

# The Sojourner

newsletter of the Unitarian-Universalist Fellowship of Pottstown

1565 South Keim St  
(610) 327-2662

Pottstown, PA 19465  
uupottstown.org

## May 2007

Sunday, 6, 2007

### A Vessel so Sacred

Lay Leader/Speaker: C.J. Rhoads

Lao Tse likens the world community to a vessel. If we think about our world in this way, the importance of balance and peace and effective use of resources is clear. In our community, how can we best balance our needs and our resources? How can we ensure the peace that enables us to utilize those resources most effectively?

Sunday, May 13, 2007

### Julia Ward Howe and the Origin of Mothers' Day

Speaker: Colin Bossen, Contract Minister

The origin of Mothers' Day lies with the Universalist Julia Ward Howe and her campaign for peace in the wake of the Civil War.

This service will celebrate Howe, Mothers' Day and mothers everywhere.

Sunday, May 20, 2007

### An Unkindness of Ravens, A Murder of Crows

Lay Leader/Speaker: Emily Quarles-Mowrer

Many of us have grown up with the philosophy of behaviorism, which teaches us to be wary of assigning intelligence and intent to any non-human species. However myths and folklore often portray crows and ravens as smart, cunning or wise. We will compare the myths and folklore that have grown up around these birds to the scientific evidence of their intellect.

*Third Sunday potluck will follow the service*

Sunday, May 27, 2007

### The Ultimate Sacrifice

Lay Leader/Speaker: Mary Ryan

On this Memorial Day weekend, we will honor those soldiers who gave their lives for all of us in our nation's wars. The wars they fought in were for different reasons, against different enemies, but no matter the cause, they said goodbye to their families and never came home. This service will be about celebrating and honoring these young (and not so young) men and women who served our nation.

*The choir will be a major part of this service with music from various eras.*



## From the Minister's Desk

Let me begin by thanking you for your flexibility. It has been wonderful to have time off to be with my new son. In case you haven't heard, Asa Max Bossen was born on March 2007 at 7:48 am in the upstairs bedroom of our Washington, DC home. He is a very handsome little lad and both he and his Momma are doing well. Asa, like most babies, has proven to have a healthy set of lungs and good appetite so Sara and I have been getting a lot less sleep than we would consider ideal.

Having a new child in the house has been a very powerful experience. It has caused me to reflect on both what kind of parent I will be and what the world that Asa will inherit will be like. Both parenting and the world that we live in have changed a lot since I was a child. I imagine that by the time Asa is my age technology will have changed the world dramatically.

I find that children make me focus on both my mortality and on the possibilities for the future. These are good things to remember as a minister. I like to think of us, lay people and clergy, as all temporary stewards of our congregations. We both participate today and work to ensure that the congregation will continue into the future so that others may benefit from our religious community in the same way that we do.

This is why the work that we have done together and the work that you will continue to do next year is so important. Using your transitional time intentionally has allowed you to assess where you are right now and where you would like to be. From everything I hear people in the congregation want to have a larger and more vibrant community. This is why I am so pleased that you have decided to try for 1/2 time ministry next year. I believe, and the evidence should bare me out, that over the long haul congregations with professional leadership fare better than those without it. Professional leadership offers you opportunities that are harder to come by without it. I believe that moving to 1/2 time ministry is a sound investment in your future.

I will be back in Pottstown May 11 for a leadership retreat that Tom Chulak is organizing. I look forward to seeing some of you then and the rest of you soon after.

*love,*

*Colin*

Colin Bossen  
Contract Minister  
Unitarian Universalist Fellowship of Pottstown  
<http://members.aol.com/uupottstown/>  
202.276.3579 (cell)

# President's Message

Greetings. I'd like to start this month with some highlights of board activities.

Interim ministry and Stewardship:

At a congregational meeting in April, we voted to approve ½ time ministry for the 2007-2008 year. A very lively and good discussion was held concerning the budget and need for an increase in ministerial time and presence and what that will mean to our congregation as we continue our growth and health planning. The final budget will be approved at the June meeting. In order for us to finalize the budget, we need to have all pledge campaign forms turned in to Judy McDonald, our Finance chair, or Albert Jenkin, our Treasurer by mid-May. Please keep in mind our goals and dreams as you fill out your pledge forms. If you have any questions on the budget, Judy, Albert or I would be happy to discuss it.

