



Unitarian Universalist Fellowship of Newark

A community of spiritual seekers inspired to promote a just and compassionate world

UUpdate January 10, 2020

The Week Ahead

Friday, January 10

8:00pm Brandywine Friends of Old Time Music (M) 8-10pm

Sunday, January 12

9:15am UUFN Bistro (OB) 9:15-10:15am

10:30am Worship & Religious Education

11:30am 2nd Sunday Potluck

Monday, January 13

7:00pm Yoga with Dona Zingaro (W) 7-8pm

Tuesday, January 14

10:00am Treasurer & Bookkeeper Office Hour (office) 10-11am

1:00pm Helping Hand Committee Meeting (OB) 1-2:30pm

6:30pm Women's Spirituality Group (FULL CAMPUS) 6:30-9:00pm

Wednesday, January 15

9:00am Panera Coffee Group

3:00pm IT Task Force mtg (B) 3-4:15pm

5:00pm Worship Committee Mtg (B) 5-6:00pm

6:00pm Young Adult Mtg (B) 6-9pm

6:30pm Zen Meditation (TP) 6:30-8:15p

Thursday, January 16

3:00pm 3rd Thurs Afternoon Chalice Circle (OB)

7:00pm 3rd Thurs PM Chalice Circle (Closed) (OB)

Friday, January 17

7:15pm Book Bums (Off Site)

Saturday, January 18

9:30am DE Women's March (ENTIRE CAMPUS) 9:30-12:00pm

Sunday, January 19

9:15am UUFN Bistro (OB) 9:15-10:15am

10:30am Worship & Religious Education

12:00pm Medical Aid in Dying Discussion Forum (F) 12-1:30pm

Upcoming Services

January 12 ~ “Religious Integrity for Everyone”

Rev. Don Garrett

We celebrate Religious Freedom Day this year on January 16, so we’ll explore the challenges of being true to one’s self while staying open to the gifts of tradition.

January 19 ~ “Respect for the Dying”

Paul Baumbach

Death with Dignity, Medical Aid in Dying (MAID), End of Life Options laws—there are many phrases used to describe policies which permit terminally-ill persons to work with their physicians to obtain medication to ‘write their final chapter,’ to have autonomy in their final day.

Fully distinct from euthanasia, MAID is a process driven by the dying person themselves, empowering those whose worldview opposes this path to follow the traditional path in which the disease dictates the final days. But critically, MAID provides a legal path for the dying person and their willing physician to provide a humane, comfortable path at the end of their life.

Such policy proposals reveal societal rifts, within the disability community, within the medical community, and within the faith community. In this service, we will primarily focus on the issues raised in the faith community, and the intersection between society’s faiths and society’s governance.

Medical Aid in Dying—a discussion about end of life policies, Sunday, Jan. 19, 11:45 am

Paul Baumbach invites you to continue the conversation about the service he is giving January 19 on Respect for the Dying. Medical Aid in Dying offers a legal path for dying persons and their willing physician to provide a humane,

comfortable path at the end of their life. Learn more about this issue that creates so much controversy within the disability, medical, and faith communities, and the intersection between our society's faith and its governance.

Share the Plate - JANUARY

AtTAcK addiction's mission is to raise awareness about the disease of addiction through educating communities, assisting families in their quest for information and supporting those in recovery. AtTAcK addiction seeks to remove the stigma of addiction by effecting positive change in DE.

New member for Leadership Development Committee Needed

The Leadership Development Committee is looking for a new member. It's a two year term beginning in July to develop, assist, and recruit leaders for our congregation. Join Jeff Ramberg, Deb Morris, Karen Barker, and Ingrid Landers Anderson in furthering this process. We meet once a month.

Contact Deb Morris at 443-907-2246 or morrisd@udel.edu.

Request for Budget Submissions

Please make January your team/committee financial planning month. Consider your team/committee plans for congregational year 2020-2021 and what money you will need to accomplish your goals. Provide your budget to the treasurer at treasurer@u-ufn.org by the end of January. Your input will be compiled into the goal for the Stewardship campaign in March and then the proposed budget, which will be presented for approval at the Annual Meeting in May.

Looking Ahead

Women's Spirituality Group January 14

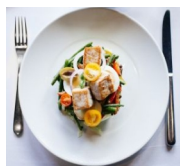
The healing power of smudging.

