



THE COMMUNICATOR

The Newsletter of the Unitarian Society of Germantown
January 2009 Volume 46, No. 5

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Dear Friends,

Our nation is experiencing some of the most difficult financial times since the Great Depression. The ripples of economic troubles touch almost everyone. In my time in the ministry, I have never witnessed so many people struggling with money issues. As we know, the economy won't get better in the near future.

Our church is a supportive environment where we can grapple with how we respond to this situation. Sam Gugino and I hope that people feel empowered at our church to have respectful, caring conversations about the reality of our lives, including money. Whether in your Small Group Ministry, in another church group, or with a friend, we hope you will have places to talk openly about your fears, pains, hopes and joys.

In January we are offering a program by market analyst Claire Nagel, entitled "Surviving Market Volatility." This will be an opportunity to learn basic strategies for intelligent money management in the current climate. We will continue to offer ways to learn about common sense techniques for coping and thriving. Economic stress provides an opportunity to focus on the benefits of simplicity. Reflecting on our own lives and culture, so many of us know the negative emotional cycles associated with excessive materialism. When a tighter pocketbook forces us, we can appreciate the simple blessings in life.

In a new biography by Joseph Abdo about Samuel Longfellow (who served as minister of our church in the 1880s), Longfellow's reflections on the Germantown area show how much he appreciated the most enduring blessings in life, which quite often are free. "The place is attractive. The old streets and town quaint & old-fashioned, reminding me pleasantly of the English Country towns, as the surrounding scenery does of the English landscape. The people whom I have met are very cordial & hospitable, & intelligent. The presumably mild winters have an attraction also." No matter what your financial situation, you can find happiness and beauty in the most basic activities.

Are you consciously taking advantage of your opportunities to appreciate the simple things in life? Our faith tradition blesses us by helping us find the richness that lies within each and every one of us.

In Faith,
Kent

SUNDAY SERVICES

Sunday services begin at 11:00 a.m.
Childcare is available 9:15 to 12:15 p.m.

Jan. 4 New Orleans Jazz Funeral Rev. Kent Matthies and Barbone Street Jazz Band

Come hear the music and feel the energy of this six-piece Dixieland jazz group. In the New Orleans tradition, we will have a wake for the Old Year, lay down our burdens and lift our hopes for the New Year. The spirit will be alive and abundant with great music, including "Just a Closer Walk with Thee" and "When the Saints Go Marchin' In."

Jan. 11 "Coming Home" Deborah Ward

Our lives are filled with journeys of the body, mind and spirit. This is how we grow. But coming home is at least as important as the journey. What does it mean to come home to ourselves?

Deborah Ward has been a member of USG for 25 years. She works at Pennsylvania Hospital as a labor and delivery nurse.

Jan 18 "Now We Need MLK" Rev. Kent Matthies and Linda Brunn

Two days before the Inauguration of Barack Obama our nation will be poised to accomplish great things. We all need to do our part. Drawing upon the life and ministry of Martin Luther King, Jr. provides the direction and inspiration we need. Linda Brunn's father, the Rev. Edward Cahill, was a Unitarian minister. Their family worked on the frontlines of the Civil Rights movement in the South. Linda and Kent will reflect on core King lessons we need to apply to our lives today.

Jan 25 "Here We Go" Rev. Kent Matthies

This is Rev. Kent's last sermon before he begins his sabbatical. We are all beginning an invigorating stage in our nation's history, our congregational life and our own, individual spiritual journeys. Every day is an opportunity to respond to the call to live life to the fullest.

CONTINUING OUR FOOD CUPBOARD TRADITION

Church members and friends are asked to continue our tradition of bringing food to the church on the first Sunday of each month. We need nonperishable food to fill our community cupboard, now housed in baskets located at the Dining Room door to the courtyard and next to the coat rack. Please mark your calendar for **Sunday, January 4**, as a reminder to purchase food for the hungry in Germantown. Collected items will be taken to St. Vincent's Food Pantry for distribution to those least able to make ends meet.

FROM OUR DRE

Spiritual Reflection

Over the course of this church year I am participating in a clinical pastoral education program at Einstein Hospital in North Philadelphia. Each week I attend four hours of pastoral education class, one hour of individual supervision and eight hours of clinical rounds where I visit patients. In addition, I'm on-site on-call as chaplain to the trauma unit two weekend nights per month. So far it has been a powerful and life-changing experience. It's part of my ministerial formation process, and will help me better serve as a pastor to the members of USG.

In one recent class, I participated in an exercise called spiritual reflection. I found it helpful as I go through the process of discerning my own relationship with the divine, and thought many of you might like to give it a try. As Unitarian Universalists, we see faith as an unfolding process and can often benefit from using simple tools such as this one to better understand one's faith.