At our April board meeting, we met briefly with Tracey Robinson-Harris from the UUA, and Pat Infante, JPD staff to discuss the upcoming publicity campaign that will be occurring in our area next year. They toured the area and our facilities. We discussed ways we can be ready as a congregation to welcome new guests and members. More on this as the time is set for the campaign.

We have appointed all of the committee chairs for our new committee council for next year. Thanks to all who have volunteered their time and energies to serve our congregation.

They are as follows:

- o Programs – Stef Fulwood – Council chair
- o Stewardship – CJ Rhoades
- o Social Life – Jeanne Bautista
- o Member Services – Kay Price
- o Religious Education – Lynn Medley
- o UU Actions - Carla Johnson
- o Communications - Michael Reddy
- o Facilities - Matt Molyneux

In closing a few words of gratitude...

Thanks to Bob Jones, Clayton Mowrer, Jon Price and Matt Molyneux for their work to create a lovely hardwood floor for our social room. It is going to be a lovely space for us in which to hold events and share community.

I'm grateful to the UUFP congregation for traveling our transition path with grace and optimism. I have heard many positive and supportive comments about our direction and the changes. This makes all the difference for a successful transition!

*In Faith,*

*Carla Johnson*

## *Transition Team Report*

The Transition Team would like to thank you for your support for the new governance model proposed on February 18, 2007. We are currently busy updating job descriptions for all committees so that UUFP members can have a reference guide to view the committee structure and descriptions to help them to decide where they would like to get involved in UUFP! Any committee member who would like to view the committee job description or who wishes to have input into the revising/updating of the descriptions please contact the Transition Team so you can see the previous job descriptions and their updated versions.

We are now preparing to start our new fiscal year, July 1, 2007, with our new governance model. We will try it for a year and evaluate it approximately six months after it is initiated. Hopefully things will run smoothly. We have not adjusted our by-laws so we can adjust or change any part of the new structure to better fit our needs. Please let the Transition Team know when you notice how well the new system is working and when you notice areas that need to be revised. We'd like to end up with a model of governance that helps UUFP run more efficiently.

Currently we do not have the position of President-Elect filled. Stefanie Fulwood is helping by taking on the position of Committee Council Coordinator. This allows us to move forward with our plan to establish a Committee Council group meeting of committee chairpersons, interested UUFP members and a liaison to the Board of Directors (BOD). Stephanie is the liaison. She will pass information to the Committee Council (CC) from the BOD during these meetings. She will also pass information to the BOD from the CC after Committee Council meetings. The meetings will provide a good example for us to see how the new system is working. The Committee Council raises leadership numbers in our fellowship to fifteen members ensuring that your voice will be heard. There will be many avenues for you to take a message to the board or to a certain committee.

The weekend of May 11 and 12 there will be a leadership workshop with the UUA consultant Tom Chulak. There will be a Friday evening UUFP Congregational Leadership session on May 11 from 7-9 PM, a workshop on May 12 from 9-3 for the new BOD members, and from 12-3 PM Committee Chairs will join the BOD workshop. Lunch will be provided. Please mark your calendars to reserve these important dates. Your support is invaluable as we move to a new phase of growth at UUFP.

*Peace*

(Written in the Arabic language spoken in Iraq)

*Linda Pallay*

## *This I now believe...*

By Emily Quarles-Mowrer

### I Believe In Being Whole Enough

“Be really whole, and all things will come to you.” - Lao-Tzu

I read that quote the other day in a self-help book. I liked it so much that I wrote it on a sticky note and posted it above my desk so that I could look at it daily as I work. “Be really whole,” he says. I believe that is what we are striving toward in our lives, but I also believe that there are gradations of wholeness. You can think that you are whole, and still be missing something that you don’t even know that you need. The more I thought about its meaning, the more obscure the phrase became. If you are whole, truly whole, what things will come to you? Wouldn’t the very fact that you are whole, that you are complete and entirely yourself mean that there you no longer need any things to come to you? You would just say, “No, thanks. I’m already whole.”

What is “being whole”? We could think of it as knowing ourselves completely, but we change. The longer we are on the planet, the more we see, the more we experience, and the more we evolve. At what point do we say, “I know myself. I am a complete person.”? If the whole is the sum of its parts, what happens when the parts keep changing? Do we become less whole?

