

## CONNECTIONS

November 2017

### From Your Pastoral Care Minister

#### 2017-2018 BOARD OF DIRECTORS

David Athey  
Jan Arenson  
Rachel Coffey  
Kay Elizabeth  
Pat Field  
Peter Hartranft  
Lois Hoffman  
Merry Ostheimer  
Jeff Ramberg  
Glen Schmiesing

Healing is happening. Some who were on the threshold of leaving are here to stay. Others are learning how to relax and not do quite so much. Some are becoming more engaged. Focused conversations are occurring. The board is charting a path forward and is getting ready to share and receive feedback at the congregational meeting.

I see a need for more fellowship fun. Perhaps a potluck in addition to the circle dinners. The recent concert fundraiser was a fun hit. The theme of my sermon this month is everyday creativity. Let's put our creativity caps on and come up with ideas for fun get togethers through the winter months.

There is a new group forming that is interested in fun, the Outrageous Owls. The purpose of the Outrageous Owls is to provide mutual support, education, and fun to one another through the later stages of aging.

You are invited to join. The next two meetings are Wednesdays, November 8 and December 6 from 3:30 to 5:30 PM.

If you want to schedule an appointment with me, email [minister@uufn.org](mailto:minister@uufn.org), or leave a message at the Fellowship.

And of course, remember all manner of things shall be well.

Rev. Paula Maiorano

### Upcoming Sunday Services

#### November 5—Staying Connected: The Essential Affect

Affects direct our attention to some event. Shame affect directs our attention to situations of social "disconnect." So what could possibly go wrong? We will explore the possibilities of healthy shame. Presented by Pat Field.

#### November 12—Lectio Divina

How can we calm our need for certainty and safety when we live in uncertain and disruptive times? We will explore ways to view this world with reverence, and ideas to create sacred space for all the ups and downs we experience each day. Presented by Rev. Keith Gohenn

#### November 19—TBAThe Italian Art of Everyday Creativity

The Italians call it *Arrangiarsi*, the art of making something out of nothing or making something do. Come explore this Italian approach and consider how you are already incorporating it into your everyday creativity, or if it is something you want to develop. Rev. Paula Maiorano

#### November 26—Thank You, UUFN

Daniel Jackoway spent the first 18 years of his life at UUFN. He will share stories of how it has shaped him, with gratitude in his heart.

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or email a request to:  
[officeadmin@uufn.org](mailto:officeadmin@uufn.org)

### President's Message

Like other UUFN members, periodically I receive those solicitations from headquarters, the Unitarian-Universalist Association, asking for money to support the good works that they do. And normally I do not respond, thinking, "I gave at the office," because normally the congregation budgets money to pay the "dues" on member's behalf for the various UU associations (we are members of three, organized by size—local, regional and national). Now I don't want to say that we are abnormal this year; suffice it to say that we have deviated from normal, in that we have budgeted zero money for dues. And last year, we only paid half of our fair share.

Simultaneously, and on the other side of the ledger, this year we have been receiving help from Rev. David Pyle, our direct contact in the Central East Region (formerly the Joseph Priestley District) of the UUA, and lots of it—because we need it. Conflict with our former minister, culminating in his resignation, was deeply traumatic, a crisis from which we need to heal. Rev. Pyle has attended and provided extremely useful advice at our congregational conversations, at a lay leaders meeting, and at a board meeting. He analogizes the association dues to an insurance policy, where you pay the premiums but you usually do not have any claims to report. But one major difference between the UUA and an insurance company is UUA doesn't drop you if you don't

pay. Rather, they recognize that you are in a time of distress, and work to make you well.

So this year, I was moved to contribute to the UUA and CER instead of just throwing those solicitation letters away.

It is my hope, in this year of discernment, that we think more about how we are part of a larger movement. Our founding in 1955 was also part of a larger movement within Unitarianism, and not just some sporadic, random event. Ask me about that sometime.

#### Our Fall Congregational Meeting

Most of my report at our upcoming congregational "State of the Fellowship" meeting will focus on "The Year Ahead." This will be a timeline for when various congregational discussions should take place concerning the healing process, where we want to spend our money, including how much professional spiritual leadership we want, and the changes to our governance that have been proposed. I think that the presenters will have a lot of important information for you. I look forward to seeing you there.

In fellowship,  
Jeff Ramberg

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### Religious Education

Service projects have always been an important part of religious education at UUFN. Our Youth Group has been involved with both Code Purple and the Newark Empowerment center for several years preparing Hygiene Bags and Go Bags three times a year. This year we all got to be involved with the Go Bags during an October worship service.

This month the youth group is planning a lock-in and will also be organizing a collection for the SPCA.

