

# The Sojourner

newsletter of the

**Unitarian-Universalist  
Fellowship of Pottstown**

1565 South Keim St  
Pottstown, PA 19465  
(610) 327-2662

**September 2006**

## Sunday, September 3, 2006

### **Transitions**

Lay Leader: Emily Quarles  
Speaker: Mary Ryan

The saying goes the only thing that we can be sure of in life are death and taxes, but there is a third thing that can be added to this list and that is -- change -- or transitions. Things are always changing. We grow up, we move, people move in and out of our lives. Things do not stay the same for long. That has been especially true at the UUFP this year. We've gone through a lot of change. And we all deal with change differently. We will discuss these changes and others in our lives and how they have impacted us as a congregation and individually.

## Sunday, September 10, 2006

### **The Vibrant Colors of the UUFP**

Produced, Led and Presented  
By The UUFP Board of Directors  
Choir will be performing

What roads have we, as members of the UUFP, taken to get here? And how have we grown, personally and spiritually, in our journey with the UUFP? Join the Board of Directors as we share our journey with you, as we hold our annual Water Ceremony and as we welcome members, both new and old.

*Please bring a small amount of water to share.*

## Sunday, September 17, 2006

### **HIGH-TECH, HIGH-TOUCH Different Kinds of Magic**

Lay Leader/Speaker: Cougar

Futurist John Naisbitt introduced the dichotomy "high-tech, high-touch" in his best-selling books. High-tech needs no description. We "get it" in great detail. It's the magic of electronics, Internet, email, cell-phone (and so on), with all their profound impacts on our lives. High-touch on the other hand, while obviously referring to slower, older, more face-to-face interactions--is not so clearly understood.

Where does it's "magic" come from? Why is it important? How do we preserve or recreate it? With some very specific examples, this service will look more carefully into high-touch--how it works, and how it affects our UUFP community.

*Third Sunday potluck will follow after the service*

## Sunday, September 24, 2006

### **Off the Grid**

Lay Leader/Speaker: Jeanne Bautista

How reliant are you on technology? Do you think you are really eco-friendly? We will use excerpts from Morgan Spurlock's 30 Days episode "Off the Grid" to spawn conversation as we educate and challenge ourselves toward more conscious decisions about how we relate to that inter-dependent web of existence, of which we are a part!

# President's Message

Welcome back! For those that have taken a “traditional” UU break from the Fellowship this summer, we're glad to see you again. It's been a busy summer for the UUFP Board of Directors. We have been busy making plans for the year, continuing to work on our growth initiatives, and doing the other business of running the Fellowship.

We had a very productive all day board retreat in early August. One of the things that we worked on was the development and implementation of a board manual and training with such things as:

- How to run an effective meeting
- Basics of Robert's Rules of Order
- UUFP bylaws
- UUFP finances
- UUFP policies and procedures

We feel that this will help us to more effectively transition from one board year to the next. It will also assist us in our growth efforts to place this knowledge in an accessible place, rather than having it in people's heads. This is one of the goals of our board covenant – to record decisions in an accessible way so that it is available to all.

In addition to the board manual, the board feels that it is necessary to develop policies to guide our community as we do our work. This will help everyone to know expectations and guidelines for being a member and friend in our congregation, and will help us respond more quickly in “crisis” situations if guidelines are thoughtfully put in place ahead of time. These policies will be living documents, will be reviewed by the board each year and will be accessible to all through posting in the UUFP and through our website.

We spent much time on the Children and Youth Policy, and have approved the final version. I'd like to thank the board, and especially Mary Alsayegh, who spent many hours on this initiative. In addition, we have made some updates to the Safe Congregation policy to be in-sync with the Children and Youth Policy. Look for this information to be given out in the coming weeks, and please contact any of the board members with questions.

The next set of policies that we will be addressing are our Membership Policies. We are looking at what it means to be a member of the UUFP. It's more than just signing the book, but what are the benefits, joys and responsibilities of being a member? We want to define a Path to Membership so that everyone that is interested in becoming a member knows how to do it, and is ready to fully become a member when they sign the book. This is exciting work.

Finally, the board search committee has developed our search packet, and has begun the interviewing process to identify our interim minister. More to come on this in the near future...

This is shaping up to be an exciting year at the UUFP. I look forward to sharing another year's journey with you.

See you at in-gathering Sunday on September 10<sup>th</sup>.