Answering those questions for myself, I decided that being whole is an unattainable ideal. Just as we have no need for all things to come to us, maybe it is the struggle for completeness that matters, rather than the result. Like a crossword puzzle, we fill in our empty spaces. Once the crossword puzzle is full, it is no longer a puzzle. There is no need to strive. If the struggle is the important part, then perhaps we should put off mastery. Because unlike a word puzzle, solving the self is not concrete. The clues change, as do the answers that each clue brings. One day we may feel strongly that something is true, it has always been true for us, the next day, we may find that what we thought was a dearly held belief is nothing when faced with a real world situation that contradicts it.

Being whole is always a work in progress. Being really whole, I believe is the search for nirvana. A balance point that may be achieved for an instant, and then lost in the whirl of life. The harder we work at being whole, the easier it becomes to find that balance point, but the laws of gravity, the buffeting of the wind, the slow glide of the planet around the sun, ensure that we always must strive. Being whole enough, we have everything we need.

## *New UU Class*

May 20, 2007, 12:00 pm to 2:00 pm

If you are new to our Fellowship, new to Unitarian Universalism or both this is a class for you! We will gather together after the service to share the stories of our religious journeys, learn a little about the Fellowship, Unitarian Universalism and what it means to be a member of the congregation. Our minister, Colin Bossen will conduct the class. A light lunch will be served.

## Women's Group

### Rise Up and Call Her Name A Woman-honoring Journey Into Global Earth-based Spiritualities

By Elizabeth Fisher

The Woman's Group would like to invite you to join us as we explore feminist spirituality. The curriculum explores cultures outside Eurocentric, Jewish, and Christian traditions and introduces you to goddesses from a variety of traditions. The sessions are designed to show an understanding of, and sensitivity to, cultural-diversity issues and Unitarian Universalist Principles:

"Affirms the inherent worth and dignity of every person, addresses the spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature, and promotes respect for the interdependent web of all existence of which we are a part".

Rise Up and Call Her Name provides a holistic learning experience through engaging and varied activities, including hearing and telling personal stories, creating sacred art, participating in rituals, talking about important questions in feminist spirituality, and engaging in personal discovery.

Through journal writing, ritual, storytelling, music, chanting, dialoguing, and the arts, personal growth is promoted. Goals for participants are 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 join us for our first session, May 15 at 7:00 PM in the nursery next to the office.

All are welcome.

Linda Pallay

## Aesthetics Committee

Do you have pictures that capture nostalgic moments in UUFP's history? Would you like to share them? If so, please let me know! I would like to borrow them, make color copies and then return them to you. As you have seen, we have started a nostalgia picture wall here at UUFP in our in-the-process-of-being-renovated Social Room and we would like to add pictures that reflect the rich community history of the UUFP. If you have any pictures like this and are willing to share them, please let me know.

And since spring cleaning time is around the corner, I'd like to let you know that the Aesthetics Committee is looking for sofa's that are in good condition. The ones that are in the Family Lounge are moldy and we'd like to replace them. If you have anything that might fit what we're looking for, please let me know.

Respectfully,  
Stefanie Fulwood  
484-769-8392  
temporary email: [fulwoods@comcast.net](mailto:fulwoods@comcast.net)

## Membership Committee

The membership committee is working on updating the member directory. If you have a change of address (email or street) please give your changes to Judith Van Beek. Also, if you want your cell phone listed in the directory please submit this information as well. Cell phone numbers appear in the directory as 2nd home phone as there isn't a designation in the database for cell numbers.

The best way to present your change of address is to write it on a slip of paper and hand it to Judith Van Beek.

## *UU Rowe Camp and Conference Center*

Since 1924 Rowe Camp has offered Unitarian and later Universalist youth a chance to experience UU values and get to know other UU young people from all over the Northeast. Since 1974, Rowe Conference Center has provided a place for adults and families to come for relaxation, education, and spiritual nurturance.

This season's conference schedule includes programs on a wide variety of topics including, Song-writing, Drumming, Rumi's Ecstatic Poetry, Writing Children's Books, Healing with Touch, Creating your own Gardens, Baseball and the World, Reiki Energy Healing, Labor Day Gay Men's Retreat, Healing with Flowers, The Way of the Shaman, Psychodrama, Celtic Mysteries and more. The programs will be led by Rebecca Parker (the President of Starr King School), Michael Lerner, Marge Piercy, Bill "Spaceman" Lee, Ferron, Matthew Fox, John Taylor Gatto, David Spangler, Ysaye Barnwell, Joanna Macy, and many other presenters.

