

This Morning in Worship

The New Orleans Jazz Funeral for the Old Year! with Rev. Kent Matthies and the Barbone Street Jazz Band

This may be the best multi-generational New Year's party yet! Bid goodbye to the Old Year and "second line" dance your way into the New Year. In Beloved Community with Dixieland Jazz, you can also consider which core values you want to live out going forward and rededicate yourself to them.

PLEASE NOTE: Driveway Repaving

We have scheduled repaving of the driveway that runs from Johnson Street. **Weather permitting, the work will start tomorrow Monday the 6th and will take three days.** The driveway will be closed and not useable during the paving, although once workers have finished for the day, the driveway can be used.



This Sunday in Fellowship & Calls to Action

After the service, you have opportunities to...

- **Enjoy refreshments and a welcome brought by Village 7. Folks bringing food, please remember to label items containing nuts.**
- **Sign up for MLK Day Projects & Preparation with Lois Murphy.**
- **Take time to look at the insert from the BLUU Box. Interested in learning more? Engage the BLUU Box with others today at 12:00pm in the Sullivan wing. ...followed by...**
- **the Ending Racism Committee meeting at 1:00pm**

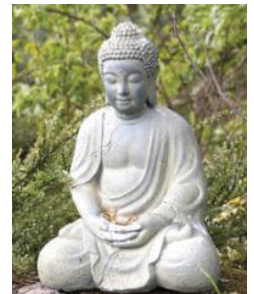


Return at 4:00pm for the first of three special *Breathe* sessions:

Chris Molnar: *Interpersonal Mindfulness*

January 5, 12, 19, 4:00-6:30pm (note earlier start time).

This three-evening program offers an introduction for adults to a program... that evolved to support people with high levels of stress and distress, in living with greater awareness and compassion toward self and others. Please Note: This is not a psychotherapy group, but rather offers a taste of interpersonal mindfulness meditation practice that can strengthen personal and interpersonal skills.



Chris Molnar combines clinical psychology, psycho-physiology and the brain sciences to adapt practices and interventions to the needs of people with high levels of stress and distress.


Next Sunday before the service, come early so you can...

- **Meditate in the Grove or Meditation Room, 9:15 - 10:20am.**
Meditation, reading, dharma and sharing are offered in Sullivan 3 on the First and Second Sundays of the month between 9:15 and 10:20am. All are welcome to join in quietly. On the other Sundays the space is open for those who choose to come and sit.
- Please contribute to USG's monthly **collection of food** to support St Vincent de Paul's Food Cupboard. Leave your donations on the carts in the kitchen.

Our ELEVATOR is accessible from all three floors:
outside the Daskam Room on the third floor; off the Sullivan rooms on the second; and
off the Committee Room on the first.

Our Text-Giving Option Via Breeze, our Church Management System

To give a pledge or contribution via text, please do the following:

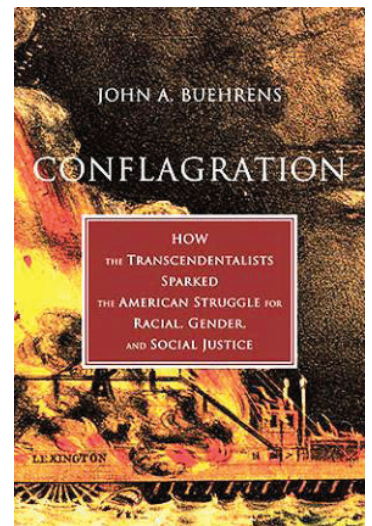
1. Send text to this 10-digit Text Giving number **215-608-2660**
2. In the message field put the **amount, a space, and the fund** you wish to donate to. (Fund = Share The Plate (STP) or **PLEDGE. Pledge is the default.**) For example: **25 pledge** (\$25 would be donated to **pledge payment**) or **25 STP** (\$25 would be donated to go to our Share The Plate of the month).
3. **When using Breeze, MAKE SELECTIONS by using the up and down arrows to scroll.** 
4. Press send.
5. First time givers will be prompted to provide their payment method via a secure web page.
6. For future giving, simply send a text with the amount and fund you wish to give, and it will process automatically

Upcoming Events

Friday, January 17, 7:00pm at USG

The Rev. John A. Buehrens gives a Book Talk on *Conflagration-How the Transcendentalists Sparked the American Struggle for Racial, Gender and Social Justice*

John A. Buehrens, past president of the UUA from 1993-2001, is coming to USG to speak about his new book, which illuminates the connections between key members of the Transcendentalist circle—including James Freeman Clarke, Elizabeth Peabody, Caroline Healey Dall, Elizabeth Stanton, Thomas Wentworth Higginson, Theodore Parker, and Margaret Fuller—who created a community dedicated to radical social activism. These authors and activists instigated lasting change in American society: transcendentalists fought for the abolition of slavery, democratically governed churches, equal rights for women, and against the dehumanizing effects of brutal economic competition and growing social inequality.



