



Unitarian Universalist Fellowship of Newark

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

UUpdate November 15, 2019

The Week Ahead

Friday, November 15

7:15pm [Book Bums \(Off Site\)](#)

Saturday, November 16

3:00pm [Craft Fair Set up \(F&M\)](#) 3pm-5pm

Sunday, November 17

9:00am [UUFN Craft Fair \(F\)](#) 9-2:30pm (M) 11:30-1pm

9:15am [Choir Practice \(M\)](#)

9:15am [UUFN Bistro \(OB\)](#) 9:15-10:15am

10:30am [Worship & Religious Education](#)

Monday, November 18

6:00pm [Young Adult Thanksgiving \(B\)](#) 6-9pm

7:00pm [Yoga with Dona Zingaro \(W\)](#) 7-8pm

Tuesday, November 19

10:00am [Treasurer & Bookkeeper Office Hour \(office\)](#) 10-11am

12:30pm [UUFN Lunch Bunch \(offsite\)](#)

6:00pm [White Fragility Dialogue \(W\)](#) 6pm

6:00pm [Ukulele Group \(OB\)](#) 6-7:30pm

Wednesday, November 20

9:00am [Panera Coffee Group](#)

5:00pm [Worship Committee Mtg \(B\)](#) 5-6:00pm

6:30pm [Zen Meditation \(TP\)](#) 6:30-8:15p

Thursday, November 21

3:00pm [3rd Thurs Afternoon Chalice Circle \(OB\)](#)

7:00pm [3rd Thurs PM Chalice Circle \(Closed\) \(OB\)](#)

Friday, November 22

1:00pm [4th Friday Chalice Circle \(OB\)](#) 1-3pm

6:00pm [4th Friday Game Night \(M-as available\)](#) 6-9pm

Sunday, November 24

9:15am Choir Practice (M)

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

10:30am Worship & Religious Education

11:45am Social Justice Committee Mtg (OB) 11:45-12:45am

Monday, November 25

7:00pm Open Chalice Circle (OB) 7-9pm

Learn more at <http://uufn.org/calendar/>!

Upcoming Services

November 17—Living an Abundant Life

Rev. Karen Laughman

“Living an Abundant Life,” presented by Reverend Karen Laughman, Interfaith Minister and UUFN Friend. In this season of gratitude, Karen will explore what it means to live an abundant life from a spiritual perspective practicing spiritual principles including optimism, gratitude and generosity.

November 24--Gratitude

Rev. Don Garrett

Share the Plate/ November

November's Share the Plate recipient is the Lenape Tribe of Delaware, in honor of Native American Heritage Month. The Lenape Indian Tribe of DE represents the citizens of a Lenape Tribal Community concentrated in central Kent Co.

“Our mission is to protect the cultural identity of the Lenape people of DE through educational, social and cultural programs and to promote the physical and economic health of our citizens.”

Newark Interfaith Service of Thanksgiving

Tuesday, Nov 26, 7:30 – 8:30 PM

New Ark United Church of Christ, 300 East Main St., Newark
Join leaders from many faith traditions for a worship service of celebration and gratitude. A time of conversation and refreshments will follow. If you would like to sing with the interfaith choir; please come to rehearsal at 6:30.

Endowment Grant

What need(s) do you see at UUFN that you could fill with an Endowment Grant? Get details and apply for some of our \$5,700 at uufn.org/endowment-grants. **Deadline: Nov. 15.**

Qualified Charitable Distributions

If you are 70½ or older and have an Individual Retirement Account (IRA), you may be familiar with the option to donate through a Qualified Charitable Distribution (QCD), also referred to as an IRA Charitable Rollover. A QCD may make sense for you as a way to support UUFN while maintaining tax advantages.

Consider these factors when deciding whether a QCD would be right for you:

1. The IRS allows donors 70½ or older to transfer up to \$100,000 directly from their IRA to charity each calendar year.
2. A QCD can be used to meet all or part of your yearly IRA required minimum distribution.
3. You pay no income tax on amounts you donate using a QCD. The transfer generates neither taxable income nor a tax deduction, so you can benefit even if you do not itemize deductions on your tax return.
4. You can use a QCD to make an outright gift to UUFN or to make a payment on an existing pledge.

For information on how to make a gift from your IRA, contact Glen Schmiesing at treasurer@uufn.org.

UUFN Discussion Facebook Group

We hope to set up an official group on Facebook in the future. Meanwhile, you can visit and like the UUFN Facebook Page.

<https://www.facebook.com/UUFN.org/>

Claim Your Donation

Did you donate shares of Intuitive Surgical to UUFN? If so, please contact Glen Schmiesing treasurer@uufn.org so that we can credit your donation to you.