Gather at 6:30, session starts at 7:30. What is smudging? It is more than waving around a burning bundle of herbs. It is a cleansing ritual to purify your home, remove negative energy from your body, and to attract positive energy and bring peace into your life.

Learn about all of the many different herbs and crystals to use, learn about alternative ways to smudge without smoke, sound and feather smudging. When is the best time of day to smudge? Are there better times than others? You will go home with a smudge stick of your choice, if you wish. For those of you who wish to stay until 8:30 we will smudge each other and smudge the UUFN. We will use smoke and non-smoke inside and out. So those who can't tolerate smoke will be safe. We will clear, empower, bless and produce positive energy for our spiritual home. Blessed Be, Amen, Aho, Shalom, Namaste, Love.

Building Your Own Theology

This six-session class (2/23, 3/8, 3/22, 4/12, 4/26 & 5/10) will explore the five big questions everyone needs to answer: What does it mean to be human? How do I know what I know? Who or What is in charge? What is my purpose in life? and What does my death mean?



The Lunch Bunch In January

January 21, 2020 (3rd Tuesday!) 12:30 PM. at

Caffe Gelato on Main Street Newark

For reservations and information on ridesharing
contact Barbara Jezl. UUFN

Lunch Bunch in February

Blue Crab Grill on S. Main St.

February 18 (3rd Tuesday) 12:30 pm

Contact Barbara Jezl for reservations and information about
ridesharing

“Greta’s Friends – Unitarian Universalists for Nature”

Feb 2 – 10:30-11:30 for children during RE and

11:30am-12:30pm (snacks included!) for adults,
families, children

Save these dates: Feb.2 & .23, Mar.15, Apr.5 & 26 & May 2!

RE, Landscape, and Social Justice teams present “Greta’s Friends – Unitarian Universalists For Nature”, an ongoing Religious Exploration project focusing on the UUFN woods – one of the largest remaining, privately-owned woodlots in the City of Newark. The program will involve learning about ecosystems, food chains, pollinators and native plants that support the health of the land, as well as non-native plants that invade. It will include games and activities for all ages and hands-on learning led by trained Habitat Stewards, Biologists and Arborists.

There will be two components – one for children during the RE hour and a second program on the same day for adults and families, right after you get your coffee!



2020 Delaware Women's March

*Our vote, our voice.
Celebrating 100 years of
suffrage*

**Saturday, Jan. 18, 2020
9:00 am-noon
Unitarian Universalist
Fellowship of Newark
420 Willa Road
Newark, Delaware**

SPEAKERS INCLUDE...

**U.S. Rep. Lisa Blunt Rochester
Lt. Gov. Bethany Hall-Long
Attorney Gen. Kathy Jennings
NCC Executive Matt Meyer**

*... and many other elected officials,
community activists, and
advocates for women's rights*

**For a complete roster of
speakers and details of
the event, visit our
[Facebook page](#)**

MLK Weekend Events

January 19 & 20

Celebrate the life and work of the Rev. Dr. Martin Luther King Jr. during MLK Weekend, January 19 & 20

UUFN will partner with the Newark NAACP, the Newark United Church of Christ, St. John's UAME Church, and other local faith and community groups to present a meaningful series of events in honor of Dr. King's birthday:

- **Saturday, January 18 – MLK Day of Service.** Project at Hope Dining Room. (Details forthcoming)

- **Sunday, January 19, 3 pm – Community Interfaith Worship** celebration followed by a reception. Location and details TBA.

Monday, January 20, 9 am-3 pm - Community service event in coordination with the Food Bank of Delaware to distribute boxes of food to families in need in the Newark area. Location: George Wilson Community Center on New London Road. Are you or someone you know in need of food assistance? You might qualify to receive one of these food boxes. Application forms are in the Social Justice mailbox in the UUFN office, or you can get the form online at the Food Bank of Delaware's Mobile Pantry page: <https://www.fbd.org/wp-content/uploads/2019/10/TM-General-Intake-Form-2019.pdf>

Donations are requested for snacks, sweets, cheese and crackers, drinks, and paper goods for the MLK Sunday and Monday events. Please send an e-mail to socialjustice@uufn.org to let us know what you can contribute.

