

This Morning in Worship

Gaia, Hear Our Prayer! - Rev. Kent Matthies

We belong to Mother Earth! May the meditations of our hearts touch our deep gratitude. May our actions embody gentle care as committed stewards of the precious planet. How do we bond together and respond to this absolutely critical calling to connect with and protect the Earth?

This Sunday in Fellowship & Calls to Action

After the service, you have opportunities to...

- Enjoy a warm welcome and refreshments provided by Village 3. *Please label items containing nuts.*
- **Sign up to join a Small Group Ministry this year.** SGMs invite you to reflect on spiritual themes as well as help you get to know both yourself and others at USG more deeply.
- **Join a session of the Humanists (PUSH) in the Daskam Room.**



Please note:

- **Tonight you can return at 5:00pm for a Meditation Workshop with Deborah Cooper.** Details on page 3.
- **OR...attend the 6:00pm Autumnal Equinox Celebration, Mabon!** You are invited to join the EarthSpirit Circle at 6:00pm for a celebration of Mabon, honoring the equality of light and dark – as the Autumnal Equinox comes upon us – while reflecting on and giving gratitude for the Earth's bounty. All are welcome. Dress appropriately for being out of doors, and feel free to bring a light snack to share if you desire. The celebration will take place in the Labyrinth area while related activities will take place in the Dining Room. Questions, please contact earth@usguu.org



Our new 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.

From outside, park in the Courtyard and enter the Dining Room, then turn left. OR park in the lot off Johnson Street, enter the Edna Jones Assembly Room via the ramp, turn right and walk past the Daskam Room.

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.

- **Can we do better than this?**

The photo shows the not-many contributions made to our monthly Food Drive to restock St. Vincent dePaul's Food Pantry. We hope the driver in October has a larger load. **PLEASE, everyone**, buy an extra can of tuna, peanut butter, veggies, and place your donations on the designated carts in the Kitchen.



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

SIGN UP TODAY!

2019 Men's Retreat

Friday through Sunday, November 1-3

The Thirteenth Annual Men's Retreat will be held at the Temenos Retreat Center near West Chester, PA. (Temenoscommunity.org) Every man in the Philadelphia area is invited to attend and experience a wonderful weekend. Activities will include workshops, yoga, hiking, drumming around a bonfire, good food, poker, topped off with a Sunday morning worship service. Come get to know and bond with the other men in USG and in the Philadelphia area congregations. The cost for the weekend is \$200. This includes Friday supper, three meals on Saturday and Sunday breakfast. If you plan to come, please pay the \$200 fee on the USG website, USGUU.org> **Payment Center**. Please let Hal Krieger (mensretreat@usguu.org) know of your plans. Space is limited.



**Next Weekend: A TWO DAY SOCIAL JUSTICE FAIR at USG
Saturday, September 28 - 7:00 - 9:00pm**



Sing Out for Justice
featuring Emily Joy Goldberg!



**Concert followed by Social Justice Fair with light refreshments.
Come explore USG's justice initiatives and meet fellow activists.**

Emily Joy, a USG member, is a composer and singer-songwriter. She was a soprano soloist in the USG Choir for 13 years until she was inspired to write new music for the UU faith and share it with the world. Her style is sing-along-ready with sweet vocals and harmony. Her latest album Open Doors is inspired by our UU principles.



Sunday September 29 - 10:30am - 12:30pm

- **at 10:30am - guest minister Jordan Ford of POWER speaks from the USG pulpit to describe a path of Justice for All.**
- **After Sunday Service - browse the displays to learn about opportunities to engage in USG's Social Justice initiatives.**

To help make our Social Justice Fair a success, contact Dennis Brunn, Dev Howerton, or Yvonne Marlier.

**Visitor and New Member Breakfast with the Minister
Sunday, October 6, 9-10:15am
Edna Jones Assembly Room, 2nd Floor**

If you are new to USG, please join Rev. Kent, the Welcoming team and a few church leaders for breakfast to learn more about the church and what it has to offer and to give us a chance to get to know you better. Please let the Welcoming chair, Lisa Dutton, know if you are able to come at welcoming@usguu.org.



The Folk Factory presents
A Pete Seeger Tribute Singalong Concert
with Magpie and Annie Patterson

October 6, 7:00 - 10:00pm At USG

Co-sponsored by the Philadelphia Folksong Society and USG

Some of the proceeds of the concert will go to POWER. The concert will start at 7:00pm; doors will open at 6:30pm. Suggested donation is \$15-75, sliding scale; half at the door for no or low wage folks. For advance tickets, go to <https://app.arts-people.com/index.php?ticketing=folk>
To arrange childcare, please call 215-848-6246.

Spiritual Development

***Finding Your Way Home through Meditation* with Deborah Cooper
Sundays, September 8, 15, 22, 29, 5:00-6:30pm.**

This class will include time for meditation, a short talk and time for dialogue. The goal for the four sessions will be to uncover our own longing to know and care for ourselves with kindness and compassion. There is no fee for the class, but donations to the teacher are greatly appreciated. Suggested donation is \$10 to \$20 per session.

Questions- contact Deborah Cooper: 215-248-0489 or deborahcooper125@gmail.com.