Upcoming UUFN Events

The Monthly Lunch Bunch Tuesday, November 19th

at Buck's restaurant in Rising Sun, MD at 12:30 PM. Contact Barbara Jezl for reservations.

2019 UUFN 26th Annual Holiday Craft Fair

Sunday, Nov. 17th 11:30am-2pm – Multiple vendors will be displaying their works for purchase. A simple lunch of soup & bread will be available for a \$5-or-more donation. Come out and get a head start on handmade Christmas gifts.

Do you want to help? For more information contact: Kay Elizabeth at kay.elizabeth222@gmail.com or Guat-Lian Kreamer at stillrabbitclan@gmail.com.

Open Chalice Circle -- Monday, Nov. 25, 7-9pm

Chalice Circles are a great way to connect with others at a very deep level in a very short period of time. There will be an Open Chalice Circle, Monday, November 25, 2019 from 7 to 9pm. The theme for November is Attention. All are welcome. Please RSVP at chalicecircles@uufn.org by 5pm, Sunday, November 24 and you will be sent the materials. You are welcome to come without RSVPing but in that case please be sure to be on time. If you have questions, please contact us at chalicecircles@uufn.org.

Religious Education Notes

Jewelry Fundraising Sale: Barbara Hebner and the YoUth GroUp will be selling jewelry Sundays in November during coffee hour. All proceeds will go to the YoUth GroUp fund for a trip to General Assembly next summer. Thanks for your support.

Chef Boyardee Meal Collection

The Lower Elementary will be assembling go bags for the Newark Empowerment Center on November 24th. Please donate Microwaveable Chef Boyardee meals in the box at the front of Walden Lounge. Thanks for your help.

yoUUth groUUp Holiday Food Collection!!!

The UUFN yoUUth groUUp will be collecting all non-perishable food items on Sundays November 17, 24, December 1 and 8 for the Newark Area Welfare Committee's annual Holiday Food Box Program. Please support our youth in their efforts to help people in need right here in Newark by bringing your food items to UUFN!

Young Adult Thanksgiving – Monday 11/18

If you are 18-35 and looking for a friendly and open-minded group to share food and conversation join us in the Board Room at UUFN at 6:30 pm on Monday 11/18. Bring a Thanksgiving side.

Elementary OWL teacher training

Cherry Hill NJ Dec 6-8!

If you are interested in taking this training UUFN will pay for your registration. Please let Andrea know by November 15th in time for a grant application. Questions? dre@uufn.org

<https://www.uua.org/central-east/events/region/elementary-our-whole-lives-training-nj-1219>

Social Justice News

Join the Conversations Around Racism & White Fragility:

Social Justice will host the YWCA's dialogue on the book *White Fragility: Why it's So Hard for White People to Talk About Racism*, by Robin DiAngelo. Sessions will be Tuesdays, Oct. 2-Nov. 20, 6-8 pm in Walden. Sign up at www.ywcade.org/dialogue2action. Or see Liz Carlisle.

Want to become involved in the important work of the Social Justice Committee? Come to our meetings on the fourth Sunday of the month at 11:45 in the Olympia Brown Room. November's meeting is on the 24th. Join us!

Liz Carlisle and Karen Barker, Social Justice Team Co-Chairs

Looking Ahead

December events! *change in potluck date* December is not too far away and we hope to see you all at the following events: **Lay Leaders Council and 1st Sunday Potluck 12/1.** The Lay Leaders Council is comprised of UUFN committee and teams that do the work of the Board and the UUFN. Please join us to learn about the way in which we organize and conduct UUFN work. This meeting we will be discussing and working with teams/committees on the Long Range Plan, will update teams/committees on various things including the budget use to-date.

We hope everyone can attend the all-ages **Holiday Party 12/16** after the ever popular and enjoyable RE Pageant! Lunch main dish will be provided by the Kitchen and Fellowship Committees 12/16 after service. Please bring a dish to share. Enjoy crafts, activities, carols, and more!

Contact Rachael Coffey at Programs@UUFN.org for more info.

Women's Spirituality Group - Self Compassion.

Dec 10 7:00pm

The Dalai Lama defines compassion as

“an openness to the suffering of others with a commitment to relieve it”.

What would it be like to cultivate an openness to your own suffering and engage in a commitment to relieve your own suffering ?

Come, let's talk about self compassion.

We gather for conversation at 6:30 and start at 7

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?”

Bubble Wrap

Sunday Nov 17, we can recycle bubble wrap to the Holiday Craft Market. Please bring to service and we will pass along.