



the

FELLOWTARIAN

Newsletter of the Unitarian Congregation of West Chester

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Our Mission: *As a diverse liberal faith congregation, we make a difference in our lives, our children's lives, and the wider community by creating an environment for spiritual growth and fulfillment, for building meaningful connections, and for actively advancing peace and justice in the world.*

SUNDAY SERVICES JULY 2016

July 3 10 a.m.

FREEDOM OF THOUGHT

Rev. David Long

There are countless examples and references to freedom and liberty in American history. On this Fourth of July weekend, let's look again at a basic one, freedom of thought.

July 10 10 a.m.

CROSSING THE BORDERS OF RELIGION

Mary Ellen Giess

The topic at this year's General Assembly of the UUA was interfaith cooperation. How is interfaith activism a UU value? How might it conflict with other values we hold? What does interfaith engagement require of us personally? Mary Ellen started her religious education at UFWC (now UCWC), majored in religious studies, and currently works at Interfaith Youth Core (IFYC.org), a national nonprofit that promotes interfaith cooperation.

July 17 10 a.m.

LET'S ALL AFRICAN DANCE

Janet Peck

Janet Peck is back to treat us with her annual "Let's All African Dance" service. Everyone is welcome. Absolutely no experience necessary. Just wear comfy clothes and a big smile. Live drummers led by Quint Lange.

July 24 10 a.m.

RESTORING OUR SOULS WITH NATURE

Cheryl Pittenger

It's so easy to avoid contact with everyday nature and approach it with guilt or regret or reluctance rather than joy. I know that stopping to admire a cloud can give me a precious moment of physical, mental, and spiritual renewal. What can I do to restore my soul and how might that help save nature too?

July 31 10 a.m.

RECONCILIATION, FORGIVENESS AND REDEMPTION

Michael Werner

The Protestant canon provides a path for reconciliation, forgiveness and redemption. By following that church's canon, its body of literature, rules, and standards, the believer can find a path to salvation. Unitarian Universalism prides itself on being non-creedal. We do not appear to have a well-defined canon. Our seven principles provide a starting point on how to develop our personal canon, but these principles do not define that canon for us. In the absence of a denominational canon, where do UUs turn for guidance when we find ourselves in pain and in need of reconciliation, forgiveness and redemption? In this service, Michael will share his search for a UU canon. He will also share some of what he learned about our UU canon during his time on the ministerial search team.

Services and Babysitting at 10 a.m.

FROM THE PRESIDENT

The world is hugged by the faithful arms of volunteers.

— Terri Guillemets

July is the beginning of a brand new congregational year. While summer attendance on Sundays may be lighter than it was in the spring, we have a lot of work to begin before Rev. Dan Schatz arrives and before we start our building renovation project. One of my concerns several years ago was that we seem to do quiet “behind the scenes” recruiting for important tasks. While it may reduce distractions for the whole congregation, there could be newer members or friends who were not considered for the team, because they are not well known.



Here is a short list of the key teams that are forming right now, and over the summer that will ensure some important initiatives get kicked off right. If you would like to be more involved, or have expertise in any of

these areas, please contact the email address listed.

Move Out and De-Cluttering Team.

The Exec Team is looking for five people to develop and plan for our move in 2017, set some guidelines for what to keep vs. donate, and know how to use pockets of time effectively. People who hate clutter, can make lists, establish work parties, and even just follow directions are perfect for this team. Job description is available. Please contact email:

executive-team.

Minister Transition Team. The Board is looking for two people who are ready to work directly with Rev. Dan, along with three members of the Search team, to support his first year with us. Knowledge of our committees and a patient open-

minded attitude would be very important for this role. Please contact me at email: **president.**

Leadership Development Team.

The Board is looking for two or three people interested in helping us develop a program that supports members who step up to lead committees and small groups. This team will identify skills and training that would be beneficial for a variety of roles. Team members should have an understanding of adult learning as well as group dynamics for volunteer organizations. Please contact me at email: **president.**

We have a lot to get done in the rest of 2016 and we all know that helping out, in big and small ways deepens the connections we have within our community. Let's make use of the next two months to get these important teams going.

— Janine Galen

PAIN -FREE GIVING WITH GROCERY CARDS

Doesn't everybody buy groceries? Or gas from Wawa? By spending the money you normally would anyhow at Acme, Giant, ShopRite, or Wawa by purchasing gift cards after services every Sunday, you also are contributing up to 5% back to UCWC. For a \$100 gift card, UCWC gets up to \$5. Imagine if every family participated in the program how the budget would prosper.