After visiting the Hindu Temple and Islamic Mosque, the COA

group will visit Cornerstone Methodist and have a guest speaker on the Jewish faith. Additionally they will be planning their Annual service project collecting food for the Newark Area Welfare Committee's Christmas Boxes. Roots and Shoots will be continuing to raise money for Puerto Rico and beginning to practice for the annual holiday pageant.

On November 26th, all the RE Classes will come together as a group to prepare Stone soup and recycled ornaments. These will be on sale at Coffee hour to raise money for our service projects.

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### Share the Plate: Americares

When people are in crisis, Americares makes sure that health comes first. Our emergency programs help communities prepare for, respond to, and recover from disaster. We provide millions of people around the world access to medicine and supplies. Our clinical services deliver quality health care for people who have none. We recreate and support sustainable programs that strengthen community health.

Hurricane Maria brought the full force of its Category 4 power to Puerto Rico, creating a major humanitarian emergency.

Maria also dealt Dominica a cruel blow and caused considerable damage in other Caribbean islands. Our response teams are in Dominica and Puerto Rico, even as they continue relief work to help survivors of Hurricane Irma. More air shipments of medicine and supplies are arriving in Puerto Rico and Dominica, and team members are delivering supplies, providing aid, and assessing needs in health facilities and communities struggling to re-establish basic services.

## Committee Updates and Announcements

### Open Chalice Circle

There is an open Chalice Circle planned for **Tuesday, November 7, 2017**. Open circles are designed especially for those who cannot commit to a monthly circle. The theme for November is Abundance. All members, friends and prospective members are welcome to attend. If you decide to attend, please send an email to [chalicecircles@uufn.org](mailto:chalicecircles@uufn.org) and you will be sent the two page program on Abundance. Please note we need the advance commitment of at least two people for the Circle to convene. We will need commitment by Saturday, Nov. 4, 2017.

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### COA Food Collection

Coming Mid-November!

Coming-of-Age Annual Food Collection for the Newark Area Welfare Committee's Christmas Boxes

Each year of Coming-of-Age, the youth experience service to the community as part of our Unitarian Universalist expression of faith as they learn about our religious tradition in addition to other faiths and their traditions.

Watch for our posters and signs outside our front doorway on Sunday mornings and please be generous with your donations of canned or boxed food items to go to our less-fortunate neighbors here in Newark.

### The Communications Committee

#### Essential Email List Posted on Website

We are now maintaining a list of essential email addresses for UUFN on our website. To find it, go to the UUFN website ([uufn.org](http://uufn.org)), select the Connection Menu and choose Connection Overview. Then choose "UUFN Essential Email Addresses" in the left hand column. The list is in alphabetical order by group name. For instance to contact someone about our Service Auction, look down under Service Auction and see that to contact this group, you just need to send an email to [auction@uufn.org](mailto:auction@uufn.org).

If you have any questions, corrections or comments about the essential email list, please contact the Communications Committee at [comm@uufn.org](mailto:comm@uufn.org).

### UUFN Pastoral Care is here for you

All congregations provide help in various ways to their members. Sometimes the requests are for tangible assistance such as meals after an operation, or the birth of a child, or a ride to a doctor's office, or home from a hospital. In that case, please contact Helping Hands at [helpinghands@uufn.org](mailto:helpinghands@uufn.org).

But sometimes your needs are less tangible, such as facing a spiritual or family crisis, bereavement, apprehension of an impending operation or other challenges, and would benefit from a presence in your life in addition to family and friends.

What if...you had expanded compassionate support and the time to talk completely through the issue?

What if...you could explain everything to someone who wants to hear the whole thing all the way through, the entire range of your experience, and you could finish your thoughts without interruption?

What if...you could meet with someone who has respect for your spiritual needs, who cares about your distress, who is a part of your fellowship, and would hold your situation in strict confidence?

This is what our Pastoral Caregivers are here to do. Please consider contacting us at [pastoralcare@uufn.org](mailto:pastoralcare@uufn.org).

If listening is not enough, we will recommend counseling with our minister, Reverend Paula Maiorono ([minister@uufn.org](mailto:minister@uufn.org)), or if you prefer, you may contact her directly.

Visit the [uufn.org](http://uufn.org) [Events page](#) to see a full list of upcoming public events

## Events

Visit the [uufn.org](http://uufn.org) [Calendar](#) to find out about committee meetings and recurring events.

Come One, Come All to the Annual

UUFN Craft Fair

November 19, 2017

11 a.m. – 1:30 p.m.

It's all here and all for sale—and all handmade!

- Knits, crochets, fiber arts
- Jewelry
- Soaps
- Ceramics
- Stained and other Glass Art
- Photography
- Cat Toys
- Christmas Ornaments
- ...and MORE!

Come ready to buy and stay for a light lunch!

Your purchases will not only benefit you and the vendors, they will also help the Fellowship. ALL vendors donate 20% of all sales to UUFN.