The Rev. John Buehrens is the co-author with Forrest Church of A Chosen Faith: An Introduction to Unitarian Universalism.

Keep the Goodwill of the Season Going with... **USG's MLK DAY OF SERVICE**

Monday, January 20, 8:00am -Noon

Come out to our vibrant & joyful MLK Day of Service!

Volunteers are needed for a tremendous variety of opportunities to be of service in our community!



Image of Dr. King is cropped from the original. Attribution: Dick DeMarsico, World Telegram staff photographer [Public domain]
https://commons.wikimedia.org/wiki/File:Martin_Luther_King_Jr_NYWTS.

Volunteers Needed to Help USG Host

If you can help with any of the following, please send an email to mlkhosting@usguu.org OR see the contact person or sign up during Fellowship Hour

Friday & Sunday Supply Delivery Help Needed

Pick-up of (heavy) crates of apples & other goods. on **Friday, Jan. 17, around 1:00pm** from Weavers Way in Mt. Airy to USG.

Pick-ups, delivery & off-loading at USG on **Sunday, Jan. 19, at approx. 12:00pm** from Giant in Flourtown, from Walmart in Cedarbrook, from Acme in Germantown

Contact: Carolyn Scott.

Hosting Help on MLK Day, Monday, January 20

Outside Greeters (*We will have handwarmers for you!*)

Start time: 7:30am- 9:00am. 8 volunteers needed.

Your job will be to help with parking from Johnson Street and on Lincoln Drive, in our lots, and at Lingelbach and to help direct people to doors, bathrooms, and the Project Reservation area in the Edna Jones Room. **Contact:** Eric Foster

Inside Greeters

Start time: 7:30am- 9:00am. 8-10 volunteers needed.

Help people navigate the USG building, directing them to breakfast in the Dining Room, bathrooms, and the Project Reservation area in the Edna Jones Room. **Contact:** Charles Gabriel.

Breakfast Servers

Start time: 7:15am - 10:30ish. 6 - 8 volunteers needed.

Prepare, set out, and clean up simple breakfast offerings of bagels, cream cheese, OJ, coffee, tea, etc. **Contact:** Betsy Gabriel.

SIGN UP FOR MLK DAY PROJECTS

Preview the project list below and sign up for your choice at mlkphillyuus.org OR during Fellowship Hour!

Off-site projects

E-01 Winter Essential Kits

Volunteers will prepare & deliver winter essential kits for local seniors at UU House Outreach Program; ages: 14+

E-02 Soup-Making

Volunteers will make soup at Summit Presbyterian Church; ages 18+

E-03 PIHN Plate/Bowl Making

Volunteers will make ceramic bowls for the PIHN Empty Bowl dinner fundraiser; all ages. \$5 donation at Six Senses Collaborative Clay Studio

E-04 Kaysim Court

Volunteers will interact with mentally handicapped residents at Kaysim Court, e.g. play games, listen to stories or music; age 11+

E-05 PIHN Cleanup

Volunteers will sanitize toys and clean up center for families in transition; ages 11+

E-06 Life Enrichment Center Cleanup

Volunteers will conduct clean-up projects, organize, and possibly paint classrooms; ages 8+

E-07 Cliveden Nursing & Rehabilitation Center

Volunteers will play games, do art projects, enjoy music, interact with the elderly; ages 14+

E-08 Wayne and Johnson Cleanup

Volunteers will clean up trash on Wayne & Johnson Avenues; ages 14+

E-09 Wissahickon Boys and Girls Club

Volunteers will clean, organize and possible paint program spaces; ages 14+

E-10 Soup-making

Volunteers will make soup at the UU Church of the Restoration

ACTIVIST PROJECT: a noon rally for **McRaise the Wage** at McDonald's on Cheltenham Ave. with POWER representatives, Senator Art Haywood, and Rev. Kent Matthies.

