



# Unitarian Universalist Fellowship of Newark

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

**UUpdate November 29, 2019**

## **The Week Ahead**

### **Sunday, December 1**

9:15am Choir Practice (M)  
9:15am UUFN Bistro (OB) 9:15-10:15am  
10:30am Worship & Religious Education  
11:30am \*2nd\* Sunday Potluck \*on 1st Sunday (M)  
11:45am Lay Leader Council Mtg (M)  
12:15pm Welcmg Cong Renewal Mtg (OB) 12:15-1pm  
4:30pm Youth Group (OB) 4:30-6pm

### **Monday, December 2**

6:30pm LDC (B) 6:30-7:30pm  
7:00pm Yoga with Dona Zingaro (W) 7-8pm

### **Tuesday, December 3**

10:00am Treasurer & Bookkeeper Office Hour (office) 10-11am  
6:00pm Ukulele Group (W) 6 - 7:30pm

### **Wednesday, December 4**

9:00am Panera Coffee Group  
4:15pm Minister SRST meeting (B) 4:30-6pm  
5:30pm Security Team mtg (OB) 5:30pm  
6:30pm Zen Meditation (TP) 6:30-8:15p

### **Friday, December 6**

6:00pm Brandywine Friends of Old Time Music (M) 6-10pm

### **Saturday, December 7**

3:00pm NAA (Private) (M) event 6-9pm

### **Sunday, December 8**

9:15am Choir Practice (M)  
9:15am UUFN Bistro (OB) 9:15-10:15am  
10:30am Worship & Religious Education

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

**Christmas Eve Service, Dec 24 at 7:00 pm**

## Upcoming Services

**Sunday, Dec 8, 10:30am —“Bodhi Day”**

**Rev. Don Garrett**

Buddhists all over the world celebrate this holiday. Let’s find out why.

**Sunday, Dec 15, 10:30am — All the Whos down in Whoville  
R.E. Children’s Pageant**

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. Lunch main dish will be provided by the Kitchen and Fellowship Committees. Please bring a dish to share. Enjoy crafts, activities, carols, and more!

## Share the Plate—December

December’s [Share the Plate](#) recipient is [New Start Adult Literacy Program](#). This program was founded in 1985. The program provides New Castle Co. adults with free instruction in speaking, reading and writing English. The classes are offered at Bear and Newark libraries, Red Lion Methodist church, and St. Joseph Catholic Church in Middletown.

## **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).

## **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.

### **yoUUth groUUp Holiday Food Collection!!!**

The UUFN yoUUth groUUp will be collecting all non-perishable food items on **Sunday, December 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!

### **Looking Ahead**



**The UUFN Lunch Bunch** will meet at Skipjack in the Shops of Louviers **December 10 (2nd Tuesday) 12:30 PM** (Contact Barbara Jezl for reservations and ride sharing options.)

### **Free Food Box Distribution on Jan.20, 2020**

The UUFN is partnering with the Newark NAACP and other local organizations to have a food box distribution by the Delaware Food Bank on Monday, January 20 as part of our celebration of the life of Rev. Dr. Martin Luther King. If you might qualify for this food distribution, please fill out the Food Bank's required form, which you can find in the Social Justice mailbox in the UUFN office. The form can also be found at <https://www.fbd.org/wp-content/uploads/2019/10/TM-General-Intake-Form-2019.pdf> . The form includes a table of qualifying family size and income. Please return this form to the Social Justice mailbox **by Dec.8**. Social Justice will also have a table at coffee hour for more information.

If you know folks in your Delaware community (not just UUFN members) who might qualify for and be interested in picking up a Food Box on Jan.20, 2020, please let them know that there are applications forms in the Social Justice mailbox in the UUFN office or they can go online to <https://www.fbd.org/wp-content/uploads/2019/10/TM-General-Intake-Form-2019.pdf> The **form must be returned to the SJ mailbox at UUFN by Dec.8**

## **Women's Spirituality Group - Self Compassion.**

**Tuesday, 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?”