In Faith,  
**Carla**

## Sunday Service Committee

Well, the Sunday Service Committee is back from "vacation." We didn't actually go anywhere. We gave our vacation money to Ron Hovis for the capital campaign. Our highest goal for the year remains to put on quality services for our members, guests and visitors. As we said in the August Sojourner, we have some great guest ministers booked for the next few months, including Libby Smith whom many of you have expressed an interest in having speak. We are continuing to build a close working relationship with the choir and the folks in religious education to bring a richer, rounder Sunday service experience.

We have other goals as well. We would like to improve the performance of the sound system. That's not as impressive as it sounds. We plan on purchasing a more reliable cd player, but we are also looking at the cordless microphone to see if we could replace it with something less directional that would provide better sound for everyone.

We still want to re-charge the Lay Leader role with an updated handbook and some training classes. That was a goal for last year, but it was never completed, so we're going to give it some new energy this year.

We look forward to receiving feedback, ideas and suggestions from anyone, guest, visitor or member that will help us improve Sunday services. Please do not hesitate to drop in at any meeting. Our next meeting is Tuesday, September 12th at 7:00 pm. You do not have to join the committee to stop in to a meeting. You can also email me at [stef@fifthessence.com](mailto:stef@fifthessence.com) or give me a call at 484-769-8392. I look forward to hearing from you.

Stefanie Fullwood  
Sunday Service Committee Chair

## *This I Now Believe*

From NPR's website: "*This I Believe*<sup>®</sup> is an exciting national project that invites you to write about the core beliefs that guide your daily life. *This I Believe* is based on a 1950s radio program of the same name, hosted by acclaimed journalist Edward R. Murrow. In creating *This I Believe*, Murrow said the program sought 'to point to the common meeting grounds of beliefs, which is the essence of brotherhood and the floor of our civilization.' In reviving *This I Believe*, [the producers] say their goal is not to persuade Americans to agree on the same beliefs. Rather, they hope to encourage people to begin the much more difficult task of developing respect for beliefs different from their own."

Many of us here at the UUFP are fans of the *This I Believe* program on NPR. We have therefore decided to bring this close to home and do our own version: This I Now Believe. Reflecting that our beliefs grow and change as we challenge ourselves in our daily spiritual lives. If you would like to learn more about NPR's *This I Believe* program, you can go to <http://www.npr.org/thisibelieve/about.html>. Reading and listening to some of the essays on this web page is inspiring.

The criteria on the NPR website for submitting an essay are to tell a story, be brief, name your belief, be positive and be personal. These are good guidelines for this essay and we hope that everyone who submits an essay will follow these suggestions.

The first essay will appear in the October Sojourner, so **watch this space** for the first UUFP 'This I Now Believe.' Essays can be submitted to Stefanie Fulwood or emailed to her at [stef@fifthessence.com](mailto:stef@fifthessence.com).

Stef

**Update! – Hear Ye! – Bulletin!**  
**Summer Capital Campaign**

Thanks to 11 members who generously got our campaign off to a rousing start. Total committed to date (8/18/06) is \$1800 (goal is \$4000). One member promised a \$ for \$ match to others' contributions up to \$500 and that match has been realized. Any other "corporate" member match challenges out there would be welcomed. So that means there are at least (conservatively) 21 of you out there contemplating your largesse. Excitement for new roof and dishes is about to burst forth. By mid-September, I'm confident you will be unable to control your primal UUFPP urges!

It is exciting, important and so rewarding to know that 25 years from now the roof and dishes will still be in use.

Thanks for listening. Please indicate "capital" on your campaign check.

Ron Hovis, Capital Campaign Chair

*UUFPP T-Shirts are back!*

Many of you have seen the bright yellow UUFPP t-shirt that those of us on the Fundraising Committee produced for UUFPP sponsored events. And many of you have expressed an interest in having one of our fabulous shirts. So, I am making another batch of shirts. There is no cost to you to have one, but we hope that you will show up at at least one Fundraising event to either help or participate. If you feel compelled to pay for the shirt, please give Carole Hovis \$5 toward the capital campaign. Just give Stefanie Fulwood your name and your size on a sheet of paper. You can email it to her at [stef@fifthessence.com](mailto:stef@fifthessence.com), but please do not tell her unless she has a pen and a piece of paper in her hand, because she will forget. For those of you who feel compelled to have a form to fill out, here it is:

