

## CONNECTIONS

October 2018

### 2018-2019 BOARD OF DIRECTORS

Jan Arenson  
David Athey  
Karen Barker  
Carol Boncelet  
Kay Elizabeth  
Pat Field  
Lois Hoffman  
Merry Ostheimer  
Jeff Ramberg  
Glen Schmiesing

### Message from Our Minister



Autumn brings to mind crisp, clear days, falling leaves, and harvest celebrations. Apples abound as do pumpkins and cider. Bonfires and fireplaces are lit as friends and family gather close. Autumn marks a transition from the heat of summer to the winter cold. Some autumn days are warmly reminiscent of the summer left behind. Others with their chill

foretell the winter freeze. And some fall days gloriously highlight the season's unique wonder. Such transition is reminiscent of the way of life. We are in moments of the present, with the past as a memory that often is with us, and the future an unseen mystery. The present moment becomes the past, and the future become the present. Life is always transition. Change is the only constant.

The ability to navigate changes with equanimity is a spiritual practice. Equanimity is a summary word for mental calmness, composure, and evenness of temper, especially in a difficult situation.

This month, as the country heats up for the November election, we all need to hang onto our equanimity. The classic approach is to stay focused on the present moment mindfully, gently chasing the fear of tomorrow out of today. If ever there was a time to practice equanimity it is now. The polls are ricocheting from one story to the next and uncertainty prevails. When the fear for what the future might bring wells up, light a candle, and draw a deep breath. Count to three. Exhale. Relax into a meditation that will empty or a prayer that will envision what you want.

And when you are done, enjoy this season of transition with the joys it offers — a walk on the beach free of the covering crowds, the carving of pumpkins, crackle of fires, and creativity of Halloween costumes. It's all here for us. We just have to notice the beauty and fun of this season of transition.

In peace,  
Rev. Paula

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## President's Message

Dear UUFN'ers,

The fellowship is HOPPING this fall! We've got so much great stuff going on, it's hard to keep track - there is our RE Peace Curriculum, which had a great write up in the Newark Post, our Dialogues for Change Across Racial Lines collaboration with the Coalition to Dismantle the New Jim Crow, our RE+Worship+Membership offering of a 5-week lecture series on Science and Religion by philosophy professor Dr. Alan Fox and so much more! I hope you each are finding meaningful ways to connect and meaningful ways to serve.

Coming up on Sunday, October 14, is our Fall Congregational Meeting at 11:45 a.m.. Please put this important date on the calendar to hear about the state of the fellowship, important updates all around, and especially to hear from our Ministerial Search Task Force.

Remember that you are enthusiastically encouraged to speak with UUFN Board members about your thoughts, ideas and concerns - look for us all at coffee hour! That's Jeff Ramberg, Carol Boncelet, Dave Athey, Merry Ostheimer, Pat Field, Lois Hoffman, Janet Arenson, Glen Schmeising, Kay Elizabeth and me. We'd love to talk to you!

I wish you a beautiful fall season, a balanced Autumnal Equinox and happy days. I hope each of you find meaningful ways to connect and meaningful ways to serve at our beloved UUFN.

In fellowship,  
Karen Barker



## UUFN Sunday Services



### October 7 — How They Came to Be: The Story of Our Principles and Purposes

While we have no creed, Unitarian Universalists organize ourselves around our Principles and Purposes. We know them well but not necessarily the history of how they came to be. In this service we'll explore that story and how we UUs continue to be shaped by them. Young people will be in the beginning part of the service only. Presented by Rev. Paula Maiorano

### October 14 — A Culture of Service

One of the great joys of the UUFN is the community. We form community through being together and doing things together. Performing services for each other, the UUFN, and the greater community is what a Culture of Service is about. How do we do this already? How can we do this better? Join the Long Range Planning Committee for an exploration of this topic.

### October 21 — Take Time for Celebrations!

Celebrations big and small are important to honor our experiences, milestones, and achievements – both as individuals and as a congregation. The why, what, and how of their importance are explored in this celebratory service. Presented by Rev. Paula Maiorano

### October 28 — Autumn Holidays

Mid-autumn, many cultures celebrate holidays related to death. In Mexico, Day of the Dead is a three-day national holiday honoring ancestors and deceased loved ones. We'll explore what we can learn from these holidays and honor our own UU ancestors. Special music by classical guitarist Jonathan Bergh. Presented by Mary Cannon

## October Share the Plate: League of Women Voters of New Castle County

The League of Women Voters has been in the forefront on expanding voter access, as stated in their mission statement:

Voting is a fundamental right and all eligible voters should have the equal opportunity to exercise that right. We are dedicated to ensuring that our elections remain free, fair and accessible. We envision a democracy where every person has the desire, the right, the knowledge and the confidence to participate.