To start this particular process of spiritual reflection (and there are many different processes), think of a time when you wondered about life's purpose and meaning. Such a time may have been preceded by a life-changing event like a death or birth. It may have been one of those experiences of awe when you were in the presence of magnificent beauty. Get one of those experiences firmly in your memory and think about the following questions:

- What led to the reflecting?
- What did you do in reflecting? (think, pray, talk, meditate, run, bike)
- When did you do it? (immediately, over time, years later)
- Did things change?
- What aspects of you were involved? (thoughts, actions, emotions)
- Did you draw upon any resources?
- Were there any lasting consequences?
- Was the reflection connected to your spiritual life? How?
- In what ways was the reflection significant to you?

I've learned that taking a few moments to contemplate our own spiritual reflections can tell us a lot about our values, our connections to others, and how we make sense of the world. I'd be very interested to hear what you learned from this process. Happy reflecting!

In faith,
Jude

CONGREGATIONAL NEWS

Share the Plate Sunday

Sunday, January 18, will be our next Share the Plate Sunday. This month, our collection will benefit PathWaysPA. PathWaysPA serves more than 6,000 women, children and families who reside in the Greater Philadelphia Region by keeping families together. They assist teen parents ages 12-18 throughout the city, in their move towards self-sufficiency. They also operate one of nine EARN (Welfare to Work--officially, Employment and Retention Network) Centers in the city promoting work that leads to independence. In addition, their Center for Families houses 16 homeless families, providing the last opportunity for mothers to reunite and/or stay together with their children who have been abused and/or neglected. This is an excellent organization serving critical needs in our city. Please plan to give generously.

--Tom Stupak

The Annual Budget Drive—the Same but Different

Mark your calendar for fun and rewarding stewardship in 2009. Planning is underway for the annual budget drive when members and friends are asked to make their financial commitment (pledge) to the church for the coming year. This is the time to renew our promise of stewardship for our faith community.

In the past we have had annual dinners or "Celebration Sundays" to kick off the drive. This year **Commitment Sunday, March 8**, will begin with an inspiring sermon by the Reverend Peter Friedrichs who has won a coveted UUA award for his preaching. This will be followed by a series of cottage lunches (small groups enjoying simple lunches at USG members' homes across our region.) There will be a chance to enjoy rewarding conversations about church life at the Unitarian Society of Germantown, as well as to turn in our commitment forms. Everyone will have received a letter and brochure describing budget goals, a fair share giving guide, and a commitment form. Visiting stewards will follow up with members who are unable to attend a lunch.

An orientation session for the enthusiastic volunteers who will facilitate the lunch discussions will be held on **Saturday, February 21**. Watch the dedicated bulletin board above the pew in the vestibule (between the kitchen and sanctuary) for extremely interesting information about our goals and our giving.

The Stewardship Committee (Linda Bernstein, Tom Schoonmaker, Leni Windle, Greg Bomke, Susan Smith, Mike Heinsdorf, and Ann Schoonmaker) guarantees that you will enjoy this way of renewing our pledge to nurture the growth of this beloved community.

--Ann Schoonmaker

Master Planning Process:
Planning for a Glorious Future has Begun!

Our master plan consultants, Michael Hauptman and Ellen Pannell, met with many committees on Sunday, December 14, to hear our thoughts, plans, problems and dreams. **There are many ways you can be involved:**

1. Share your thoughts, plans, problems and dreams about the future of USG with anyone on the Strategic Planning Council (Charles Gabriel, Linda O'Gwynn, Carolyn Cotton, Mark Bernstein, Eli Searce and Tom Smith) or with Rev. Matthies or Jude Henzy or Sam Gugino or any member of the Board or Administrative Council or Program Council. (That's any one of 21 people you can buttonhole!)

2. Come to "Meet the Consultants" after church Sunday, January 4, 12:45 to 1:45 (after you have a quick first Sunday lunch). Learn who they are and the valuable experience they have to share. Come see why they were a **unanimous** choice to lead our Master Planning process.

3. Send a reasonable, well thought-out, written suggestion (or a random raging rant) by email to any one of the 21 people listed in no.1 above (email addresses can be found in the directory), or to the office.

4. Watch for a survey and return it.

5. Watch for and come to the all-church presentations!

Our consultants have successfully used a planning technique called a "Charrette," which requires broad-based leadership participation: *"A Charrette is a collaborative, inclusive design process that results in a design that is based on consensus. The Design Charrette will provide the Project's key stakeholders with a creative work session that is intended to provide informational and design feedback between the Design Team, the Church and various stakeholders."*

The final result of this entire process will not be a pretty report to decorate our shelves. *The Master Plan will explain in a coherent, organized format the various architectural options that will allow USG to accommodate the changes anticipated over the next several years and allow USG to make the best decisions regarding the future of the congregation.*

Thus it will become an action plan to recreate USG and thereby save the earth, and usher in the modern era of worldwide justice.