On-Site Projects at USG

I-01 Soup-Making at USG

Volunteers will make soup and brownies for a local soup kitchen; ages 18+

I-02 Card Making

Volunteers will make non-personalized birthday cards for seniors at a local service agency. This opportunity is appropriate for children with a supervising adult; ages 5+

I-03 Breakfast Bag Assembly

Volunteers will assemble breakfast bags. This activity is appropriate for all ages with a supervising adult; all ages

I-05 Lunch Bags Decoration

Volunteers will decorate lunch bags; all ages

I-06 Snack Bag Assembly

Volunteers will assemble trail mix bags for delivery to local boys and girls club; ages 5+ with supervising adult.

I-07 Deliver Breakfasts, Lunches, Snacks

4 Drivers (with car); plus 4 others are needed to deliver bagged lunches, snacks, soup to local social service agencies as far as Center City. A passenger to help is encouraged.

I-08 UUPLAN Advocacy

Volunteers will participate in a letter writing campaign around advocacy, focusing issues such as gun control, immigration and economic justice.

I-09 Lunch Bag/PB&J Sandwich Assembly

Volunteers will assemble lunch bags for delivery to local service agency. This activity is appropriate for ages 9+ with a supervising adult. Peanut Butter will be used in the activity.

I-10 PIHN Houses Advocacy Project

Volunteers will decorate cardboard houses to collect donations for Philadelphia Interfaith Housing Network; ages 5+

Projects at Philadelphia Public Schools

S-01 Henry School Cleanup

Volunteers will do general cleaning at Henry School; ages 14+ with supervising adult.

S-02 Lingelbach School Cleanup

Volunteers will do indoor and outdoor cleaning at Lingelbach Elementary School; ages 14+

S-03 Houston School Cleanup

Volunteers will help paint and clean at Houston School; ages 14+

SAVE THE DATE

JUBILEE Anti-Racism Training

WHEN: Friday, March 27th (6:00pm to 10:00pm); Saturday, March 28th (9:00am to 9:00pm); Sunday, March 29th (8:30am to 5:00pm)

WHERE: UUCDC (Unitarian Universalist Church of Delaware County), 145 W Rose Tree Rd, Media, PA 19063

FEE: \$160 per participant (includes cost for trainers, meals and materials).

Enrollment is limited to 40 participants, so sign up today!

Register online at <https://uua.wufoo.com/forms/zw7m2zy1vifsw/>



Spiritual Development Offerings

NEW: Meditations for the Mid-Week

Wednesdays, 2:30-3:30pm, Starting on January 15

Led by Deborah Cooper

All are welcome- senior, junior, USG member or not-- to join others in an hour of quiet meditation, reflection and sharing. Most of us long to be peaceful and happy, and yet our lives and the world around us, frequently present us with situations that cause anxiety and pain. The Buddha, 2,500 years ago, discovered a way to live that makes it possible to experience tranquility and joy in spite of the various difficulties we encounter day to day. In this hour we will explore some of his teachings and learn some ways to help ourselves navigate everyday challenges so that we can experience more peace in our world. No fee but donations (dana) gratefully accepted. Questions? mindfulness@usguu.org



Dharma Teacher Tuere Sala speaking on *Cultivating Awakening Emotions*

Friday, January 31, 6:30-9:00pm, Sullivan Chapel at USG

Often emotions can turn our lives into a roller coaster ride of reactivity which can have the effect of turning our meditative practice into an escape clause rather than the source of our inner strength. It is possible, however, to engage our meditative practice in a more proactive way by cultivating several awakening emotions. They are considered **awakening emotions** because when present, they bring clarity and wisdom. We will explore these awakening emotions, how to distinguish them from non-awakening emotions, how to cultivate them and how to recognize their impact upon our practice.



Co-sponsored by Springboard Studio and the Center for Mindfulness at USG

Everyday Spiritual Practices

January 11, 10:30am -12:00noon. Usually second Saturdays.

The January session will focus on “Eclectic Spirituality,” pp 29-32. We will have copies of the chapter at the class.

Small Group Ministry

Throughout the year, you are welcome to join any Small Group Ministry group with openings. Please visit the Small Group Ministry page at USGUU.ORG for more information.

News and Announcements

UUPLAN's 2020 Membership Drive is Underway!