PLUS...If you're a crafter and have ever thought about participating in the fair, it's not too late to make that thought a reality. There's still room for additional vendors. If you're interested, just send an email to [soapbyjennifer@yahoo.com](mailto:soapbyjennifer@yahoo.com). Jennifer can answer all your questions and help you register!



Roots & Shoots Day!

Sunday, October 29

Nothing says "Fall is here" like the annual City of Newark Halloween Parade! The Roots & Shoots class will be joining in the parade flying our peace doves. All UUFNers are encouraged to join in the parade and help us fly down Main Street on Sunday 10/29.

This year we will also be getting in the Halloween spirit with our 2nd Annual Trunk or Treat event on parade day. Join in the fun by parking in the UUFN lot and decorating your trunk with fun Halloween decorations and yummy treats to share.

The Trunk or Treat is being sponsored by the Roots & Shoots class and teachers and will start shortly after the end of the service. We will be providing warm soup with bread to kick off the afternoon.

The Roots & Shoots class will be doing the Inter-generational Service that day so feel free to come in costume to join in the fun and spirituality!

Please contact Rachael Coffey or any R&S teacher for more information.

Attention Kitchen

Wizards and Witches



Come to our kitchen clean up and reorganize day!

Saturday  
November  
4, 10 a.m.-2  
p.m.

Lunch  
Provided

Ladies Lunch Bunch

Tuesday, November 21,  
12:30 p.m.

Evero Spezia (was Soffrittos) Contact  
Barb Jezi ([ladieslunch@uufn.org](mailto:ladieslunch@uufn.org)) for  
reservations

Fourth Friday Pizza &  
Games Night

November 24, 6-9 p.m.

Join in fun and fellowship! Bring your own games and beverages (water, lemonade, and hot tea will be available) and join in the fun. We had a great game of Cranium last month! All ages welcome. Gaming starts at 6 p.m., pizza will be ordered at 6:30 p.m. (based on demand). Contact Rachael Coffey or [Fellowship@uufn.org](http://Fellowship@uufn.org) for information or questions.

You're Invited...to UUFN's Second Thanksgiving Celebration  
Saturday, November 25, 5-7 p.m.

MacKinnon Hall

Each year most of us celebrate Thanksgiving with family. We wish each and everyone a very Happy Thanksgiving Dinner. AND we invite you to a special SECOND Thanksgiving dinner with your friends at UUFN.

This one is much less stressful:

- The food has already been cooked; this dinner asks you to bring your leftovers!
- You don't have to travel far to get here.
- Your annoying Uncle Hubert won't be here!

What to Bring: Some of your exquisite, creative, unusual, or just plain good leftovers from your 1st Thanksgiving Dinner OR a potluck dish of your choosing. And, if you wish, BYOB!

What will UUFN Provide? Ham and pizza! (We did say creative or unusual!) Plus plates, paper goods, utensils, Iced Tea and Coffee.

Watch for more information on how to sign up in Update and on the Website!



## Save the Date

### UUFN Picture Days



Circle March 28, 29 and 30, 2018 as dates to have your photo taken for the 2018 UUFN Photo Directory. You get one 8x10 photo and one 2018 UUFN Photo Directory **free** – no other purchases are required. The directory is a great place to put names and faces together - extra copies are given to new members.

**Big Change** – The number of photo pages for activities, etc. in the middle of the directory is **unlimited**. Beginning NOW though mid-March anyone may send photos of their group, an event, a trip, one of the Auction events, etc. Send your picture and a caption to go with it to [photodirectory@uufn.org](mailto:photodirectory@uufn.org) If they are real pictures put them in the Photo Directory's mailbox for scanning (and return to you).

### Five Wishes Workshop

Saturday, January 13, 2018, 9:30 a.m.-12 p.m.

Given by the Pastoral Care Givers of UUFN and Rev. Paula Maiorano, this workshop will help you with end of life issues using a document called Five Wishes. It is a gift to let your loved ones know the kind of medical treatment you want or don't want, how comfortable you want to be, how you want to be treated, and what you want your loved ones to know.

This workshop will provide an introduction for those who are new to Five Wishes. For those who attended the previous workshop in May of 2017 there will be an opportunity to finish your Five Wishes document.

Rev. Maiorano will give an overview of the Five Wishes document and talk about the purpose and process. You will break into small groups with a Pastoral Care member to start filling out a rough draft, or to complete your document.

If you already picked up your Five Wishes Booklet please bring it with you. For questions contact the Pastoral Care Committee at [pastoralcare@uufn.org](mailto:pastoralcare@uufn.org) or Rev. Maiorano at [minister@uufn.org](mailto:minister@uufn.org). For additional information see [www.agingwithdignity.org](http://www.agingwithdignity.org). Coffee, snacks and all materials will be provided.

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