--Mark Bernstein, on behalf of the Strategic Planning Council

Resources for Older Adult Living

ROAL is a year-old consultation and referral phone service to make life easier for older adults, families and caregivers who live in Germantown, Mt. Airy, Chestnut Hill and adjoining neighborhoods. ROAL is a program of Neighborhood Interfaith Movement (NIM).

The ROAL phone line helps callers connect with any service they may need related to staying in the community or improving the quality of their lives. Call with questions about anything from housing, heating, health insurance, transportation, respite care or home maintenance to social and volunteer opportunities.

Call and speak to Emilia Xavier **215-843-5602**. **Reach her directly Monday through Friday from 9 a.m. to 3 p.m.**, or leave a message and your call will be returned promptly. Brochures are in the USG office.

--Linda Brunn

EVENTS AND FELLOWSHIP

MLK Day of Service, January 19

Make it a day ON, not a day off. Please join us at USG on the January 19 Martin Luther King Holiday. USG has planned various service projects to take place in and around the community that all ages/families can take part in. The schedule of events:

- 8:30 a.m. Gather for bagels & coffee
Sign up for projects
- 9:00 a.m. Opening Worship
- 9:30 a.m. Begin service projects
- 12:30 p.m. Return to USG for wrap-up & lunch (optional)
- 1:00 p.m. Film & discussion

There are many service projects that are sure to meet your needs:

On site projects:

- Bag lunches for local homeless agencies
- NPIHN's advocacy project – Housing Trust Fund
Making signs/banners/hats
- Winter Coat Drive - *Bring a new or gently worn coat to donate*

Off site projects:

- UU House
Families interacting with residents
- Lingelbach School
Painting project – painting stairwells
Library project – organizing books on shelves
- Community Street Clean Up
- NPIHN Projects:
 - * House fix-up
 - * Warehouse organization and furniture restoration
 - * Soup making for families of NPIHN
 - * Making ceramic bowls for Empty Bowl dinner 2009
 - * Posting flyers in the community for a fundraising event

All ages are welcome. Please contact Nancy Dearden at 215-836-1240 or nancy.dearden@verizon.net with any questions, concerns or special needs you may have.

Film on Nonviolent Power to be Shown at USG

A Force More Powerful, a three-hour, two-part documentary film on nonviolent power, will be shown on two different days at USG. Part One will be shown on Martin Luther King Day (January 19) around 1:30 p.m.,

following lunch. Part Two will be screened the following Sunday (January 25) at 1:00 p.m. The screenings are sponsored by the Ending Racism Committee.

The film explores how nonviolent power has overcome oppression and authoritarian rule all over the world. Narrated by Ben Kingsley and nominated for an Emmy, it premiered on PBS in September 2000.

Part One chronicles how Gandhi refines and expands the nonviolent weaponry he discovered in South Africa as he leads India's campaign for full independence from Britain in the 1930s. It also reveals a new angle on the American Civil Rights Movement in 1960, then returns to South Africa, this time in the 1980s as activists help dismantle the apartheid system.

Part Two recounts how Danish citizens resist the Nazi Occupation, how striking ship workers in Poland band together in Solidarity to fight communism head-on in 1980, and concludes in 1988 in Chile where seven million citizens overcome their fears about the power of dictator Augusto Pinochet and participate in a special election which throws him out of office.

--Robert Anu

Celebrate Imbolc, Herald of Spring

Earth Honoring Traditions will hold an Imbolc ritual on Monday, February 2, at 7:30 p.m. in the Sullivan Chapel. All are welcome to join us as we celebrate Imbolc with fire, song and creativity. This is one of the four principal festivals of the Irish calendar celebrated among Gaelic peoples at the beginning of February or at the first local signs of Spring.

At this ritual we honor creativity--bring something you have created (or a creation you admire), a song to share, a poem, a knitted scarf, a reading, food.

Imbolc is traditionally a time of weather prognostication. The old tradition of watching to see if serpents or badgers came from their winter dens is perhaps a precursor to the North American Groundhog Day, celebrated in these parts by Punxatawney Phil.

Fire and purification are an important aspect of this festival. Brigid (also known as Brighid, Bríde, Brigit, Brìd) is the goddess of poetry, healing and smithcraft. As both goddess and saint she is also associated with holy wells, sacred flames, and healing. The lighting of candles and fires represents the return of warmth and the increasing power of the Sun over the coming months.

Contact Berdine Whedon (bwhedon@gmail.com) for information.