The mission of the League of Women Voters to actively engage our citizenry in the democratic process, especially those who may be disenfranchised, as well as ferret out voter suppression policies, is compatible with the UUFN Mission. Only by engaging all of our citizenry can we have true democracy and representation.

UUFN's Share the Plate donation will be used to continue voter registration and educational programs, as well as to do grassroots advocacy at the legislative level to ensure that the voting rights for all Delawareans remain free and accessible to all voters.

<http://www.lwvdelaware-newcastlecounty.org/>



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### RE Happenings

The RE year has gotten off to a whirlwind start. We are averaging 10 more children in our RE program this year than we had last year.

The elementary children made their own paper peace poles and have experienced cooking with Darlene Chamberlin, walking the labyrinth, making a paper peace quilt with Jon Manchester, and singing with Karen Barker. By the time you read this they will have had many more experiences. Plan to join us on November 4 for our wrap up service, "Harvesting Peace." See how the children have spent their time and join us in a community service project

Our Whole Lives (OWL) began for 7th and 8th graders on September 30th at the UCC.

The YoUth GroUp had a visit from Catriona Binder McLeod and Dennis Greenhouse to learn about Get out the Vote and talk about government and their concerns. They assembled go bags for the Newark Empowerment Center and had a Chalice Circle discussion.

#### Trunk – or- Treat

Join us for the annual Trunk-or-Treat party on October 28th. Children are encouraged to come in costume and fellowship members are invited to distribute candy from the backs of the cars in the parking lot. This fun event will take place immediately following the service.

### Congregational Meeting

Congregational Meeting  
October 14, 12:15 p.m.

At the Fall Congregational meeting, the Board, Minister, Treasurer and Staff will give reports on the State of the Fellowship. As part of fulfilling our UUFN Covenant of Right relations, this is a time to take responsibility for being informed about Fellowship business and activities. Active participation is a way of living out our mission! The meeting will begin directly after an all-fellowship potluck lunch.

The RE Committee is happy to provide child care but we must know in advance! Please contact Andrea 302-994-4741 or [andrea4620@hotmail.com](mailto:andrea4620@hotmail.com) if you need childcare



## Committee Updates and Announcements

### Endowment Grants

Need \$\$\$\$ for a UUFN program/project you want to produce? The application form for Endowment Grants is now available. Contact the Endowment Committee to obtain an application form: [endowment@uufn.org](mailto:endowment@uufn.org). Note: the grant year should read "2018-19," the total amount available is a bit higher, the deadline to apply is sooner.

Follow the guidelines on the application form to submit — via a sponsoring UUFN committee — to the Endowment Committee, per the instructions on the application form. Please complete the "cover page" of the application and use it as your first page. We're eagerly awaiting your ideas!

**November 15** is the absolute deadline, so start ASAP.

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### Circle Suppers

Don't forget the first Circle Supper of the season is October 13. Please see the Fellowship Committee table during Coffee Hour for more information or to sign up. Contact Rachael Coffey for more information.

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### Social Justice Committee Meetings

Meetings are held on the fourth Sunday of the month at 9:15 a.m. in Fahs Hall. Come find out about opportunities to help create a more just and compassionate world, either by participating in an ongoing activity, or by bringing us your ideas for new projects. All are Welcome!

### UUFN Board

What's the Board doing? How do I get (or stay) informed? Here's how. Join us!!!

- Board meetings — 2nd Wednesday, 7:00 p.m.
- September 30, 11:45 a.m. — Committee Empowerment Training
- October 14, 11:45 a.m. — Fall Congregational Meeting
- November 11, noon — Connecting Around the Chalice
- January 13, noon — Lay Leaders meeting
- April 7, 9:15 a.m. — Lay Leaders meeting
- May 5, noon — Annual Meeting

Plus, please feel free to speak to any board member at coffee hour on Sundays. We want to hear your ideas and thoughts!

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### UUFN Code Purple Coordinator/ Co-Coordinators

UUFN participates every winter in Newark's Code Purple program. We provide shelter on bitterly cold nights to individuals and families who would otherwise be outside exposed to the elements. We do this in rotation with eight other area congregations. Our procedures are well established and we have a team of dedicated UUFNers and folks from the community who volunteer to make this happen. We need a coordinator to make sure our program runs smoothly.