USG's Rewarding Small Group Ministry Program

The Small Group Ministry program gives you the opportunity to get to know others in the congregation and to connect more deeply with yourself and with spiritual themes. We are now forming SGMs for the new church year. Contact: sgm@usguu.org. Stop at the SGM table during Fellowship Hour through September to learn more and to sign up.



Breathe

Sundays, October 10 - December 29, 5:00-6:30pm.

BREATHE - A new weekly program of mindfulness classes led by trained meditation teachers, presented by the Adult Spiritual Development Committee's new Center for Mindfulness at the USG. There is no fee for the classes, but Dana (Donations to the teachers) are greatly appreciated. Topics of Sessions will include: Mindful Self-Compassion, Buddhism in Action, Interpersonal Mindfulness, You vs. Desires and Cravings (Wrestling the Monsters).

For more information, please go to usguu.org/events/breathe.



The Spirit in Action

Friday & Saturday, October 11 & 12

Rebuilding Together Philadelphia---

A Major USG Hands-on Service Project

Help rehab a home! For more information about volunteering for this event, talk to USG's leaders Barbara Ginn and/or George Buckmann during Fellowship Hour. We are looking for 8 people each day to join Barbara and George. If you're 14 years old or older, volunteer for either one or both days by sending an email to rebuildingphilly@usguu.org.



Fight Poverty: Raise the Wage!

UUPLAN and allies are stepping up the pressure on elected officials across PA to support legislation to raise the PA minimum wage (from current \$7.25/hr to \$12/hr and then by steps to \$15/hr). UUs were there at a major rally in Harrisburg on September 17 and are urged to follow up with phone banking and visits to legislators. To get involved, contact Dennis Brunn (uuplan@usguu.org).



Ending Racism Committee (ERC) Open House Sunday, October 6, 12:00-1:00pm

The ERC will host an open house to share visually the BLUU (Black Lives of UU) resources, including the stories of prominent Black UUs in our history, and also ERC's plans for the church year. At 1:00pm, we will Engage the BLUU box. Refreshments will be provided.



News and Announcements

Color Coded Name Tags

You may have noticed name tags are now color coded by Village. We hope this will make them easier to find on the board and also easier for you to find folks that live near you in the congregation. If you have a correction, please email Eric Foster at Welcoming@usguu.org. If you do not yet have your color-coded insert, they can be found in the blue name tag box at the Welcome table.



Seeking a Couch for Sullivan Library

The little room that functions as the ante room in the Sullivan Wing could be a comfortable gathering and reading space for adults and children. All that's needed is an attractive three-seater couch of conventional design in good repair. We are hoping that some household might have one to donate, or could connect us to one at a reasonable price. Please contact Archives or Religious Education Committees: Susan Bockius (*see the directory in Breeze*) or Ryan Hurd (dsd@usguu.org) with your information.



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:
September 29 - Villages 4 & 6 October 6: Village 5



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.



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 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 **NEW 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!

• WEEKLY

- **Nature Walking at Valley Green** - April through November, every Monday and Thursday at **9:00am**, you can meet others at Valley Green in Chestnut Hill for a morning walk. Point Person is Steve Conrad, walks@usguu.org
- **CAMI** (Citizens Against Mass Incarceration) - Now meets every Wednesday, 3:00-5:00pm, off-site at Janes Memorial Church, 47 East Haines St. Contact Nancy Anderson.



• MONTHLY GROUPS & EVENTS OCCURING THIS NEXT WEEK

- **EarthSpirit Circle**-First Monday (except after holiday weekends) at 7:00pm. Next: October 7. At USG. Contact earth@usguu.org.
- **Needle Exchange, a Handwork Group**- First Wednesday, October 2, 1:30 - 3:00pm, off-site. Contact Margaret Thompson at needleexchange@usguu.org

Our Caring Community

New USG Cancer Support Group

USG's new cancer support group has seven current members with Susan Zingale-Baird and Sarah West as co/chairs. Other members of the congregation are welcome; just email one of the co-chairs. All current members have offered to be contacted to support others on the cancer journey. Contact the co-chairs at cancersupport@usguu.org. Find more information at usguu.org> News & Events> Congregational News.



We send our love to ...

...Zachary Bosco and his mother, Ms. Madeline Kingsboro, as she deals with cancer challenges and other health concerns.

We also hold in our thoughts and prayers...

...Nancy Roeker-Coates. Her mother, Pauline Roeker, died on September 17 at age 91.

...Rev. Kent Matthies and his family. Kent's father, Richard Matthies, died on August 27 after, as Kent wrote, "a long journey with Alzheimer's. He was a deeply loving man who worked hard his entire life - caring for others." A memorial service for Rich Matthies will be held on Saturday, September 28 in the Dupage, Illinois UU church.

Our Caring Team

Chair Linda Bernstein, Sarah West, Andi Bernstein and Rev. Kent Matthies

If you are aware of any joys or concerns that should be part of our caring system, please let us know. Contact any member of the Caring Team. Send emails to caring@usguu.org. You also can call a member and leave a voice message. Your call will be returned ASAP.



USG's Committee On Ministry (COM)

COM is responsible for helping to facilitate communications and resolve conflicts within USG, and for handling issues under USG's Safe Congregation Policy and Covenant of Right Relations. To find out more, search for "COM" at usguu.org or contact com@usguu.org.