HOW AND WHEN TO REACH USG STAFF

Office phone 215-844-1157 FAX 215-844-1159

E-mail usguu@verizon.net USG website www.usguu.org

Church office hours: Mon.-Fri. 9:00 - 3:00

Rev. Kent Matthies 215-844-1157 kmatthies@verizon.net

Office hours:

Tues. 9:30 - 11:30 & 1:30 - 4:00

Wed. 9:30 - 11:30

Fri. 9:30 - 11:30 & 1:30 - 4:00

Jude Henzy, Director of Religious Education 215-844-1157 usgre@verizon.net

Winter Coat Drive

Please hold onto old winter coats that no longer fit or that you no longer want. Beginning Sunday, January 4, through Monday, January 19, USG will again collect gently-worn and new winter coats to be donated to a family shelter. Details will appear in the Weekly Announcements.

Out To Lunch

Please join us for food and fellowship at 12:30 p.m. on the first Wednesday of every month in the USG Dining Room. Our next lunch will be on January 7. Dallis Graham will again provide the lunch. A donation of \$5 will cover the costs. Please let Karen Boucek know if you can attend. Reply to karen.oakwood@gmail.com or call 215- 499-4665. Hope to see you there!

UU-101 & UU-102

UU-101 is a one-hour introduction to Unitarian Universalism for visitors and new members. It is held on the second Sunday of each month at 9:30 a.m. in the Daskam Room (second floor), and childcare is provided. Attendees will receive a free copy of *The Unitarian Universalist Pocket Guide*. The next session will be Sunday, January 11. If you can attend or have questions, contact group leaders Howard Silver at 215-884-2734, HowardDSilver@comcast.net , or Linda Bernstein at 215-842-0560, fambern@verizon.net.

UU-102 is an informal sharing discussion of the covenant of our Seven UU Principles, which reflect the core values of Unitarian Universalism; different principles will be discussed at each session. Led by Mark Bernstein and Jane Eisenstein, this drop-in course, which may be attended repeatedly, is the perfect follow-up to UU-101. Long-time members are also invited. This course is held every third Sunday of the month. The next session will be Sunday, January 18, at 9:30 a.m. in the Daskam Room. Contact Mark at 215-842-0560, if you have questions.

Meditation Circle

The USG Meditation Circle is for anyone interested in meditation—novice or experienced. We meet in the Austin Youth Lodge at 9:30 a.m. every second Sunday. If you've thought about learning to meditate, or if you'd like another chance to meditate with a group, please join us. Our next meeting will be Sunday, January 11. For more information, contact Jamie Preston at jpreston915@aol.com, or Beth York at byhoyt@yahoo.com.

Drumming Workshop

Come and participate in a spiritual drumming circle at USG on the second Sunday of each month, from 6:00 to 7:30 p.m. The next workshop will be Sunday, January 11. All are welcome. Bring drums and other percussion instruments if you have them. If you have any questions, contact Wally at 215-287-0046 or at waltermoyer@thebottomlineinc.net.

Women's Singing Circle

The Women's Singing Circle meets in the Sanctuary from 7:30 to 9:00 p.m. on the second Monday of each month. Our next meeting will be Monday, January 12. Join us to sing familiar tunes; learn new ones; chant/relax/meditate; share poems or play an instrument (piano available). No experience necessary, just a desire to participate in a celebration of our creative and spiritual voice. Fulfilling fun is guaranteed for all. For details, contact Donya Coldwell.

Needle Exchange

The Needle Exchange is for people who enjoy knitting or any other kind of needlework. We meet at 7:30 p.m. on the second Monday of each month at members' homes. The next meeting will be January 12 at the home of Ingrid Brown. All are welcome.

Friday Morning Book Group

Would you like to expand your reading choices and discuss them with witty, intelligent people? If so, the book group is for you. It meets monthly on the third Friday at 10:30 a.m. in members' homes. All are welcome. On January 16, we will meet at the home of Marny Walsh. We will be discussing *Water for Elephants* by Sara Gruen. Bring a sandwich for lunch and fellowship following the discussion, if you wish. The hostess will provide dessert and beverages. Please call Marny a few days in advance to let her know you are coming. For additional information, contact Cynthia Claus.

Men's Group

The Men's Group meets on the third Tuesday of each month at 7:30 p.m. in the Committee Room (first floor) to discuss a specific topic. Our next meeting will be January 20. For more information, call Hal Krieger at 215-848-2524 or email Wally at waltermoyer@TheBottomLineInc.net.

Laptop Donations

Do you have an older—but still working—laptop computer that you're no longer using? USG is seeking a used laptop for church use. Please contact Robin Neill at usguu@verizon.net for more information.