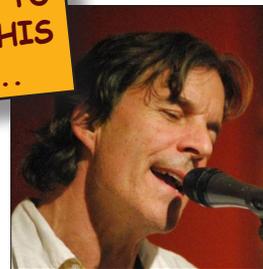


All you have to do is bring your checkbook or cash on any Sunday. It's a win-win. The Grocery Team is ready to assist you.



A TRIBUTE TO JOHN LENNON

COMING TO
UCWC THIS
FALL...



www.charliephillips.com



SINGER/SONGWRITER

**CHARLIE
PHILLIPS**

SATURDAY

SEPT. 24

7:00 PM

Tickets \$15 • Benefits UCWC Building Fund

REMARKS: THE ART OF MEDITATION

“You should sit in meditation for twenty minutes every day, unless you are too busy. Then you should sit for an hour.” This old Zen saying has come to mind on many Sundays in the past several months, as I’ve hurried to get to church even earlier than usual in order to be able to join in the 9:00 a.m. meditation.



I started going to the meditation because I thought it was important to support this fledgling effort—which falls under Adult RE—and because I want it to be there if I need it. IF I need it? Of course I need it! Even though I typically have to rush to get there, that half-

hour of silence does so much for my morning in RE. For instance, lately I’ve noticed that even when things are a bit zany with extra-ebullient kid-energy, it’s easier for me to stay grounded.

There’s something else I’ve noticed that comes as more of a surprise. We sit there silently, eyes closed, each of us on a personal, interior journey. And yet when I’m meditating in the group, I feel so connected to the others in the room. What is it that is transmitted through the silence? I don’t know; I just feel it.

Even more surprising, that feeling of connection goes beyond the room. We hear the footsteps of the members of the week’s hospitality team walking back and forth across the lobby, rolling out the hymnal cart in the sanctuary, putting hymnals on the chairs, setting up the coffee and snacks. We hear Jason warming up at the piano, and the Spirit Singers too, on choir Sundays. It is lovely to hear the building come alive in that way, as we sit silently below. Somehow, we become foundational to the life of the church.

I’m sharing these experiences because I hope you will consider joining us, even if just once a month or so. There are only a few basic guidelines to follow: arrive by 9:00 a.m. as much as possible, be quiet with the doors, and try to commit to sitting for the full half-hour. Mostly we sit in silence. We have also talked about occasionally doing a guided meditation to help beginners. We will keep you posted through Connections and updates in the Order of Service.

Pam Baxter
— Director of Lifespan Faith Development

Note: Thanks to Anthony Penzarella, Mira Tryon, and Cindy Heck for also taking turns arriving early to set up the meditation room.



SUMMER ICE CREAM!

The RE Committee invites you to come out this summer for our series of Ice Cream Socials. These are informal opportunities for Fellowship folks of all ages to stay connected while enjoying a refreshing treat. We’ll meet at Maggie Moo’s (Main Street in Exton) at 7:00 p.m. There’s a nice grassy area for kids to run around in, and the ice cream has been vetted by parents of children with nut allergies. Come join us.

- Wednesday, July 20
- Thursday, August 18

FOLK SINGING

The next **folk singing** get-together is Saturday, July 23, at 7:30 p.m.

We meet at the home of Linda and Steve Sander.



All are welcome. No singing talent or experience is necessary, just a desire to have fun.

Capable musicians should bring instruments. Bring a munchie, if you wish. Maps are in the foyer. Contact Steve at email: **folk-singing**.

LUNCH GROUP

There is no lunch group scheduled for July. (If that changes, we will put a notice in *Connections* and send a message to the email list.)



STONES IN THE WALL – SOCIAL JUSTICE

Each event, each action is another stone in the wall of social justice.

AFTER ORLANDO, CAN CHANGE HAPPEN?

The worst mass shooting in US history recently happened, and Americans are wondering if anything can change this time. The Orlando shooting was committed by a lone wolf, mentally unstable, violent, sexually confused person who had been on the FBI terrorist watch list. Yet he was able to legally purchase a powerful semi-automatic rifle (the style of which was banned 1996-2006) and use it in an orgy of violence against the gay community.

In this toxic mix of motives and lax gun accessibility, something must be done.

At the time of this writing, the Senate has scheduled a vote to keep guns out of the hands of anyone on the terrorist watch list, and to close the loopholes on background checks. It is an uphill battle in the Senate and even tougher in the House, but there is a groundswell of public sentiment that no place is safe from gun violence, and that something needs to change.

Have we reached a tipping point where a surge of public sentiment forces our elected officials to pass common sense gun laws, like universal background checks, firearms restraining orders, reporting lost and stolen guns, and an assault weapons ban? It won't happen without consistent public pressure.

