

CONNECTIONS

January 2018

From Our Pastoral Care Minister

2017-2018 BOARD OF DIRECTORS

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Happy New Year everyone! I wonder what 2018 will bring us.

Hopefully it will be a year of promise and positive change for society at large, and a continued sense of renewed and refreshed community at UUFN.

There are many wonderful programs going on as usual at the Fellowship, but remember that winter is also a time that our mother, Nature, lies fallow in many ways. Let us not be afraid to model her and take a bit of down time during the coming winter weeks. We may need an attitude of hibernation, just as the rest of the earth in the temperate zone does, in order to break through in full, riotous colors of life in the Spring.

Bundle up for walks, keep candles and fires lit, take time for meditation and reflection, and just be. This may be especially difficult if you're in the paid labor force full time, but it is possible none the less. It's important to actually plan the time for this, and put it on one's calendar.

It's also important that outside of work, we relax our standards around things having to be perfect.

So, again, Happy New Year. May you be happy, healthy, wise, and rested.

Rev. Paula Maiorano



Letter from the President

It seems like we just had a congregational meeting, but most of this month's remarks are concerned with things that will be on the agenda for the next such meeting, which, in my mind at least, is coming up all too quickly.

Election of delegates

At our winter congregational meeting, scheduled for January 28, we will elect delegates to various meetings of the UUA and its subunits, such as the Central East Region (CER) and the Delmarva Cluster. As the by-laws task force said at the fall congregational meeting, the proposed changes to our by-laws call for the Board to appoint the various delegates. Thus, if those changes pass, this January will be the congregation's last time to elect the delegates. CER has not had a get-together of its delegates this past year, but would like to at least discuss that. The big event is the UUA General Assembly, which this coming June will be held in Kansas City, Missouri. Unless you have friends or family there, you've probably only flown over it, and not actually gone there. But maybe as you were flying over, you thought to yourself, "I wonder what it's like down there?" Well, here is your chance to find out. It must be exotic; it's the home of Mannheim Steamroller. OK, actually Omaha, Nebraska is, but they are close geographically and culturally. If you would like to be a UUFN delegate, but don't want to travel that far, may I recommend being a delegate to the Delmarva Cluster. They meet monthly, sometimes online, but other times physically in Dover. I don't know if Dover qualifies as exotic, but they tell me it's different from Newark.

Expanding Board Policies

Speaking of the by-laws, the task force in charge of overhauling our by-laws still has a big job ahead of it, as the change requires the approval of the congregation, which in turn requires education of the congregation as to what is being proposed. To that end, the task force plans to hold several "congregational input" sessions this winter, the first one tentatively scheduled for January 22nd.

At the same time that the by-laws are being overhauled, the task force is taking a stab at augmenting our current seven policies into a much more comprehensive package of policies. (They are now up to twenty-two.) The plan is that the Board would have the final say on the policies, but they would be drafted with input from committees and the congregation. Again, during the by-laws task force's presentation at the fall congregational meeting, some members expressed a desire to review the policies before voting on the by-laws changes.

A very slightly revised budget for the rest of this year

At the fall congregational meeting, some members expressed a desire for a revised 2017-18 Budget that reflected our changed circumstances. At the upcoming winter meeting, we will present budget information as to what the revised spending will be, and what we think the revised income will be. We plan to propose an amendment of the existing budget to authorize \$4,500 in UU association dues. Other than that, there really will be no shifts in budgeting.

Contract extension and stewardship

Last month, I reported that the Board wished to extend Rev. Paula's ministerial contract through June 30, and furthermore, desired to increase her hours somewhat. This is still the case, and may happen sooner and to a greater degree than what we were thinking about last month. Details still need to be worked out, and with the consultation of Rev. Paula, of course. At our November board meeting, she expressed a willingness to take on stewardship issues. We now have that immediate need. Although the idea of beginning the stewardship campaign in January was warmly received at the lay leaders meeting, such is not going to happen this church year. We still have more organizing to do. Maybe next year.