If you'd like to receive the Rowe catalogue, please write UU Rowe Camp & Conference Center, Kings Highway Road, Rowe, MA 01367; call (413) 339-4954; email [retreat@rowecenter.org](mailto:retreat@rowecenter.org); or check the web at [www.rowecenter.org](http://www.rowecenter.org).

### *Caring Committee*

Congratulations to our  
UUFP graduates!

Adam Donahue, son of Bonnie and Dave Donahue, is graduating with a BS in Computer Science from Ursinus College on May 12<sup>th</sup>.

Deirdre Price, daughter of Jon and Kay Price, is graduating from West Chester University with a BS in Psychology also on May 12<sup>th</sup>.

Best wishes for a bright future!

### *Tai Chi and Chi Gong Classes*

Want a morning Tai Chi or Chi Gong routine to begin your day ?

Ben Bautista and C.J. Rhoads will be happy to help you with this task. They will be co-hosting a class in Tai Chi and/or Chi Gong (Chinese health exercises) the second Sunday of each month at 11:30 AM in Serle Hall or outside by the peace pole (weather permitting).

Please wear loose clothing and flat, comfortable shoes. No experience required.

# *Sunday Service Committee*

*To have respect for ourselves guides our morals;  
And to have a deference for others governs our manners.*

- Lawrence Sterne (1718-1768)

Anyone that has spoken to me for any length of time knows that I love Jane Austen. She is one of my favorite authors. There are many reasons why I love her literature, from the language to the accessibility of her characters. One of the reasons I love Jane Austen is that she reflects the manners of her time in a way (in my opinion) that conveys the depth of respect that good manners can display. I always had a hard time with good manners when I was a child because they seemed so empty and meaningless, but Jane Austen brought home to me that good manners show a respect for everyone around me and even though I am still quite the wild barbarian at times, I always strive to follow her example; her path.

We all know each other. We spend time at each other's homes. We're all relatively comfortable around each other, to various degrees. In many ways, we are a family, so we have the tendency to relax with each other, which is a wonderful thing, but at times, we bring the intimacy of friendship into services and forget, myself included, that we need to show respect for each other, for guests and for speakers that have been invited into our family. So, I thought I would take a minute and remind all of us of some etiquette that may have been a little lax lately in the intimacy of our spiritual family.

- **Please put your cell phone on vibrate during services.** I know I've forgotten to silence my "All Aboard" a couple of times at very embarrassing moments and this type of interruption has been occurring more and more lately.
- **Please get your coffee or tea before service starts.** It is very distracting to have folks getting up frequently during service for coffee. We all understand if you have to leave for any reason, but we appreciate everyone being conscious of our speakers, whether they are a community member, a minister or a professional who is speaking at our Fellowship free of charge, by reducing unnecessary trips in and out of Serle Hall.
- **Please try and be on time into Serle Hall.** We're having a lot of trouble getting everyone to take their seats by 10:00 am. Remember that 10:00 am is not the time we are scheduled to arrive at the Fellowship, it is the time that services begin. Please help us close services in a timely manner so that you can go on to other commitments, by being there and seated by 10:00 am.
- **If you are late, please work with the Greeter to find the least disruptive time to enter the service,** especially if you are entering with small children. We want you to join us, but we want to be respectful of those who are speaking and those who are listening as well.
- **Announcements are for announcements pertinent to UUF.** Try, if you can, to let me know ahead of time (via phone or email) so that the information can be put in the Order of Service. That's our best way of getting the information out to everyone, since we can all take our bulletin with us. If you are sharing a community event with us, please keep it short and give us a very brief overview of the event. Details can be posted on the bulletin board outside Serle Hall. (for example: There is a speaker next Saturday at 10:00 am on the environment, please see me after services for the details and I will put this flyer up on the bulletin board.) Less is more. It will capture the attention of anyone who might be interested and they can get the details at a time when they can write down or copy any details they need.
- **Joys and Concerns** are a beloved part of our service. I have heard many times how much we all look

forward to sharing the intimacy of each other's lives during this time, but we all need to remember that this is for **items of personal significance that we would like to share**. This isn't the time for announcements that have been forgotten or that we feel strongly and passionately about. As we grow and have more hearts and minds in our services, we need to be conscious of our time.