Shop Amazon, Help USG

Do you shop at Amazon? If you go to www.usguu.org and click the Amazon link on the right side of the page, 4% of your purchase price will be donated to USG. Your cost will be exactly the same — the donation is coming from Amazon. What could be easier?

Cookie Tin Donations

The holidays are a great time of year to stock up on cookies for our Fellowship Hour. Everyone loves a treat, especially the kids. We would appreciate cookie donations (preferably in tins, since they last longer) which can be found on sale around the holidays. Any questions, please contact

Andrea Bernstein, Membership Committee Chair, at bosphila@verizon.net or 215-327-7122. Thanks for your help!

Ink Cartridge Recycling

Please continue to donate your used cartridges to USG. Drop them in the collection box near the nametag boards. Full Cycle Inkjet & Toner, Inc. (www.fullcycleinkjet.com) will reimburse USG for the recyclable cartridges. (By the way, the little inkjets are worth more than the larger cartridges.)

COMMITTEE REPORTS

Membership Committee **Joining USG**

We all yearn for a meaningful life, to express ourselves fully, to make a difference in the world. Yet, many people feel something is lacking in their lives. Often what is missing is belonging to a spiritual community, the kind of loving, caring and supportive community we have here at the Unitarian Society of Germantown. Interested in joining USG? For more information, please contact Andrea Bernstein, Membership Committee Chair.

Green Sanctuary Committee **Looking for New Members**

The Green Sanctuary Committee is looking for new members. We need help with current projects as well as projects that we would like to get started. For an introduction to what we do, see our section of the USG web page: <http://usg.livesitehost.com/pages/GreenSanctuary>. If you are interested, please contact Alan Windle (awindle94@yahoo.com) or Joe Walsh (joewalsh2@hotmail.com).

AMONG US

Our thoughts and prayers are with . . .

Elaine Hills, who had surgery last week. She will be in the hospital for about 5 days and then recovering at home over the holidays. Calls, cards and, later, visits will be welcome. Please call before visiting.

Mary Kydd, our long-time member who now lives at UU House. She would love to have visits from her church friends.

BOARD NOTES

As you know, our minister, Kent Matthies, will be taking a six-month sabbatical at the beginning of February. Kent's time away will be used for study, reflection, rest and renewal. A sabbatical will give Kent a chance to come back refreshed and filled with new ideas and a new spirit.

Kent's sabbatical is also an opportunity for us, the members of the congregation. It will enable us to live out our mission as members of USG. Our Mission (which is spelled out on the back of every Sunday's order of service) "is to meet the spiritual aspirations of people of a free faith, through inspiring worship and music, supporting multigenerational life-long religious education, providing a loving, caring, welcoming, and diverse community, and creating opportunities to put the Unitarian Universalist principles into practice in our local community."

To live out this Mission, more people in the congregation need to step up. If you've stayed in the background until now, this is a good time to assume a leadership role. The Board has authorized a leadership training initiative, headed by Berdine Whedon. This program is specifically geared toward recruiting and training new leaders who will be able to assume a variety of responsibilities. Berdine's next leadership workshop takes place on January 24.

So, let's look at Kent's sabbatical as a time for us to renew ourselves as well. When we welcome Kent back in August, we'll all be ready to meet the many challenges that face us in the new fiscal year.

Some of you may have concerns about how things will operate in Kent's absence. While I can't guarantee that everything will go perfectly smoothly (which doesn't always happen even when Kent is here), we have a strong Sabbatical Committee that is coordinating the plans to assume Kent's responsibilities when he is away. For example:

- * Kent is a member of the Priestley/Kingsley UU Minister's Association, which includes congregations from greater Philadelphia and Wilmington as well as Central and Eastern Pennsylvania. All the ministers have a covenant to support each other with professional preaching during sabbaticals. Hence, we will continue to have outstanding ministerial leadership for worship services while Kent is away.

- * Jude Henzy, our wonderful Director of Religious Education, the church staff, the Board, the Councils, various committees, and other lay leaders will be taking up some of Kent's duties during his sabbatical.

- * A sabbatical call sheet will provide information on whom to contact when problems arise regarding issues such as worship and pastoral care.

The objective of the Board, the Sabbatical Committee and Kent is that USG will continue to provide excellent worship, caring and spiritual growth during Kent's sabbatical. And we feel confident that is exactly what will happen.

If you have questions, comments or suggestions, please send them to Eli Scarce, chair of the Sabbatical Committee. Her email address is

eli@gfsnet.org. Other committee members in addition to myself are Jude Henzy, Kent Matthies, Marny Walsh, and Sarah West.