In fellowship,
Jeff

January Share the Plate

Preston's March for Energy

Preston's March for Energy is a local nonprofit organization that provides adaptive bikes to children with special needs. Each bike is adapted specifically for each child. These are children who never thought they could or would ride a bike. Preston's March for Energy serves children nationwide but right now out of 86 children on their waiting list, 23 are from the New Castle County area. Adapted bikes cost between \$1,500-\$2,000 each.



UUFN Sunday Services

December 3—Looking Back, Looking Forward

January approaches. It's a month named for the Roman god Janus, who is depicted with two faces, one looking forward and one looking back. In service, we'll form a circle and create a ritual honoring that from the past we wish to let go of, and set our intentions for how we want to be in the coming year. Bring symbols of your journey to decorate the center space. Rev. Paula Maiorano

January 7—Eleanor Roosevelt

As we move into a new year faced with challenges, let's be inspired by one amazing woman's global work for social justice and her small acts of kindness close to home. "In the long run, we shape our lives, and we shape ourselves." Presented by Denise Hartranft

January 14—Realizing the Dream

The advances of the Civil Rights era of the sixties have not eradicated the racism that is a cancer eating the fabric of our society. This service explores how Barbara Love's concept of a "liberatory consciousness" can help us realize the dream of Dr. Rev, Martin Luther King, Jr. —that people be judged by their character, not the color of their skins. Dr. Barbara Love will be the keynote speaker for the Spring Conference, April 28, offered by the Coalition to Dismantle the New Jim Crow. Rev. Paulo Maiorano

January 21—Afraid of Church?

Did you know that there is a condition known as "ecclesiophobia?" It's a real diagnosable condition that is characterized by shortness of breath, shaking, resistance to anything that looks like a church. How do you know you've got ecclesiophobia? Do you have ecclesiophobia even hearing the word "church?" Presented by Jean Charles

January 28—Wisdom and Where to Find It

Presented by Richard Grzywinski

Religious Education

The UUFN Religious Education program continues going strong into 2018 with activities, lessons and social justice projects along with making friends and learning about Unitarian Universalism.

Our Chalice Children are lighting their chalice and learning about our UU "Minds that Think, Hearts that Love and Hands that are ready to serve". They spend Sunday mornings with caring adults who nurture them and maintain a safe space for creative play.

The elementary class will move into the next phase of Jane Goodall's Roots and Shoots program which involves helping animals. Stay tuned as this part of the curriculum may involve a field trip!

In January, the Coming-of-Age class will be considering and experiencing spiritual practices. Several UUFNers will be sharing their own spiritual practices with the class including yoga with Kathy Potter, Zen meditation with Richard Field, Taiji with Janet Louise and walking the labyrinth with Beverly Larock.

The Youth group continues to participate in monthly chalice circles using the same curriculum as our adult groups. In January they will be preparing more go-bags and hygiene bags for the Newark Empowerment Center.

Committee Updates and Announcements

Bylaws Review Discussions Are Coming!

As you all hopefully know by now the Bylaws Review Committee has been working for over a year now to update the Bylaws. We have discussed this at multiple Congregational Meetings. As suggested at the last Congregational Meeting, the Board of Directors will be drafting policies (in consultation with committees) to replace much of the materials removed from the Bylaws. Transferring Bylaws to Policies gives us more flexibility to change with the times—it is easier for the board to vote on a policy change than it is to change a Bylaw.

We Want and Need Your Input on these updates and policies. One tenet of our Covenant of Right Relations is to **stay informed**. So please join us in one of the upcoming discussion meetings.

Your opportunity to learn more and participate are coming up. Please join us on **Monday, January 22, at 7:00 p.m.** and/or **Sunday February 11 at 11:30 a.m.** for discussion about the proposed changes. We will be holding a special Congregational Meeting for final discussion and voting on the Bylaws updates on **Sunday, March 18 at 11:30 a.m.**

Please contact any of the Bylaws Review Team for more information. Rachael Coffey, Theda Ellis, Gary Jackoway, or Glen Schmiesing.

