

## **This Morning in Worship**

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### ***Our Moment is Now*, Rev. Rosemary Bray McNatt**

We Unitarian Universalists have always been a small religious group with outsized impact. But with many denominations in decline, and corresponding growth among those who are “spiritual but not religious,” it may seem that our best days are behind us. But what if we’re misreading the signs? In this moment, let’s reflect on what our faith could be—and how we can get there from here.

*Our guest speaker, Rev. Rosemary Bray McNatt, is President of Starr King School for the Ministry, a UU and multireligious seminary in Berkeley, CA. She is a graduate of Yale University and Drew Theological Seminary. A former editor at the New York Times Book Review, she is the author of three books, including her memoir, Unafraid of the Dark; a former contributing columnist for Beliefnet.com; a contributing editor to UU World, the magazine of the Unitarian Universalist Association, and a contributing writer to the Huffington Post.*

**Program Note:** Today we offer a musical celebration in honor of Indigenous People’s Day. The Prelude, Interlude, and Offertory are by Native American/Canadian musicians.

### **Shout Out**

**to Barbara Ginn and George Buckmann and all the USG Rebuilding Together Philadelphia volunteers who worked this weekend to rehab a home in Kensington.**

**We**  **you!**

## **This Sunday in Fellowship & Calls to Action**

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**After the service, you have opportunities to...**

- Enjoy the greeting and refreshments offered by Village 7. *Food bringers, please label items containing nuts.*
- Then return by 5:00pm for....



**Breathe Program: *Minding Body, Speech, and Mind - One Thing!***

**Teacher: Lama Coulter Hulyer**

**Sunday, October 13, 5:00 - 6:30pm - Sullivan Chapel at USG**

When we think one thing while saying and doing another, this is the sign of a troubled mind. A mindful mind, a Vajra mind, opens the Three Doors and knows peace. Fee: None required; suggested dana of \$15-20.



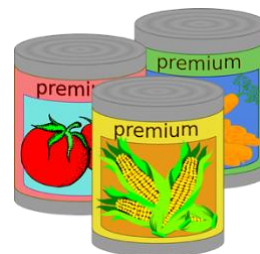
Our new ELEVATOR is accessible from all three floors:  
outside the Daskam Room on the third floor; off the Sullivan rooms on the second; and  
off the Committee Room on the first.

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.
- **In this harvest season, let's remember those who need support.** Please contribute to USG's Annual Fall Food Drive this October and November to support both St Vincent de Paul's Food Cupboard and the UU House Outreach Program, which aids older people in the Germantown area. Please bring canned and other non-perishable foods when you come to USG for services, meetings, whenever! Leave your donations on the carts in the kitchen. **Below, the 10 most-wanted food items:**

1. Canned Fish and Poultry - chicken or turkey; tuna or salmon packed in water.
2. Canned Fruit and Vegetables - packed in own juice.
3. Canned Stew, Chili, Brown Beans
4. Peanut Butter
5. Whole Grain Pasta
6. Baby Formula and Food - iron-enriched formula; baby food jars of vegetables, fruit or meat; infant cereal such as oatmeal, barley or rice.
7. Rice - Plain, brown, converted, or parboiled
8. Canned Spaghetti Sauce
9. Cereal - plain, fiber, non-sugar coated
10. Canned Soup - vegetable, tomato, lentil, pea



### **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

Hang out with Mike & Spruce Up the USG Grounds

Saturday, October 19, 9:00am start

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



### CSD Presents: Our Annual Pumpkin Carving Night

You bring the pumpkins and the sharp things  
We'll have games, pizza & *slightly* spooky story time!  
Friday, October 25<sup>th</sup>, 6 - 8 pm



All are invited to...  
**the 12<sup>th</sup> Annual Diwali Celebration**  
**The Festival of Lights**  
Saturday, October 26  
6:00pm Diwali Vegetarian Feast  
7:00pm Diwali program

Sunita Viswanath, Sadhana  
Sattriya Dance Company  
Sitar - Thomas Flanagan & Friends  
Diwali Diya Lighting  
Rangoli Making

The celebration is FREE and open to the public. For information, email [diwali@usguu.org](mailto:diwali@usguu.org)



### Day of the Dead ~ *Dia de los Muertos*

USG's Worship Service on Sunday, October 27, 10:30am

Come celebrate with Mariachi Flores and their wonderful, vibrant assortment of instruments and vocals! In many spiritual traditions the line between the living and the dead is more of a passageway. Based in love and gratitude, we belong to the dead and the dead belong to us. In telling stories, talking to each other and feeling the energy enrich our lives, come claim your place of belonging! Don't miss this moving celebration.