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Name: \_\_\_\_\_

Shirt Size:

\_\_\_\_\_ Adult                      \_\_\_\_\_ Child

\_\_\_\_\_ Small    \_\_\_\_\_ Medium    \_\_\_\_\_ Large    \_\_\_\_\_ X-Large    \_\_\_\_\_ XXL    \_\_\_\_\_ XXXL

I would like to help with:

\_\_\_\_\_ Friendly's Night where I just need to sit there in the lobby and look hungry

\_\_\_\_\_ Chautauqua Coffee House

# Walk the Labyrinth In Peace 9/11/06

Walking the Labyrinth with Intention in our Hearts for Peace within us and around us in the world, can help to actualize the Highest Good for All.

Drop by at the  
Unitarian Universalist Fellowship of Pottstown  
1565 South Keim Street Pottstown, PA 19465  
On September 11, 2006  
Between 4:00pm - 8:00pm  
(last walker at 7:40pm)

For this indoor labyrinth walk  
We will have gentle live harp, played by Betsy Chapman, and recorded music, complimentary Reiki, and opportunity to journal and meditate around the labyrinth

All are welcome

For more information please call Sally Martin  
(Labyrinth facilitator) at 610 323-3067  
Thank you to all who are participating

## Murray Grove

### HOMECOMING 2006: PILGRIMAGES OF THE HEART

#### A Unitarian-Universalist Mid-Atlantic Celebration

**Saturday, September 30, 2006 10a.m. to 4 p.m.**

**Rain or Shine -Under the big white tent!**

**Requested donation: \$8; under twelve \$4**

*To help this fractured and hurting world, we must change one heart at a time.*

**Oneness-Rev. Forrest Gilmore:** minister, UU Congregation of Princeton, NJ

**Peace-Ravi SKC Gupta:** founder of "Ghandi for Today", international peace organization

**The Earth-Jim Scott:** singer/songwriter/environmental activist

**Revival-Rev. Vanessa R. Southern:** Minister, UU Church of Summit, NJ; author

**Change of Heart-Kurt Spellmeyer:** Zen Master of Rutgers Zen Community,  
Director of the Writing Program at Rutgers University

**Rites of Passage-Nate Walker:** founder, Da Vinci College Foundation; Executive Director,  
National Tuition Endowment student movement; candidate for UU community ministry

*Plus a special Friday night program with musician Jim Scott:*

#### MAKING ART OUT OF OUR VISION

**September 29, 7-9:30 p.m.**

Murray Grove Retreat and Conference Center

P.O. Box 246, 431 US Highway 9

Lanoka Harbor, NJ 08734

Ph 609-693-5558 Fax: 609-693-4448

[murraygrove@murraygrove.org](mailto:murraygrove@murraygrove.org)

For a copy of the brochure, including registration form, go to our website:

[murraygrove.org](http://murraygrove.org)

#### ESCAPE TO VERMONT

September 22-24, 2006

Twelfth Annual B&B Weekend offered by the UU Church of Rutland, VT. Enjoy the beauty of Vermont, UU hospitality, and a choice of guided activities: hiking, canoeing, visiting the studios of local artists, touring historic sites and quaint towns, and much more. Registration by August 1, \$225 (single) and \$425 (double). After August 1, \$275 (single) and \$475 (double). For more information contact [uufoliagevermont@yahoo.com](mailto:uufoliagevermont@yahoo.com) or (802)438-2095.

## *On the Fundraising Front...*

First, we want to thank all who came out to support our August 15th Friendly's Night. We made \$272.00 for the fellowship, while enjoying great company and good food. (Ah, a new UU practice, the Cone Communion-- though I think more of us actually had sundaes!) Our next Friendly's night is October 9th, so please mark your calendars!

We on the fundraising committee are really gearing up for fall. Our budget expectation was increased from \$1000 to \$3000, just in the fall, and we would really like to see that happen. Our committee is small right now, but we are always looking for folks with ideas or energy who would like to join us. Feel free to join us in working on one project, if that is all you would like to commit to-- we would love to have your help in reaching our goals. E-mail me or call (610-970-2750) if you are interested.