Save Those Poinsettia

They can be re-bloomed for years. After they are done this year, cut back the stems to 4 to 6 inches long. Keep indoors and water like other houseplants. In the summer, put outside and continue with water and some fertilizer. In October, as the weather cools, bring them inside. In mid-November, begin to force them: Put them in the full sun during the day. The rest of the time put them in the basement or a closet in total darkness. They will bloom in December. The bracts will be smaller and more delicate, but just as red. We are reproducing the natural light cycle of their origin in Mexico.



To the left is a photo of a 3-year-old plant.

Keep those amaryllis also and next month, we will tell you how to re-bloom them. (Udda Anderson is the wizard of amaryllis.)

Green Sanctuary Committee

Guest at Your Table: Update

The formal month-long campaign ended Sunday December 10. But, there is still time to donate to the UU Service Committee. GaYT aims to collect the small change which accumulates at home. The pennies, nickels and dimes add up to quite a bit. At this point, \$350 for UUSC and more to count.

Going forward, you can:

- Please bring change boxes on a Sunday, or
- Continue collecting change thru the winter and we will get the boxes on Earth Day, or
- Change your offering into cash or check and put in UUFN offering with the notation of Guest at Your Table, (Coin Star at the supermarket charges 11% and is easy to use,) or
- Send directly in to UUSC address on the back of the box, or
- Many of us leave the box all year to collect small change and bring the box next year.

One of the new programs this year is to help families and cultures being displaced by sea level change. For more see: uusc.org/campaign/climate-forced-displacement/

We also collect small change to reduce the demand for copper. Copper mines turn mountains into a huge hole in the ground:

If you would like to receive the UUSC newsletter, go to: www.uusc.org

Thank you for participating.

WhaleCoast Alaska 2018, Led by UD Graduate

Have you always dreamed of visiting Alaska? Are you curious about the lifestyles of Alaskan UUs? Do you enjoy getting to know your fellow travelers? If so, WhaleCoast Alaska 2018 is for you! Four Alaskan UU fellowships invite you to experience our eco-cultural and spiritual program this summer as we celebrate our 25th year! See Alaska through the eyes of local UUs in Anchorage, Fairbanks, Juneau, and Sitka with friendly homestays and unique tour activities. See wildlife, including moose, bear, whales, bald eagles, seals, and caribou. Visit Denali National Park. Experience Native Alaskan culture. Enjoy all that our beautiful state has to offer. Program is led by Dave Frey, a University of Delaware alumnus (1979) and current member of the farthest north UU congregation in the world. To find out more about your Alaskan trip of a lifetime, visit www.WhaleCoastAK.org, email dfrey@whalecoastak.org, or call 907-322-4966. We would love to have some Delaware UUs travel with us, and to share our Alaska with you!

Polystyrene Recycling

Did you know that mealworms in the lab can degrade Polystyrene (PS) foam into usable organic matter at a rate of about 34-39 milligrams per day? Until this method is shown to work on a large scale, we are left with what to do with the massive amounts of PS waste we generate as consumers.



The two forms of Polystyrene that occur most commonly in every day uses are

- PS plastic used in smoke detector housing, CD cases, food (yogurt) containers, red “solo” drink cups i.e. those with this symbol on the underside, and
- PS foam used to make packing peanuts, Styrofoam cups, packing blocks, coolers and the like.



We are aware that these products cannot be included in our curbside recycling bins; however, many are accepted at drop-off locations, notably, the DSWA (Delaware Solid Waste Authority) Recycling Center at Lambson Lane, Newcastle, and, if you live in southern DE, at the Jones Crossroads Landfill in Georgetown. At the former facility, a dedicated container is available where

residents can drop off their clean Styrofoam, such as cups, plates, trays, egg cartons, coolers, and protective packaging used to protect consumer goods and electronics. Peanuts and soiled takeout containers are not accepted.