Thank UUs this month go to:

- * Susan Bockius for organizing "Connections: USG and the UUA," how we can participate in and benefit from the UUA General Assembly
- * Mark Daugherty and the choir for their superlative Christmas concert on December 14
- * Nancy Dearden for organizing the Holiday Angel Program, which provided holiday gifts to needy families
- * Berdine Whedon for organizing and conducting an excellent leadership seminar on November 22

--Sam Gugino, President, Board of Trustees

The **February 2009** CommUUnicator Deadline is **Sunday, January 11**.
Editor: **Peggy Bruton**. Send your articles to her at pbruton@comcast.net
Please submit items via email to the editor or place in CommUUnicator box by
12:30 p.m. on **January 11**. Flyers must be submitted to the USG office
by the CommUUnicator deadline.

Submit material in 11 pt. Verdana when possible.

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USG STAFF

Minister: The Reverend Kent Matthies
Director of Religious Education: Jude Henzy
Administrator: Robin Neill
Music Director: Mark Daugherty

JANUARY 2009 CALENDAR

Sunday	1/4	12:45 p.m.	"Meet the Consultants"
Monday	1/5	7:30 p.m.	Earth Honoring Traditions
Wednesday	1/7	12:30 p.m.	Out to Lunch
Wednesday	1/7	7:00 p.m.	Green Sanctuary Committee
Sunday	1/11	9:30 a.m.	UU-101
Sunday	1/11	9:30 a.m.	Meditation Circle
Sunday	1/11	6:00 p.m.	Drumming Circle
Monday	1/12	7:30 p.m.	Women's Singing Circle
Wednesday	1/14	7:30 p.m.	Buildings & Grounds Committee
Sunday	1/18	9:30 a.m.	UU-102
Monday	1/19	8:30 a.m.	Martin Luther King Day of Service
Tuesday	1/20	7:30 p.m.	Men's Group
Wednesday	1/21	7:00 p.m.	Ending Racism Committee
Saturday	1/24	9:00 a.m.	DiSC Leadership Training
Sunday	1/25	9:00 a.m.	Buddhist Meditation

ADULT RELIGIOUS EDUCATION COURSES EXPLORING OUR SPIRITUALITY AND DEVELOPING COMMUNITY Spring 2009

For more information, call USG at (215) 844-1157. To register, send an email to usguu@verizon.net stating which course(s) you want to register for. Please include your name, phone number and email address. You can pay at the first class. Please write the course title(s) in the memo line of the check. We will let you know if the class is full.

You may also send registration & payment to the USG Church Administrator, 6511 Lincoln Drive, Philadelphia PA 19119.

Enrollment is closed after the first session of the course; contact the course leaders with any requests for exceptions.

CONTINUING COURSES

UU 101 – AN INTRODUCTION TO UNITARIAN UNIVERSALISM

Dates: 2nd Sunday of the month, continuously

Time: 9:30-10:30 AM

Location: Daskam Room

UU101 is a one-hour introduction to Unitarian Universalism for visitors and new members. Childcare is provided. Attendees will receive a free copy of *The Unitarian Universalist Pocket Guide*.

Leaders: Howard Silver and Linda Bernstein

Contact: Howard 215-842-0560 howarddsilver@comcast.net, if you have questions.

Charge: None, just drop in!

UU 102 – THE SEVEN UNITARIAN UNIVERSALIST PRINCIPLES, ONE AT A TIME

Dates: 3rd Sunday of the month, continuously

Time: 9:30-10:30 AM

Location: Daskam Room

UU102 is an informal sharing discussion of the covenant of seven principles, which reflect the core values of Unitarian-Universalism. We will discuss different principles at each session. This drop-in course, which may be attended repeatedly, is the perfect follow-up to UU 101. Long-time members are also invited.

Leaders: Mark Bernstein is a longtime member who has led services and many adult RE programs. Co-leader Jane Eisenstein is a member who has facilitated several adult RE courses at USG.

Contact: Mark at 215-842-0560 fambern@verizon.net, if you have questions.

Charge: None, just drop in!

Spring 2009 COURSE OFFERINGS

INTRODUCTION TO ZEN BUDDHISM

Dates: Sunday 02/01, 03/01, 04/05, 05/03

Times: 1:00-2:30 PM

Location: Sullivan Chapel

In this course we'll see how Zen Buddhism developed, experiment with some of its practices, and think about what it shares with Unitarian Universalism. We will consider its relevance to our daily lives and to our spiritual practices. While this is not specifically a course on meditation practice, we will discuss Zen meditation, or zazen, and offer some instruction and opportunities for meditation practice.

Leaders: Jerry Lindauer, Sue Wells. Jerry is a member of USG and facilitator of the Buddhist Meditation Group small group ministry. Jerry has been practicing Zen Buddhism for twelve years at Mt. Equity Jihoji. He is also a clinical social worker. Sue is a member of USG and the USG Buddhist Meditation Group; she has been practicing Buddhism for a number of years with the Philadelphia Zen Center. Sue is an English professor at Temple University.

