

**September 2011**

# *The Sojourner*

newsletter of the *Unitarian-Universalist Fellowship of Pottstown*

1565 South Keim St  
Pottstown, PA 19465  
(610) 327-2662  
[www.uupottstown.org](http://www.uupottstown.org)

*There will be a 10 minute period of silent meditation from 10:15-10:25 before services.*

*Please enter the sanctuary quietly.*

## **Sunday, September 4, 2011**

### **Labor of Love**

Lay Leader: Mary Ryan

Come dressed for work in your best/worst jeans and t-shirts. There will be a short service and a divvying up of tasks.

Miranda Van Horn will lead us in a brief meditation and then we will get to work sprucing up the place for next week's Ingathering Service.

Lunch will be provided for the hungry crew. If the weather is nice we may even picnic on the north side of the property.

## **Sunday, September 11, 2011**

### **Water Communion**

Lay Leader: Emily Quarles-Mowrer

Kenneth L Patton says, "We arrive out of many singular rooms, walking over the branching streets. We come to be assured that brothers and sisters surround us, to restore their images on our eyes."

Join us as we reconvene from our summer wanderings and combine the many waters of our travels into one, refilling the font of fellowship and stories shared.

## **September 11th Anniversary Peace and Remembrance Service**

There will be a peace and meditation service at 11:45 on Sunday, September 11<sup>th</sup>. Weather permitting, it will be held at the UUPF Peace pole. Immediately following, there will be a peace QiGong lead by CJ Rhoads.

This service is open to the public.

## **Sunday, September 18, 2011**

### **Hope Needs Only Hands and Hearts**

Speaker: Marc Adams

Marc Adams is an ordained Humanist Minister who grew up in a Christian Fundamentalist home. Marc has devoted his life to delivering GLBT positive messages and providing anti-bullying resources to schools. He heads a social justice nonprofit organization known as HeartStrong.

Join us for this interesting and informative service and enjoy some conversation with Marc after the service.

*3rd Sunday potluck will follow the service.*

## **Sunday, September 25, 2011**

### **Returning Home**

Rev David Farrington

Rev Dave will return to the pulpit with new insights into health and recovery, following his recent surgery. He will reflect on his American experiences in a VA hospital, and also on lessons learned and re-learned.

## *President's Message*

Summer time brings up notions of carefree times, vacations or memories of vacation past, and a respite from the cold of winter. It reminds us that nature surrounds us and bids us welcome. Welcome to warmer days, longer hours of sunlight, and beckons you to join in activities that venture into nature's bounty. Hopefully you've all had a great summer, have spent time at UUFP enjoying our summer services and are ready to join in for our September start up date for the 2011-2012 season.

Reverend Dave underwent a right total hip replacement August 9<sup>th</sup>. Updates were sent out via email and announced during Sunday services. At this writing I do not know if he is still in rehab at Reading, or upstate in the care of family and friends. Please send Rev. Dave your positive thoughts and prayers for a speedy recovery and return to UUFP.

Our fall leadership retreat is being moved into October 22 due to many vacation schedules continuing into September. Look for more information in next months' Sojourner.

September 4<sup>th</sup> is our Labor of Love Sunday where we join together after service to help clean up UUFP. It is always a fun time to join together in this project...the more hands we have the less time we need to spend on tasks! Please join us and pick an area you'd like to dig into!

I'd like to ask you all to reflect on why you came to UUFP and why you return each Sunday. At some time this year we are going to begin a process where we gather together to explore the positive side of UUFP. Consider the following words as you ponder:

### *Words of Affirmation*

Love is the doctrine of this church  
Our faith in each other is its sacrament  
Working for justice and living with compassion is its prayer.  
Reverently we covenant together  
to stand on the side of love, to heal and not to harm,  
and to share hope with each other and with the world.

By Lucas Hergert

*Linda*



### *Get well wishes for Rev Dave*

Rev Dave will be recuperating for a few weeks at a rehab hospital in Reading.

If you wish to send a card or letter his address is as follows:

Reading Hospital for Post Acute Rehabilitation  
P.O. Box 13189  
Reading, PA 19612-3189, emails are also acceptable

*Visiting hours are 2-4 pm on Saturday and Sunday.*



## *Religious Education*

Sunday school Religious Education is still in need of leadership. We have a small group of children and students awaiting the leadership and guidance of the UUFPP membership. Deni Gross is working to gather up volunteers for the classes but we need someone to take on the responsibility of leading the RE program. Please talk with Mary Alsayegh or Linda Pallay if you are interested in leading the RE program.