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### UUFN Welcoming Congregation Committee Members and Chair/Co-Chairs

The Unitarian Universalist Association is reinvigorating the Welcoming Congregation program (which addresses the needs and concerns of LGBTQ+ individuals in our congregations and wider communities), and UUFN will need to activate our Welcoming Congregation Committee.

For more information, please contact Donna Shand, Social Justice Committee Co-chair [socialjustice@uufn.org](mailto:socialjustice@uufn.org)

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### Stewardship Focus Group, December 13, 6:00-8:00 p.m.

We are Mary and Paul Bauernschmidt. Our first day at UUFN was Easter of 2017. We have since become members as well as committed to chair the stewardship endeavor of 2019. On December 13, 2018, we will host a focus group at our house. (116 Meriden Dr., Fairfield) We are interested in hearing all ideas on stewardship. Attendance does not commit you to being on the committee. No need to RSVP for this night -please just show up:) However as expected we are looking for people to help keep us company on our budding stewardship committee. Tasks will be broken up. Please email us directly if you are interested. [fairfield116@verizon.net](mailto:fairfield116@verizon.net)

## Events

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

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

### Second Sunday Potluck October 14, 11:45 a.m.

Please bring your contribution to the kitchen before service if possible. There will be reminder emails but no sign ups for items. Please do visit the Fellowship Committee table during Coffee Hour for volunteering to help for setup/clean up. Contact Rachael Coffey for more information.

### Ladies Lunch Bunch

October 16, 2:30 p.m. at Buck's Restaurant  
(Route 273; 314 East Main Street. Rising Sun, MD 21911)

Contact Barb Jezl ([ladieslunch@uufn.org](mailto:ladieslunch@uufn.org)) for reservations.

### Meet the Candidates Saturday, October 27

The UUFN Social Justice Committee invites you to this non-partisan forum for the public to meet candidates running for office in the state of Delaware in the November 6, 2018, general election.

Space is limited! Reserve your free ticket:

<https://www.eventbrite.com/e/delaware-candidates-forum-tickets-49535483966>

To volunteer to help out, contact [socialjustice@uufn.org](mailto:socialjustice@uufn.org)

### Trunk-or-Treat Sunday, October 28, 11:30 a.m.

Join us for a fun time for kids and adults at our Halloween Trunk-or-Treat on Sunday, October 28. UUFN Members and Friends are invited to decorate up their car trunks and share the bounty of fall food & snacks. A big pot of soup and some crusty bread will be provided for kids and adults. Contact [Fellowship@UUFN.org](mailto:Fellowship@UUFN.org) for more information.

### Book Bums

For further information, contact Udda at [neershof@yahoo.com](mailto:neershof@yahoo.com). (Discussion leader) in list below.

October 19 – Strangers in Their Own Land by Arlie Russell Hochschild (Dana U)

### Alan Fox Lecture Series – Science and Religions

Dr. Alan Fox, philosophy professor at UD, will share his expertise, experience and energy with us as he discusses the fascinating and complicated relationship between Religion and Science. This is a 5-part series – the dates are 5 consecutive Thursday evenings:

**October 4:** A historical review of the relationship between science and religion and how this is reflected in contemporary society

**October 11:** Judaism, Christianity, Buddhism and their relationship to Science.

**October 18:** Modern Physics and Samkhya.

**October 25:** Daoism and Science, and the Brain and Spirituality

**November 1:** Perspectives on Islam

His last series at UUFN was a community block-buster to an overflowing crowd! You won't want to miss this.

### New Event at UUFN! "Morning Yoga"

Instructor: Dona Zingaro, CYI, Certified with AAAI for over 10yrs.

Day: Every Tuesday

Time: 9:30 a.m.-10:30 a.m.

Benefits of Yoga:

\*\*Promotes Good Posture      \*\*Increases Stamina  
\*\*Builds a Strong Heart      \*\*Relaxes Mind and Body  
\*\*Improves Flexibility and Balance

This Class is for Beginners to Intermediate.

If you are interested, you must sign up, and we need a minimum of 7 people in order for classes to begin. To register, email [officeadmin@uufn.org](mailto:officeadmin@uufn.org)

Class Packages:

Single One-hour Session \$15.00 per person

4 One-hour Sessions \$50.00 per person

# Unitarian Universalist Fellowship of Newark

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