

This Morning in Worship

Why Have You Rejected Me? Guest Speaker Jordan Ford

Jordan Ford will explore why God's children are sometimes oppressed and the reassurance God gives to his people that He will deliver them. The sermon will come from Psalms 43:1-3, with a special emphasis on verse two: "For You are the God of my strength; why have You rejected me? Why do I go mourning because of the oppression of the enemy?"

Jordan Ford is a Community Organizer with POWER. He grew up in the Poconos and attended Howard University, where he studied political science. He is a member of the Church of the Redeemer Baptist in South Philadelphia. His passions are racial and economic justice, missions, and evangelism.

This Sunday in Fellowship & Calls to Action

After the service, you have opportunities to...



- **Enjoy the Social Justice Fair!** Browse among the booths and tables to find **your** social justice niche (and some tasty fair food!)
- Thank you to Villages 4 & 6 and the Social Justice Teams for the refreshments. *Food bringers, 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.



Please note:

- **Tonight you can return at 5:00pm for a Meditation Workshop with Deborah Cooper.** Details on page 4.

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

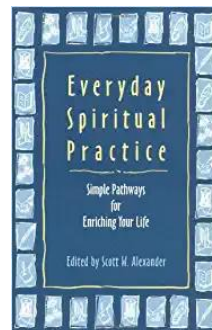
The Thirteenth Annual Men's Retreat will be held at the Temenos Retreat Center near West Chester, PA. (Temenoscommunity.org) Every man in the Philadelphia area is invited to attend and experience a wonderful weekend. Activities will include workshops, yoga, hiking, drumming around a bonfire, good food, 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.



Everyday Spiritual Practice Session

Saturday, October 5, 10:30am-12:00noon, Sullivan Chapel

Join us for the second session of Everyday Spiritual Practices. The book upon which the program is based will be available at the session, and again our guest host will be Robert Schindler. In this session we will read and discuss the chapter on “A Spiritual Maintenance Schedule,” but pre-reading is not required and new participants are always welcome. Questions, contact asd@usguu.org



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 graphic is a promotional poster for a concert. It features three main images: on the left, a black and white photo of an older man with a white beard (Pete Seeger) and a woman playing acoustic guitars; in the center, a book cover titled 'If I Had a Hammer' with a banjo illustration and the subtitle 'A Pete Seeger Sing Along Songbook' edited by Annie Patterson & Peter Blood; on the right, a black and white photo of a woman (Magpie) playing a banjo and singing into a microphone. Below these images is a white box containing the text: 'The Folk Factory presents A Pete Seeger Tribute Singalong Concert with Magpie and Annie Patterson'. In the bottom left corner of this box is a circular logo for 'THE FOLK FACTORY SOCIETY OF PHILADELPHIA' and 'PROGRESSIVE SOCIETY'.

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

Final Session: Sunday, September 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.



NEW: Small Group Ministry group for People of Color

Nicole Miller and Prashant Rushi will be starting this SGM in October. If you are interested, reach out to Nicole at POCSGM@usguu.org.

Breathe

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

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

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.



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, who will lead the USG Team to work on a home in the Kensington area of Philadelphia. 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).



News and Announcements

Follow @uugermantown on Instagram!

Caroline Bright is leading a team creating USG's new Instagram account. You may see her husband Joel taking pictures and Caroline posting on Sunday mornings.



Hang out with Mike & Spruce Up the USG Grounds Thursday, October 10, 8:00am start and Saturday, October 19, 9:00am start

Bring your gardening gloves and tools and your water bottle. Please RSVP to Mike at sexton@usguu.org so that he knows whom to expect.



Electronic and Texting Donations

It's a great way to make regular donations and many other USG payments. Here's how:

If you don't already have an account in Breeze (USG's software), go to <https://usg.breezechms.com/>. Click on "Create Account" at the bottom. Then enter your own name as it is in the USG database (this might take more than one try, due to nicknames, etc.) and your email address. Breeze will then email that address with a link to set up any username and password you want. Once you're logged in, you can create payment methods and manage recurring donations under the "Give Now" tab.

If you don't succeed with an account set up, contact Celeste (215-844-1157) to get the name and email address we have on file for you.

With an active account, you can also text donations to 215-608-2660. By default, amounts are applied as a pledge, unless you specify another fund (for example, \$20 STP). Send "commands" to see other texting options.

As always, we thank you so much for your generous support.



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.



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:

- October 6 - Village 5
- October 13 - Village 7
- October 20 - Villages 8 & 9
- October 27 - Village 10



Our Wider Community

The Greater Philly Cluster Summit Meeting

Saturday October 19, 10am - 3pm

Main Line Unitarian Church, 816 S Valley Forge Rd, Devon, PA 19333

The 14 congregations of the Greater Philly Cluster are invited to attend the Summit to explore and determine the organizational structure and future of the Cluster.



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](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 **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 OCCURRING 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, At USG. Contact Margaret Thompson at needleexchange@usguu.org
- **20's & 30's SGM Group** - Second Wednesday, October 9, 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. (Please note corrected email address.)

Our Caring Community

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 was 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.



USG's Cancer Support Group

Co-chairs are Susan Zingale-Baird and Sarah West. Contact cancersupport@usguu.org.