Contact: Jerry Lindauer 215-635-6775 gilindauer@comcast.net

Charge: \$10 members, \$15 non-members, \$11 for text *Zen Mind, Beginner's Mind* by Shunryu Suzuki available on Amazon

HEALING THE WOUNDED HEALER'S HEART

Dates: Wednesday 02/04, 02/18, 03/04, 03/18, 04/01, 04/15, 04/29, 05/13

Location: Session first five classes in the Sullivan Chapel, remainder in the Committee Room
This class will explore the way that we are forced to live in our fast-paced, modern society that keeps pushing us moving forward and looking upward, but never inward. Through the use of knowledge gathered from the Sat Yoga Tradition, Creation Spirituality, and several other social sciences and wisdom traditions; in a safe environment we will explore positive and negative aspects of our socialization process, and set ourselves free from the chains of self suppression, repression, and oppression of the self and others. We will learn to identify false ideas, beliefs, and fantasies that constantly control our lives if we are not careful, and learn how to break free from them wholly and completely. Between each class session you will be given exercises and meditations that you can do to remove any of the negative feelings that come up as you remember your past experiences. These are simple, yet powerful exercises coming from the Sat Yoga and the Qigong traditions. The objective of this class is to move us on the path from woundedness to the natural state of the individual, which is joy and bliss. This class is recommended for social activists, racial justice advocates, people in helping profession, or anyone seeking to find joy and healing in his or her life.

Leader: Rev., Dr. Om Prakash John Gilmore is the Director of Social and Racial Justice for the Joseph Priestley District and President of Friends of Sat Yoga Costa Rica.

Contact: Rev., Dr. Om Prakash John Gilmore johngilmore@dswellness.com or contact church office at 215-844-1157

Charge: \$10 members, \$15 non-members, text \$15 *Distant Corners in a Crowded Room* by Om Prakash John Gilmore

UNITARIAN UNIVERSALIST HISTORY – GOING DEEPER (CONTINUING FROM FALL)

Dates: Sunday 02/22, 03/15, field trip date TBD

Times: 12:30-1:30 PM

Location: Sullivan Chapel

02/22 The abolitionist efforts of Germantown Unitarian Mary Grew whose poem was featured in the USG Nietzsche collection of papers will be covered by Donya Coldwell

03/15 Stained glass expert Susan Bockius explores the gathered imagery and history as seen by peering thru the stained glass of Unitarian Universalist churches.

Date TBD Sarah West hosts a field trip to the museum home of Alice Paul an early 20th Century suffragette who was featured in the film *Iron Jawed Angels*.

Leaders: Donya Coldwell, Sarah West, Susan Bockius

Contact: Susan Bockius sbockius@earthlink.net 215-247-4249

EXPLORING PILGRIM AT TINKER CREEK

Dates: Monday 02/23, 03/23, 04/27, 05/25

Times: 7:30-9:00 PM

Location: Sullivan Chapel

This course will discuss Annie Dillard's *Pilgrim at Tinker Creek* which travels deep into the world of plants, animals, trees and insects raising the question of what it means to be alive and part of the planet earth. The first session will focus on themes developed in the first four chapters. The interests of the participants will determine the themes to be discussed in the remaining sessions.

Leader: Dennis Strain is a member of the Green Sanctuary Committee. He found the *Pilgrim at Tinker Creek* to be a life altering book.

Contact: Dennis Strain 215-247-3823 dennis.strain09@gmail.com

Charge: \$10 members, \$15 non-members, \$5 text *Pilgrim at Tinker Creek* by Annie Dillard available at Amazon

EXPLORING THE DEAD SEA SCROLLS

Dates: Sunday 03/01, 03/22, 04/19, 05/03

Times: 7:00-8:30 PM

Location: Sullivan Chapel

Between 1947 and 1956 approximately 1000 documents were discovered in caves around Qumran on the NW shore of the Dead Sea. These proved to be some of the oldest surviving copies of the Bible as well as other religious documents, and their discovery has led to decades of scholarship and speculation.

This course, under the tutelage of a biblical scholar well-acquainted with the texts and their significance, will explore in two sessions the additions to the Bible because of the Dead Sea Scrolls, and in two sessions the discovery's extra-biblical content. The first session will include a slide show on the archaeology of the discoveries.

The course will be based on two books which attendees are encouraged to purchase and/or share: The Dead Seas Scrolls Bible (edited by Martin Abegg et al); and The Dead Seas Scrolls, 2006 edition by Michael Wise, Martin Abegg and Edward Cook, which contains all the available extra-biblical texts. Both are available on Amazon at approximately \$16.00 each.