- **Discussion afterward is for questions and comments that relate to the topic.** Please be respectful of our speakers and each other by limiting comments to the topic at hand. If you have something to say that is not related, it is important to us, but there are more appropriate times and places. If it is a concern or issue related to the Fellowship, bring it to a committee chair or board member. If it is unrelated to either the Fellowship or the topic, that belongs during our social time after services. You'll find many a willing ear at that time.

As always, I have an open ear, open door and open email bin for any questions or concerns that you may have. Please feel free to talk to me.

Brightest Blessing,

Stefanie Fulwood

484-769-8392

temporary email: fulwoods@comcast.net

# *Kindling*

## *the Flame 2*

### "Sources of Energy"

A day of worship and workshops

for celebrating our UU faith

Sponsored by the Philadelphia Wilmington Growth Team

Saturday, May 12, 2007

9: 15-3: 00 pm

Main Line Unitarian Church

Many of our congregations are finding sources of energy that enable them to deepen community, raise spirits and transform the world.

Join us as we hear their inspiring stories and celebrate their success.

- Learn how-to's from a variety of real world experiences.
- Find out what projects are working for others.
- Add some valuable new tools to your membership, publicity and social justice toolbox!

Check [www.jpduua.org](http://www.jpduua.org) for registration information or contact [pat@jpduua.org](mailto:pat@jpduua.org) or 302-650-7185

Visit [www.mluc.org](http://www.mluc.org) for directions

## About Us

## Who's Who at the UUFPP

### 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:  
UUFPPNewsletter@aol.com**

**Interim Minister:** Colin Bossen

### Board of Directors:

**President:** Carla Johnson

**Vice President:** Jeanne Bautista

**Treasurer:** Albert Jenkin

**Secretary:** Mary Alsayegh

**Sun. Services:** Stefanie Fulwood

**RE:** Lynn Medley

**At Large:** Matthew Molyneux

### Committee Chairs:

**Caring Committee:** Ruth Daly

**Aesthetics:** Stefanie Fulwood

**Finance:** Judy MacDonald

### **Fundraising Committee:**

Jeanne Bautista

**Hospitality/Kitchen:** Open

**Publicity:** Open

**Membership:** Kay Price

**Ministerial Committee:**

*see Transition Team*

**Social Justice:** Open

**Sojourner Editor:** Kay Price

**Transition Team:** Mary Alsayegh

**Website Updates:** Bob Gross

**Choir:** Marianne Yarnall

**Building/Grounds:**

Matthew Molyneux

**Sunday Morning Teams:**

Judith Van Beek

**Gardens:** Dorothea Hamlin

**Address changes and email changes:** Address changes? If you have changed your home or email address please send your updates to **uufppmailings@aol.com**.

## *Meditation Moments...*

*Care of the soul...*

*isn't about curing, fixing, changing, adjusting or making healthy.....*

*It doesn't look to the future for an ideal, trouble-free existence.*

*Rather, it remains patiently in the present,*

*close to life as it presents itself day by day..."*

Thomas Moore

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*

# May 2007

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Meditation with Sally: 7-8:30  Membership Mtg: 7:00	2	3 Yoga:7:00	4	5
6 Choir: 8:30 Service: 10:00	7	8 Sun Serv Mtg: 6:30	9	10 Yoga:7:00	11 Workshops with Tom Chulak Cong Wkshp: 7-9	12 Brd Wkshp: 10-12 Brd/Comm Council: 12-3
13 Choir: 8:30 Service: 10:00 Tai Chi/Chi Gong: 11:30	14 Board Mtg: 7:15	15 Rise up & Call her Name: 7:00 (Womens Group)	16	17 Yoga:7:00	18	19
20 Choir: 8:30 Service: 10:00 New UU Class: 12-2:00 <i>3rd Sun Potluck</i>	21	22	23	24 Yoga:7:00	25	26
27 Choir: 8:30 Service: 10:00	28	29	30	31 Yoga:7:00		

UNITARIAN UNIVERSALIST  
FELLOWSHIP OF  
POTTSTOWN

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