



Unitarian Universalist Fellowship of Newark

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

UUpdate December 6, 2019

The Week Ahead

Friday, December 6

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

Sunday, December 8

9:15am Choir Practice (M)

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

10:30am Worship & Religious Education

Monday, December 9

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

Tuesday, December 10

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

12:30pm UUFN Lunch Bunch (offsite)

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

6:00pm Ukester's Rehearsal (M) 6-7:30pm

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

Wednesday, December 11

9:00am Panera Coffee Group

1:30pm Pastoral Care Committee Meeting (B) 1:30-3:30pm

3:30pm Outrageous OWLS (OB) 3:30-5:30pm

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

6:45pm Board Meeting (B) 6:45-9 pm

7:00pm 2nd Weds Chalice Circle (OB)

Saturday, December 14

5:00pm Play Rehearsal (M) 5-7pm

Sunday, December 15

9:15am Choir Practice (M)

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

10:30am Worship & Religious Education

11:30am RE Play & All Fellowship Holiday Party (M)

Monday, December 16

6:00pm Young Adult Mtg (B) 6-9pm
7:00pm Open Chalice Circle (OB) 7-9pm
7:00pm Yoga with Dona Zingaro (W) 7-8pm

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.

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.

Celebrating the 2019 Holiday Season at UUFN

Sunday, December 15

10:30 am ~ Children’s Pageant

Tis the season for the annual children’s pageant! Always a highlight of the year this is not an event you want to miss! 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!” Let’s all come out to cheer on our young UUs!

11:30 am ~ Holiday Pot Luck Lunch and Party

Bring your most festive and holiday-inspired dishes... or your healthiest hearty fare... or some of your famous holiday desserts! We will devour it all, then enjoy a variety of holiday crafts and caroling as we get into the holiday spirit. Not just a family event! Who doesn’t love some time sharing a meal and decorating cookies or stringing popcorn, or making cards? This is a great time to bring a friend along for the day. Plan to stay long enough to help roll away the tables as we sing our favorite carols, maybe you’ll get in good with St. Nick by helping load up the dishwasher or stack the chairs?

Saturday, December 21

7:30 pm ~ Winter Solstice Celebration

The Winter Solstice is a time of hibernation; a time of diving deep into our inner selves and taking time to rest and to dream. Celebrate the shortest day and the longest night of the year with songs, readings, and candlelight. Please bring a plate of goodies to share for the reception immediately following if you so wish.

Sunday, December 22

10:30 am ~ Hanukkah & Christmas Sunday Service

Reverend Don Garrett will lead us in an exploration of what these two holidays have in common. The story of “Hershel and the Hanukkah Goblins” will anchor our celebration of these overlapping holidays with all the good cheer of the season. If you have time join us for coffee and fellowship after the service.

Tuesday, December 24

7:00 pm ~ Christmas Eve Service

Come celebrate a UU Christmas together with Reverend Don Garrett. Share our special service of Unitarian Universalist lessons and carols, with readings from many traditions, experience the peace of a candle-lit singing of “Silent Night.”

Friday, December 27

7:00 pm ~ Fourth Friday Game Night

A monthly event at UUFN, the December 4th Friday Game Night is always a highlight as gamers bring the new board games they received as gifts during the holiday! Come out and join the

fun! Find out more about this monthly event by visiting the 4th Friday Game Night Webpage.

Sunday, December 29

10:30 am ~ Janus: Looking Back & Forward Sunday Service

UUFN member Jane Luke will facilitate this interactive service where we will discuss our experiences over the last year and our hopes for 2020. As is our custom there will be an opportunity for coffee and conversation after the service.

Tuesday, December 31

8:00 pm to 10:00 pm ~ New Year's Eve Labyrinth Walk

Enjoy a peaceful, candle-lit Labyrinth Walk to end the old year and start the new year with love and gratitude. If the spirit moves you please bring some treats for our sharing space, in the Olympia Brown Room, to enjoy with others before or after your time experiencing the labyrinth.

Looking Ahead

yoUth groUp Holiday Food Collection

Sunday, December 8

The UUFN yoUth 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!

The UUFN Lunch Bunch

December 10 (2nd Tuesday) 12:30 PM

at Skipjack in the Shops of Louviers (Contact Barbara Jezl for reservations and ride sharing



options.)

Open Chalice Circle

Monday, December 16 ~ 7-9pm

Chalice Circles are a great way to further spiritual growth as well as connect with others at a very deep level in a very short period of time. There will be an Open Chalice Circle, Monday, December 16, 2019 from 7 to 9pm. The theme for December is Awe. All are welcome. Please RSVP at chalicecircles@uufn.org by 5pm, Sunday, December 15, 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.

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 of-

file 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**

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.

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.

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 and we will do our best to schedule you in a timely manner.

Looking Further Ahead

MLK Weekend Events

January 19 & 20

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 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?”