



# Unitarian Universalist Fellowship of Newark

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

## UUpdate November 22, 2019

### The Week Ahead

#### **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

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

#### **Tuesday, November 26**

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

#### **Wednesday, November 27**

9:00am Panera Coffee Group

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

#### **Thursday, November 28**

9:00am Hope Dining Room(offsite)9-1p

#### **Sunday, December 1**

9:15am Choir Practice (M)

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

10:30am Worship & Religious Education

11:30am "2<sup>nd</sup> Sunday Potluck" on 1st Sunday this month! (M)

11:45am Lay Leader Council Mtg (M)

4:30pm Youth Group (OB) 4:30-6pm

#### **Monday, December 2**

6:30pm LDC (B) 6:30-7:30pm

## **Upcoming Services**

**November 24—Gratitude**

**Rev. Don Garrett**

**Sunday, Dec 1, 10:30am — “Values Conflict and Our Roles as Actors in a Democratic Process”**

**Richard and Pat Field**

In a dynamic universe, even our highest values can be in conflict. How do we respond to these conflicts as citizens in a democratic system?

## **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.

## **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](mailto:treasurer@uufn.org).

## **Claim Your Donation**

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

## **UUFN Discussion Facebook Group**

We hope to set up an official UUFN Discussion Group on Facebook in the future. Meanwhile, you can visit and like the UUFN Facebook Page. <https://www.facebook.com/UUFN.org/>

## **Upcoming UUFN Events**

### **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](mailto: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](mailto:chalicecircles@uufn.org).

## **Religious Education Notes**

### **Successful Fundraising**

Thank you to Barbara Hebner for her heroic (and very successful) efforts to raise money for the youth group trip to GA through jewelry sales. Also 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](mailto:dre@uufn.org) with your requests and we will do our best to schedule you in a timely manner.

### **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.

**yoUUh groUUp Holiday Food Collection!!!**

The UUFN yoUUth groUUup will be collecting all non-perishable food items on Sundays November 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!

### **All the Whos down in Whoville**

Think you know the story of the Grinch? Maybe not. Come join our elementary class as they stage the play "How the Grinch Saved the Holidays!" followed by a holiday potluck and party. December 15th 10:30a – 1p. ! Lunch main dish will be provided by the Kitchen and Fellowship Committees Please bring a dish to share. Enjoy crafts, activities, carols, and more!

### **Social Justice News**

**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 Dec. 1st.** 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, and will update teams/committees on various things including the budget use to-date.

Contact Rachael Coffey at [Programs@UUFN.org](mailto: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 7:00pm.

## **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 committee members move this recycle to Fellowship Hall.

## **MLK Weekend Events**

UUFN has a special opportunity to 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 to celebrate the life and work of the Reverend Dr. Martin Luther King Jr. during MLK weekend in January.

Here is what we need:

1. The names of volunteers who can commit to helping on Monday, January 20 at the George Wilson Center. This will involve moving tables, carrying boxes of food, checking in the guests, helping with parking and traffic, supplying hand-trucks, and other jobs as they become known.
2. Folks who can bring snacks, sweets, cheese and crackers, drinks, cups, napkins, plates, etc., to the worship celebration and reception on Sunday, January 19.

Email [socialjustice@uufn.org](mailto:socialjustice@uufn.org) to volunteer

## **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?”

### **Looking Back**



*Rev. Karen Laughman, Nov 17<sup>th</sup>.*

*Photo by Glen Schmiesing.*