Teen RE classes are held every second Sunday of the month, from 9:30 to 10:30 a.m. and follow a discussion format, in which students and adults examine social, cultural and religious topics of importance. Classes begin on September 11 and run through May 13, 2012. Deni and Bob Gross will continue to facilitate the Teen RE classes this year, with the help of Jon Dreazen and C.J. Rhoads. On November 13, Jon will moderate a discussion of medical ethics, and in the winter of 2012, C.J. will present a three-part series called "Pacem in Vita: Making a Better Future." Deni and Bob will facilitate the remaining five classes (topics to be determined), unless someone else would like to take one of those dates. If so, please contact Deni and Bob with your choice of date and topic at [RE@uupottstown.org](mailto:RE@uupottstown.org).

The Elementary class will also meet on the second Sunday of each month from September through May. At this writing the curriculum is in the planning stages but there will be full lesson plans available to guide you through each class. Please speak with or email Bob and Deni to assist in teaching this class.

Please contact Deni or Bob Gross regarding your interest, either in person or via email: [RE@uupottstown.org](mailto:RE@uupottstown.org)

Our Nursery, as always, is open every Sunday throughout the year.

Thank you,  
*Deni and Linda*



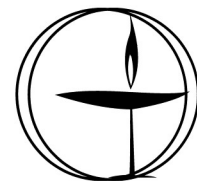
### *Adult RE*

We will begin the adult RE year with the Karen Armstrong book "Twelve Steps to a Compassionate Life" on Sunday September 11th.

All are welcome to attend our book discussion on Sunday mornings from 9:30 to 10:15. Held in the library next to the Children's RE room.

### *The Chalice*

Hans Deutsch, an Austrian artist, first brought together the chalice and the flame as a Unitarian symbol during his work with the Unitarian Service Committee during World War II. To Deutsch, the image had connotations of sacrifice and love. Unitarian Universalists today have many different interpretations of the image.\*



\* a little history from the UUA Website



## *Thank You!*

Mocha, baby Lorelai & Emily, Jon , Gladys, Frances, Randy, Judy, Peggy, & Kay (ace photographers behind the lens) were the dedicated volunteers helping sell the items donated by Fellowship members at our yard sale held on Saturday, August 13th.

*Judith was also there but is not in the photo.*

The weather gods were with us, thankfully, and a fun time was had by all. There were bargains galore & we raised \$308. I want to thank all of the volunteers who donated items, helped set up and also sell items, who made this such a success, including Judith, Paul N, the Clinton-Jones', & Lisa & Paul J.

I also want to send out extra thanks to those volunteers who did so much work during the weeks leading up to the yard sale to keep everything on track.

Thanks!

*Judy*

### ***EMAIL DELIVERY OF THE SOJOURNER***

Surprise! We are now delivering the monthly UUFP Sojourner directly to your email mailbox.



In order to get the news out about what's happening at UUFP in a more timely and efficient manner we are now trying this new delivery system. Paper copies will still be available at the fellowship to pick up on the last Sunday of each month and those of you who do not have email will still receive a hard copy.

Let us know how you feel about our new delivery method by emailing to [newsletter@uupottstown.org](mailto:newsletter@uupottstown.org) or speak to Kay Price at the fellowship.



### ***Coffee, Coffee, Coffee...***

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

***On Sale Now!!***

Breakfast Blend , Hazelnut Crème, and Organic Love Buzz. Love Buzz is a blend of Full City and French Roasts. It's dark and velvety smooth. Delicious!

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.***



*Join us for a Magical Evening of  
Dancing and Fine Entertainment!*

**Singles and Couples !!**

Save Saturday evening, Sept. 24, for a return engagement of

*Gerry Kudach, the "Dancin' DJ."*

Gerry and his dance partner, Regina Hoffman wowed us with exhibition dancing as well as fine DJ-ing when he entertained last fall.

Gerry is a competitive ballroom, swing dancer and teacher. With twenty five participants last year the event broke even. Everyone there had a great time.