A word about those cornstarch-based packing peanuts. Are they better for the environment? It depends: they are biodegradable but are more expensive to produce and can contaminate the recycling waste stream (one of the reasons why peanuts as a group are not accepted for recycling). Because they dissolve in water and, lacking an electrostatic charge, do not stick to clothes, they can be differentiated from Styrofoam peanuts. Do not go by the color of the peanuts - those that are tinted green simply signify that they are made of at least 70% recycled PS, not that they are the eco-friendly variety.

UUFN is reviving its PS recycling program. Clean bagged PS waste dropped off in the coat closet by the main entrance will be removed periodically and taken to the Lambson Lane facility for recycling. If possible, break down large pieces of packing foam into manageable pieces before bagging.

For more information, contact Kip King (kip.king@verizon.net) or Guat-Lian Kreamer (stillrabbitclan@gmail.com).

From the UUA and Delmarva Cluster

Share Your Personal Story

The book, [Testimony: The Transformative Power of Unitarian Universalism](#), edited by Meg Riley, is an anthology filled with personal stories by people whose lives were dramatically changed by Unitarian Universalism. The book would be a great welcoming gift for new members, a source of discussion by groups of youth or adults, or a source of readings for worship services or classes. Ten of the pieces were written by UUs who are currently incarcerated.

The UU Church by mail, Church of the Larger Fellowship (CLF), has created a website for folks to write or videotape their own video testimonies. [Share your personal story](#) of the transformative power of Unitarian Universalism with the Church of the Larger Fellowship. Selected submissions will be shared on the CLF website and social media.

Leadership Training

[UU Leadership Institute](#) (UULI) offers online courses for highly self-motivated lay leaders and religious professionals who thrive on learning new competencies and concepts. The courses are low-cost and accessible anytime.

Try one of four core courses: Faithful Leadership, Centered Leadership, Strategic Leadership, and Adaptive Leadership. Courses are offered in eight sessions released during a 16-week period.

Participants spend two to three hours per week with the materials, then self-organize discussions with other participants in congregations, clusters or regions. Participants can have discussions in-person or online. Finishing each course earns you a certificate and is helpful for aspiring religious professionals looking to build vocational experience. A broad variety of other course topics are available. Visit the [UULI website](#) to register for the Winter/Spring Semester January 26 – April 30, 2018.

[Sign up for the UU Bulletin monthly newsletter here](#)

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

Events

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

"Remember, Release, Receive and Return"

On New Year's Eve, we say goodbye to 2017 and welcome 2018 with a candle-lit labyrinth walk at UUFN.

The labyrinth will be open from 8 p.m.-10 p.m. on Dec. 31 (last walk beginning at 9:30 p.m.)

Please bring a finger food or dessert to share and remain to enjoy fellowship after we walk this path together.

Native American Moon Ceremony



January 1

3:30 p.m.–5:30 p.m.

On January 1st there is a Super Moon. This is when the moon is closest to the earth for 2018. We will mark this occasion for the 1st of the year, New Years Day, with a Native American Moon Ceremony.

This will be the time to set an intention to let it go. It does not have to be a great letting go. Just be open to letting go of that which does not serve you well.

The Ceremony will be followed by a potluck, so bring a dish to share.

Corn Bread, Succotash, and Bean Soup (foods that are a tradition for Native Americans) will be provided, along with beverages.

Come and start the year out right; with the community, intention, and a connection to the Earth.

Saturday, January 6 Grassroots Policy Forum: Creating a Movement of Movements

MacKinnon Hall,
9:00 a.m.–3:30 p.m.