Help make UU values heard by lawmakers in Harrisburg by renewing your membership or joining for the first time as individual members of UUPLAN, our statewide advocacy network. Join by going to uuplan.org to donate online or to find exact mailing directions for your contribution.



Set up Amazon so you benefit USG

Throughout the New Year, you can shop at smile.amazon.com/ch/23-1352566 and Amazon will donate 0.5% of eligible purchases to the Unitarian Society of Germantown. Just choose **USG** as your recipient.



Thank You

to all who donated warm woollies---coats and jackets, mittens and scarves! The coats and jackets were given to the Whosoever Gospel Mission on Cheltenham Ave.; and the smaller items of winter clothing were taken to the Philadelphia Interfaith Hospitality Network (PIHN). Your kindness is appreciated.



Villages at USG

If you have any questions about Villages at USG, please direct them to Villages@usguu.org. Thanks to all the Villages who offer a friendly welcome and refreshments every Sunday. Upcoming Fellowship Hour Hosts:

January 12 - Village 8

January 19 - Village 9

January 26 - Village 10



Electronic and Texting Donations

It's a great way to make regular donations and many other USG payments. Here's how: Find detailed instructions for using our Breeze payment center at our secure website: usguu.org/electronic-and-texting-donations/

Connect with Others at USG

Use Breeze on your Computer or Smartphone

Connect with other USG visitors and members through Breeze, USG's database, which includes a Member Directory. Go to usg.breezechms.com. Log in with our church's domain ID - usg - and then create your own user name and password. Find people's phone numbers, addresses, directions, all in one place. If you have any questions, please contact communications@usguu.org.



Follow @uugermantown on Instagram!

Join a USG Facebook Group!

To find out more, connect with USG groups via Facebook. You will find the following groups by searching [Facebook.com](https://www.facebook.com) for “USG”:

- ASD (Adult Spiritual Development)
- CSD (Child Spiritual Development)
- YRUU (Young Religious Unitarian Universalists)
- YA (Young Adult)
- Greater Philly UUs - Social Justice & Other News for the Greater Philly Area
- P.U.S.H. (Philadelphia Unitarian Society of Humanists)
- Exploring Elderhood



Join Ongoing Events & Groups

Please check the usguu.org website for more information. Also see the leaflet available at the Welcome Table and on the wall by the Name Tag boards for ALL our monthly recurring events - so many we just do not have the room here!

Please note: If a group is currently scheduled to meet at USG during the DAYTIME of the week of January 6 -10, the group may reschedule or meet elsewhere because of the Johnson Street driveway being repaved and our parking lot being inaccessible. Please contact group leaders for verification.

Weekly Groups:

- **CAMI (Citizens Against Mass Incarceration)** - Meets every Wednesday. 2:30 - 3:00 PM, but call 215-848-4623 ahead of time to be sure. Off-site at Janes Memorial Church, 47 East Haines St. Contact Margaret Robertson at cami@usguu.org. (CAMI now supports the Germantown Participatory Defense HUB from 3:00-5:00pm on Wednesdays; anyone interested in helping must have training.)
- **Nature Walking at Valley Green** - Monday and Thursday, December through March start time: 10:00am. Meet others at Valley Green Inn in Chestnut Hill for a morning walk. Contact Steve Conrad, walks@usguu.org. (April through November, start time will be 9:00am.)

Monthly Groups:

- **EarthSpirit Circle**-First Monday (except after holiday weekends) at 7:00pm. Next: January 6. At USG. Contact earth@usguu.org.
- **20's & 30's SGM Group** - Second Wednesday, January 8, 7:00pm, Drop-in Young Adults Small Group Ministry group. Contact Johanna at youngadults@usguu.org or on Facebook where they maintain an active invite-only activities group.
- **USG Handcrafters, a Handwork Group**- Usually First Wednesday. Next: January 8, 1:00 - 3:00pm. Off-site this month. Contact Margaret Thompson at handcrafters@usguu.org.
- **Caregivers Support Group** - Second Friday, January 10, 11:00am - 1:00pm. USG. Contact Maura Gallagher at caregivers@usguu.org.
- **Racism Book Study Group** - Second Monday, January 13, 7:30 - 9:00pm. Contact Treva Burger at bookstudy.usguu.org.
- **Exploring Elderhood Gathering** - Next: January 17, 2:00-4:30pm. Usually Second Friday, but postponed for a week due to driveway repaving. USG's Edna Jones Assembly Room. Contact Gerry Whelan at asd@usguu.org.