Take the Survey on issues facing Delaware women—the Office of Women's Advancement & Advocacy, DHR has launched a year-long research project called Delaware Women's Voices. The results will be compiled into a public report that will help identify important issues in Delaware that impact women's lives. You can find the survey at this link:

<https://docs.google.com/forms/d/e/1FAIpQLSch20HrXD013CQa2mvQtdeB4xHzwNVS5ikY9j6h3mnhnOLlxg/viewform>

Want to become involved in UUFN's social justice programs?

Come to our meetings every fourth Sunday, 11:45 am
in the Olympia Brown Room.

Open Chalice Circle, Mon. Jan. 27, 7-9pm Chalice Circles are a great way to further spiritual growth as well as to connect with others at a very deep level in a very short period of time. There will be an Open Chalice Circle, Monday, January 27, 2019 from 7 to 9pm. The theme for January is Integrity. All are welcome. Please RSVP at chalicecircles@uufn.org by 5pm, Sunday, January 26 and you will be sent the materials. You are welcome to come without replying but in that case please be sure to be on time. If you have questions, please contact us at chalicecircles@uufn.org.

Grants approved by Endowment Committee

The UUFN Endowment Committee is happy to announce the approval of funds for seven grant applications submitted in November. Because moneys available were less than the total of all grant requests, some requests could not be fully funded, but all applications were approved. Grants were approved for the following committees: Religious Education, Communications, Property, and Long Range Planning

Religious Education Notes

Thanks to everyone who has had the youth come out to their home in exchange for donations, you have all been very generous. We apologize if we have not gotten to you yet. In an effort to help everyone with their projects the Young Adults will now be taking on the overflow. A large number of them would also like to attend GA this summer so we will be extending our fundraising opportunity to them. Continue to contact Juan or

dre@uufn.org with your requests for practical help and we will do our best to schedule you in a timely manner.

White Christmas, Green Fellowship

It is again the White Christmas Holiday event. When you get new toys, bring the Styrofoam to UUFN and we will recycle it. When you get new electronics, we can help recycle old electronics. In January, Kip will be gone and needs some help in absentia. Please help the **Green Fellowship Team** members move this recycle to Fellowship Hall.

Property Committee – Help Wanted

While there have been two congregational gatherings to address the needs of the fellowship, there are still several items to be done. Is there one that you can do or help with? If so, please email property@uufn.org with your info and Property will contact you.

- 1) Shampoo carpets in various areas
 - 2) Mackinnon Kitchen stripped & polished
 - 3) Recarpeting & replacing vinyl planking
 - 4) Replace 1 pathway light near Fellowship Hall
- (Scope of work, tools & schedule to be discussed via email or direct communication)

Property is also seeking a volunteer willing to assist with documenting, filling board reports and taking meeting minutes (available Wednesday nights, bi-monthly). Please reach out; we would be happy to hear from you.

2/3

11th Annual Chili Cook-Off – February 1, 2020

Mark your calendar! February 1st the Landscape Committee will sponsor the 11th Annual UUFN “Chili Challenge” Chili Cook-Off, with awards for CHILI, CORNBREAD and DESSERT! 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.

Look for more event details and SIGN UP at the Chili Cook-Off table during coffee hour. Contact Steve Bush at Chilibush@comcast.net or [email landscape@uufn.org](mailto:emaillandscape@uufn.org) to enter your chili, cornbread or dessert, or talk to any member of the Landscape Committee for more information.

Conflict Transformation in Congregations Workshop

March 7, 2020 As part of our Long-Range Action Plan, the Long Range Action team has as one of our goals to provide training in compassionate communication and conflict resolution so that we improve our skills and ability to support each other and maintain a safe space for all, even in difficult situations. To that end the LRP is hoping to recruit several members to attend workshop on “Conflict Transformation in Congregations” on March 7, 2020 in Silver Spring MD being sponsored by the Central East Region (CER).

As described by CER – “Conflict in congregations can be distressing and divisive, and people often want to avoid it at all costs. But what if conflict was actually something that could be healthy and beneficial? Rather than seeing conflict as something to be “resolved” or “managed,” what if we understood conflict to be an opportunity for mutual learning and deepening relationships?”