Leader: The Rev. Dr. Wilda Gafney is an ordained Episcopal priest and a priest associate of the historic African Episcopal Church of St. Thomas in Philadelphia. She is also a member of the Dorshei Derekh Reconstructionist Minyan of the Germantown Jewish Centre, in Philadelphia. She is particularly interested in how Jews and Christians interpret the texts they hold in common.

Contact: contact church office at 215-844-1157

Charge: \$25 members, \$35 non-members

JOSEPH CAMPBELL: UNITARIAN UNIVERSALIST SAINT

Dates: Tuesday 03/10, 3/24, 04/07

Times: 7:30-9:30 PM

Location: Sullivan Chapel (03/24 in Daskam)

Joseph Campbell was a renowned teacher, author and mythologist, best known for his discussions with Bill Moyers on PBS. He described his own work as an attempt to tell humankind's "One Great Story", the saga of spiritual awakening through different mythological and religious perspectives. Mark Bernstein will share his belief that Joseph Campbell's scholarship confirms the universality of our Unitarian Universalist faith. We will watch and discuss Joseph Campbell's famous discussions with Bill Moyers: "The Power of Myth".

Leaders: Mark Bernstein is a longtime member who has led services and many adult RE programs.

Contact: Mark at 215-842-0560 fambern@verizon.net, if you have questions.

Charge: \$10 members, \$15 non-members

MONEY & EMOTIONS

Dates: Wednesday 03/11, 03/25, 04/15

Times: 7:30 -9:00 PM

Location: Sullivan Chapel

How would you describe your relationship with money? If you are like most people, it is tinged with love and fear. You probably feel a bit guilty for having as much as you do, and at the same time, you feel as if you never have enough. Especially as the economy breeds fear in most of us, thoughts of money are leaving us feeling as if we have no control of our future, or maybe even our present. This series will explore what money means to each of us and how we can begin to feel more comfortable with this curious commodity.

Leaders: Leni Windle and Jamie Preston, both members of USG, work in the human services field, where they see the daily interplay of money and emotions.

Contact: Leni Windle lenigw2002@yahoo.com 610-453-8352 or Jamie Preston
jpreston915@aol.com
215-817-5549

Charge: \$10 members, \$15 non-members, optional text *It's Not About the Money: Unlock Your Money Type to Achieve Spiritual and Financial Abundance* \$17 by Brent Kessel available at Amazon

BLUEPRINT FOR FINANCIAL SUCCESS & FIVE TIPS FOR SURVIVING MARKET VOLATILITY

Dates: Sunday 03/22

Times: 12:30 PM

Location: Sullivan Chapel

Blueprint for Financial Success: Financial security and success are topics on many people's minds today. The purpose of this workshop is to help participants understand some basic components of setting a financial foundation, and show them the value of setting and achieving solid goals for their financial futures. A participant workbook helps to reinforce the concepts taught in the workshop.

Five Tips for Surviving Market Volatility: This workshop is designed to help participants put market volatility into better perspective and understand the importance of taking a long-term approach. In addition, it emphasizes the importance of implementing a diversified investment strategy and maintaining realistic expectations regarding investments.

Leader: Claire M. Nagel, MBA, has been a New York Life agent and Registered Representative for over 15 years. Her long career includes executive positions in human resource management at Cornell University, the University of Pennsylvania and the Lutheran Church in America. She holds a BA in history from Cornell University and an MBA in management from NYU. Prior to moving to her current home in Cape May, she lived in Germantown for over sixteen years.

Contact: contact church office at 215-844-1157

Charge: no charge, but you must sign up in advance

THE PALACE OF ILLUSIONS

Dates: Wednesday 04/29 05/13, 05/27, 06/10

Times: 7:30-9:30 PM

Location: Sullivan Chapel

The Mahabharata is a story of power, vengeance and war, wisdom, virtue and righteousness, envy and love, fate and God. Therefore it is the story of the meaning of life. Rather than the original 18 books, our text will be *The Palace of Illusions*. This enjoyable modern rendition is told through the eyes of main female character, Drupadi, who marries the five Pandava brothers and after living seven years in the wilderness, restores order to the world and learns the meaning of her destiny.

Leaders: Mark Bernstein, Jill Carel & Rick Carel. Mark is a longtime member who has led services and many adult RE programs. Rick has taught adult religion classes for 16 years; Jill is an ordained interfaith minister.

Contact: Rick Carel 215-742-0552 rickcarel@hotmail.com or Jill jilleroni@juno.com if you have any questions.

Charge: \$10 members, \$15 non-members, \$11 *The Palace of Illusions* paperback available from Amazon, optional movie *The Mahabharata* by Peter Brooks available from Barnes & Noble \$40.