Our next event is the Chautauqua Café. It will be a series of lively, fun evenings, on the third Saturdays for September, October, November and December. This first evening will include more Kirtan by Lisa Peters of Shivaloka, whose service on Kirtan, on August 6th, was widely enjoyed. There are many opportunities to help make this event a success. We need volunteers to help with food, set-up, selling tickets at the door, clean-up, and of course, we need you to invite your friends to attend! Don't be shy-- it is not just for UU's, though it is also a nice opportunity to introduce your friends to what our Fellowship is about.

*Thank you all for your support, and keep up the good work!*

-- Jeanne Bautista, Fundraising Chair  
[jeanne.bautista@msn.com](mailto:jeanne.bautista@msn.com)

The Café will sell **espresso**, coffee in a variety of flavors, tea, soda and a delectable selection of **desserts**.

You may bring your own **alcoholic** beverages and we will provide the glasses!

What can be a LECTURE, a CABARET, and a PARTY – All at Once !?!

UUFP presents the...

## CHATAUQUA CAFÉ

Saturday,  
September 16<sup>th</sup>

From 7:30 pm to 10:30 pm

Sets begin at 8 and again at 9 with dancing afterwards

**Unitarian Universalist Fellowship of Pottstown**

1565 South Keim Street, Pottstown, PA 19465

<http://uufp.jp.d.uua.org>

Tickets are \$7.00 at the door and \$5.00 in advance.

## About Us

## Who's Who at the UUF

### 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:  
UUFNewsletters@aol.com**

**Minister:** Open

### **Board of Directors:**

**President:** Carla Johnson

**Vice President:** Jeanne Bautista

**Treasurer:** Carole Hovis

**Secretary:** Mary Alsayegh

**Sun. Services:** Stefanie Fulwood

**Membership:** Open

**RE:** Suzanne Molyneux

**At Large:** Albert Jenkin, Matthew Molyneux

### **Committee Chairs:**

**Caring Committee:** Ruth Daly

**Aesthetics:** Bob Hakun

**Finance:** Open

### **Fundraising Committee:**

Jeanne Bautista

### **Hospitality/Kitchen:**

Marianne Yarnall

**Publicity:** Ron Hovis

### **Ministerial Committee:**

*Inactive at this time*

**Social Justice:** Bob & Deni Gross

**Sojourner Editor:** Kay Price

**Technology:** Open

**Choir:** Marianne Yarnall

### **Building/Grounds:**

Matthew Molyneux

### **Sunday Morning Teams:**

Judith van Beek

**Gardens:** Dorothea Hamlin

## *Meditation Moments...*

### ***A Peaceful World***

*From suffering comes great compassion.*

*Great compassion makes a peaceful heart.*

*A peaceful heart makes a peaceful person.*

*A peaceful person makes a peaceful family.*

*A peaceful family makes a peaceful community.*

*A peaceful community makes a peaceful nation.*

*A peaceful nation makes a peaceful world.*

*Maha Ghosananda, the Supreme Patriarch of Cambodia*

Come join us for meditation the 1st Tuesday of the month, from 7pm - 8:30pm in Fellowship Hall. All are welcome, no experience necessary.

For information please call facilitator Sally Martin 610 323-3067.

## *Aesthetics Committee*

Aesthetics committee is gearing up again. It has been a very low key committee for a long while, but we want to do some things to spruce up the Fellowship making it more welcoming for visitors and appealing to rentals. If you are interested in helping out with the Aesthetics committee, please join us for a brief meeting on Sunday, September 10th at 11:30 am. If you have any questions, please see Stefanie Fulwood.

# September 2006

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 Choir: 8:30 Service: 10:00	4	5 Meditation with Sally: 7-8:30 Social Justice Book Club: 7:30	6 Board Mtg: 7:15	7 Yoga: 7:00	8	9
10 Choir: 8:30 Service: 10:00 Aesthetics Comm Mtg: 11:30	11	12 Sunday Service Mtg: 7:15	13 Women's Group: 7:00 (at UUFP)	14 Yoga: 7:00	15	16
17 Choir: 8:30 Service: 10:00	18	19	20	21 Yoga: 7:00	22	23
24 Choir: 8:30 Service: 10:00	25	26	27	28 Yoga: 7:00	29	30

**UNITARIAN UNIVERSALIST  
FELLOWSHIP OF  
POTTSTOWN**

*1565 South Keim Street  
Pottstown, PA 19465*

Phone: 610-327-2662

Email:

uupottstown@aol.com

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