If this is important to you, join the Call to Action Team of the Chester County Coalition to Prevent Gun Violence and stay in the ears of our lawmakers. For more information contact Tom Buglio, UCWC liaison to the CCCPGV (email: gun-safety)



FIRST SUNDAY FOOD COLLECTION PROJECT THIS MONTH'S SUGGESTED ITEM: CHUNKY SOUPS



Our monthly food collection is Sunday, July 3. Look for collection baskets in the lobby. We participate in the "Circle of Giving" program that assures the West Chester Food Cupboard of specific items on any given month according to a schedule provided by the food cupboard. For this month's needs, see the above headline; of course, other items are appreciated as well. Please be sure that food items have not passed their expiration date.

In addition to food items, the food cupboard gratefully accepts paper items such as paper towels and toilet paper, unopened personal care products such as shampoo and soap, and pet food. We encourage members to bring in items the first Sunday of each month, but we will happily accept non-perishables at any time. You can also put a check in the collection plate, payable to "UCWC" with "WC Food Cupboard" in the memo line on any Sunday.

Thank you for participating in this project and helping neighbors in our community. Contact Kimberly Ellerthorpe at email: food-cupboard.

SHARE THE PLATE

The Social Justice Committee's **Share-the-Plate program** raises money to give to local non-profit organizations that are trying to improve life for Chester County residents. We are pleased to announce that the share-the-plate recipient for July 17 (third Sunday of the month) is **Safe Harbor of Chester County**.

Safe Harbor operates a low-demand, emergency shelter providing for the needs of single homeless men and women who, because of addictions or mental health issues, do not qualify for other shelter programs operating in the area. They are willing to serve those with no place else to turn. Their goal is to help rebuild lives and life skills, reestablish self-esteem, and help people overcome the issues that prevent them from leading independent, productive lives.

In addition, Safe Harbor operates a Community Hot Lunch Program that is open weekdays to all low-income men, women and children in the West Chester area. This meal is all too often the only nutritious food many people receive on a daily basis.

Safe Harbor has 20 beds for men and 20 for women. Only 12% of Safe Harbor's budget comes from government. They depend on donations for the rest. UCWC provides one Sunday dinner each month to the shelter.



UUSC UPDATE REFUGEE CRISIS RESPONSE

The Unitarian Universalist Service Committee (UUSC) and its grassroots partner organizations work to address the worldwide needs of refugees in three ways: (Click the links to find out more.)

- Our **Refugee Crisis Partners** provide humanitarian aid to people fleeing Middle Eastern conflicts along the European migration route.
- Our **Migrant Justice Partners** support migrants and refugees from the Northern Triangle of Central America and Mexico, and seek to mitigate the root causes of the violence that threatens them at home and throughout their journeys.
- In Africa, our **Refugee Right to work Partner Asylum Access Tanzania (AATZ)** works to remove barriers to employment by advocating for more welcoming laws and regulations, and by debunking myths that refugees will drain resources from national human service systems, emphasizing the value of refugees as future “success stories” in their new host country.



Click **HERE** to tell Secretary Kerry it’s time we live up to our role as a beacon of hope—keep America’s promise to resettle 10,000 Syrian refugees this year. Last fall, under pressure from UUSC supporters and other human rights advocates, the U.S. State Department agreed to take in 10,000 Syrian refugees. Yet as of World Refugee Day—June 20, 2016—we’re just three months away from the one-year deadline, and only a third of those 10,000 have been allowed in.

Become a proud member of UUSC. Any donation qualifies you as a member. Thank you.

—Linda Sander and Kathy McGinnis
Email: **UUSC**

CONGREGATIONAL CALENDAR

All email addresses @ucwc.org

Jul 1	Fri	Game Night and Potluck. 6:30 p.m. Sanctuary.
Jul 3	Sun	First Sunday Food Collection. Lobby. See p. 4.
Jul 10	Sun	Safe Harbor Dinner. 6 p.m. Email: safe-harbor .
Jul 17	Sun	Share-the-Plate Sunday. Benefits Safe Harbor. See p. 4.
Jul 20	Wed	RE Summer Ice Cream. 7:00 p.m. Maggie Moo’s in Exton. See p. 3.
Jul 23	Sat	Folk Singing. 7:30 p.m. Home of Linda and Steve Sander. See p. 3.

EVENTS OCCURRING REGULARLY:

Sundays **Sunday Morning Meditation.** 9 a.m. Downstairs. Contact email: **DLFD**. See p. 3.

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