8:30 Adult & Ch RE: 9:30 Service: 10:30	 <p><i>Meditation Moment...</i></p> <p><i>Speak and act from unwise thoughts, and sorrow will follow you as surely as the wheel follows the ox who draws the cart. Speak and act from wise thoughts and happiness will follow you as closely as your shadow, unshakable. – The Dhammapada</i></p>					

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:

Chair: Open

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

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:

<http://www.uupottstown.org>

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