Speakers and workshops on Criminal Justice reform and Environmental Justice advocacy in the State of Delaware. Free and open to the public. Vegetarian lunch included. Sponsored by Unitarian Universalist Delaware Advocacy Network (UUDAN). Register on Eventbrite to reserve your space: [Register for Grassroots Policy Forum](#)

The Unitarian Universalist Delaware Advocacy Network is a social justice program of UUFN that gives voice to all Unitarian Universalists in Delaware and supports their efforts in upholding our principles through social action. UUDAN does this through legislative ministry and working with other justice groups on social action projects.

More information: [UUDAN Website](#)

Social Justice Committee Events

January 13 - January 15: MLK, Jr. Weekend Celebration: interfaith events across Newark. Look for details in the UUFN Weekly UUpdates.

Sunday, January 14: Social Justice Committee Meeting 11:30am in Olympia Brown Room

Saturday, January 20: Women's March 2018. Look for details in the UUFN Weekly UUpdates.

Thursday, January 25: UUFN volunteers prepare and serve lunch at Hope Dining Room, Newark's only soup kitchen. To volunteer, contact hopediningroom@uufn.org

Adult Religious Education

January 4 and 18

1:30–3:30 p.m.



We will be discussing the book *White Like Me* by Tim Wise.

White Like Me, based on the work of acclaimed anti-racist educator and author Tim Wise, explores race and racism in the U.S. through the lens of whiteness and white privilege. In a stunning reassessment of the American ideal of meritocracy and claims that we've entered a post-racial society, Wise offers a fascinating look back at the race-based white entitlement programs that built the American middle class, and argues that our failure as a society to come to terms with this legacy of white privilege continues to perpetuate racial inequality and race-driven political resentments today.

Come join the discussion. This group may be a pilot group for further Social Justice events at the UUFN

There may be an evening group if there is enough interest in this topic.

For more info contact nplummer1@verizon.net

Ladies Lunch Bunch

The ladies lunch will be at 12:30 PM January 16th Caffé Gelato. Contact Barbara at ladieslunch@uufn.org for reservations.

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 or Rev. Maiorano at minister@uufn.org. For additional information see www.agingwithdignity.org. Coffee, snacks and all materials will be provided.

2018 Chili Cook-off January 27

Heat Wave in the forecast!! January 27th predicted to be hottest on record as the Landscape Committee sponsors the 9th Annual UUFN "Chili Challenge" Chili, Cornbread and Dessert Cook-Off.

The Cook-Off will include judging and awards in three exciting chili categories:

- Traditional – tomatoes, peppers & meat (with or without beans)
- Vegetarian – anything but meat!
- Ultra Chili – any non-traditional, non-vegetarian chili your imagination can come up with - Anything goes!!

Cornbread - The only rules for the Cornbread Category are that entries must have cornmeal as one of the ingredients and somehow resemble "cornbread".

Dessert - The only rule for the Dessert Category is that entries must include chile pepper as one of the ingredients.

Chili contestants should bring a warm crock pot of their chili entry and

their cornbread & dessert entries to MacKinnon Hall between 4:30 and 5:00 p.m.. Judging will start at 5:30 and general eating starts as the ballots are being tabulated!

Fixin's, for topping off your favorite chili, will be available.

Soft drinks will be provided.

BYOB if you have a favorite chili-friendly beverage.

So mark your calendar, get out your crock pot, dust off your favorite recipe or create a new one. Come to **compete**, come to **taste the variety**, help judge the entries and **pick the winners**.

Come to **enjoy the food & fellowship** and see who will win the ultimate honor of taking home the fabulous **UUFN Chili Bowl Trophy** this year.

Sign-ups to enter the competition will take place on Sundays, through January 21st, at the Chili Cook-Off table during coffee hour.

Contact Steve Bush at chilibush@comcast.net, talk to any member of the Landscape Committee or via email at landscape@uufn.org for more information



Save The Date!

Picture Days! March 28, 29, 30

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 If they are real pictures, put them in the Photo Directory's mailbox for scanning (and return to you).

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