Those energetic individuals who join in the dancing will have the opportunity to learn the Electric Slide, the Macarena, Hand Jive, Alley Cat, Bunny Hop, etc. If you're willing, you might even get the chance to play Ginger Rogers to Gerry's Fred Astaire and be (almost effortlessly) flung around the dance floor.

- This event is BYOB with delectable goodies available for sale.
- Feel free to bring your own CD's if you have some favorite dance music you would like to share.
- What to wear? Jeans to black tie. You decide. Give us some variety!

The party will run from 7 PM to 10 PM.

Admission - \$10 per person, \$15 per couple.

If you don't dance, come for the great desserts that Mary Ryan organizes and sit back and watch the action!

Bring a friend! This event promises to be a fun fundraiser for the Fellowship.

Call Lisa Jokiel at 610-385-6324 with any questions,  
or email her at [ejokiel@ceinetworks.com](mailto:ejokiel@ceinetworks.com) "







## Happy Birthday Dorothea!

Help us celebrate a landmark birthday with Dorothea! After services on Sunday September 25th Dorothea is providing a special birthday cake- her choice of the type she *really* enjoys and of course, ice cream to go with it.

In lieu of gifts, one of Dorothea's birthday wishes can be fulfilled if each celebrant pulls 30 weeds in our gardens before October. Can we help her fulfill her wish and also wish her many more years of good health and happiness?

*Dorothea's actual birthdate is September 24, 1921. You do the math!*



## ATTENTION HISTORY BUFFS

The new display in the memory\history cabinet is old UU pamphlets printed in Boston years ago. We have lots of them if you are interested. The other display is old, old advertisements, some early ones were written by our members of the fellowship. The later ones were partially paid for by a grant from a UU member from the New York area.

Any questions? Please see Gladys Smith or me. Thanks for your positive interest in our memory/history cabinet.

*Peggy Jones*



## Redner's Save-A-Tapes

Remember to save your register tapes if you shop at Redner's. The fellowship collects a profit of 1% of the total accumulated from the tapes.

In order to qualify for this program you must sign up for a "Pump Perks" card, (this process takes about 2 minutes.) which also helps to save you money on gas. Each time you purchase groceries at Redner's be sure to use your "Pump Perks" card.

Then place your register receipts in the White Redner's box located in the fellowship room. Peggy Jones will collect the receipts, add up the total amount spent and turn in the receipts for cash.



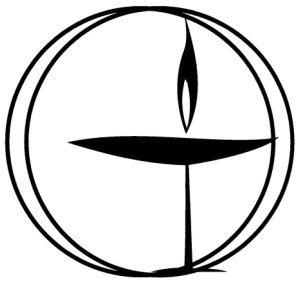
## Meditation Moment...

*To undertake a genuine spiritual path is not to avoid difficulties but to learn the art of making mistakes wakefully, to bring to them the transformative power of our heart.*

*-Jack Kornfield*

Simply Sitting meets on Mondays at 7:30 pm. Visitors always welcome.

**Introduction to Mindfulness Meditation is offered on first the first Monday of each Month**



# UUFPP Calendar

## September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Yoga 7:00	2	3
4 Choir 8:30 Adult & Ch RE: 9:30 Service:10:30	5 Meditation 7:30 <i>1st Monday Intro to Meditation</i>	6	7 Membership Mtg: 7:00	8 Yoga 7:00	9	10
11 Choir 8:30 Adult & Ch RE: 9:30 Service:10:30 <i>Sept 11th Peace Service: 11:45</i>	12 Meditation 7:30	13	14	15 Yoga 7:00  <i>Sojourner Deadline</i>	16	17
18 Choir 8:30 Adult & Ch RE: 9:30 Service:10:30 <i>3rd Sunday Potluck: 11:30</i>	19 Meditation 7:30	20	21	22 Yoga 7:00	23	24  <b>Dancin' DJ</b> <b>7-10 PM</b>
25 Choir 8:30 Adult & Ch RE: 9:30 Service:10:30 <i>Dorothea's Birthday Party 11:45</i>	26 Meditation 7:30	27	28	29 Yoga 7:00	30	

## 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

1565 South Keim Street  
Pottstown, PA 19465

Phone: 610-327-2662

Email:

[office@uupottstown.org](mailto:office@uupottstown.org)

Website:

<http://www.uupottstown.org>

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