Let's get back to nature  
**MEN'S RETREAT**  
2019

Bond with us this November 1 - 3  
in scenic West Chester, PA  
workshops/ mindfulness  
hiking/ drumming  
good food/ poker  
spaciousness



More info & registration  
[bit.ly/usgmensretreat](http://bit.ly/usgmensretreat) or  
[mensretreat@usguu.org](mailto:mensretreat@usguu.org)

**Joyous Women Retreat at Murray Grove**  
**November 1 - 3rd**

Murray Grove will provide a fantastic weekend with a series of workshops focusing on opening our hearts to possibilities as we pursue our personal strength and power led by Rev. Craig Hirshberg, healthy and delicious meals by our in-house chef, connecting with nature and sitting by the fire in a safe environment for relaxation and introspection. The weekend gathering includes two nights single or shared room style accommodations at Murray Grove, six meals and workshops. Details at [murraygrove.org/event/joyous-women/](http://murraygrove.org/event/joyous-women/)



## **Spiritual Development**

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### **Racism Book Study**

**Monday, October 14, 7:30pm.**

In September, we began *Stamped from the Beginning* by Ibram Kendi. For October 14, we will be reading the second section: "Thomas Jefferson." All are welcome. Please do the reading before the session. Contact Treva at [bookstudy@usguu.org](mailto:bookstudy@usguu.org)

## ***Breathe***

**Sundays, October 13 - 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](http://usguu.org/events/breathe).



**SAVE THE DATE: Saturday, November 16  
A Daylong Mindfulness Retreat with Rev. Kent  
Register: [bit.ly/meditatewithkent](http://bit.ly/meditatewithkent)**

## **News and Announcements**

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### **Interested in joining USG?**

The next New Member Signing will be on Sunday, **November 10** during the service. Please take a UU-101 class, offered the third Sunday of each month (next: **October 20, 12:00pm**) and a New Member Orientation (next: **October 20, 9:30am**). For more information, please visit the Membership page in the Home menu on our website, [usguu.org](http://usguu.org) or email [Welcoming@usguu.org](mailto:Welcoming@usguu.org)



### **Villages at USG**

If you have any questions about Villages at USG, please direct them to [Villages@usguu.org](mailto:Villages@usguu.org). Thanks to all the Villages who offer a friendly welcome and refreshments every Sunday. Upcoming Fellowship Hour Hosts:  
October 20 - Villages 8 & 9  
October 27 - Village 10



## 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.

## Our Wider Community

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### 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

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### 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](https://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](mailto: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](https://www.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!

### • 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](mailto: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

- **Racism Book Study Group** - Second Monday, October 14, 7:30 - 9:00pm. Contact Treva Burger at [bookstudy.usguu.org](mailto:bookstudy.usguu.org)
- **Book Group on Friday Morning** - Third Friday, October 18, 10:30am at Cathedral Village. If interested in joining, please contact Barbara Dowdall at [bookgroup@usguu.org](mailto:bookgroup@usguu.org). The 2019-2020 Book List is posted on [usguu.org](https://www.usguu.org)> About> Affinity Groups> Book Group.
- **LOC for POWER** - Local Organizing Committee for Philadelphians Organized to Witness, Empower, and Renew - Precedes the Social Justice Coffee Hour on the Third Sunday. Sunday, October 20, 9:00 - 9:40am. At USG. Contact Dennis Brunn, [power@usguu.org](mailto:power@usguu.org).
- **Coffee Hour for Social Justice** - Third Sunday, October 20, 9:45 - 10:20am. Contact [socialaction@usguu.org](mailto:socialaction@usguu.org).
- **UU-101** - Third Sunday, October 20, 12:00 - 1:15pm. UU-101 is an Introduction to Unitarian Universalism, held at USG, and childcare is provided. Please RSVP to Charles Gabriel or Eric Foster at [uu101@usguu.org](mailto:uu101@usguu.org).

## **Our Caring Community**

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### **We hold in our thoughts and prayers...**

...**Mary Kalyna**, whose mother **Rosalie Hawryshkiw** has died at age 97. Mary is continuing to recover herself from a serious fall last June. We send her our love.

...**Georganne Hardin-Fong**. Georganne's husband, **Francisco Delgado**, underwent emergency open heart surgery on September 25 at Thomas Jefferson University Hospital. He expects to enter St. Joseph's Rehab facility the weekend of October 5.

### **We are happy to pass on from...**

...**Lynne Kalish**: I'm sending a big "thank you" to my USG family for helping me to celebrate my 75th birthday with cake, a huge card, and a wonderful "Happy Birthday" serenade on Sunday, September 22. You are a big part of my life and very special to me. Love, Lynne

### **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](mailto: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](http://usguu.org) or contact [com@usguu.org](mailto:com@usguu.org).



### **USG's Cancer Support Group**

Co-chairs are Susan Zingale-Baird and Sarah West. Contact [cancersupport@usguu.org](mailto:cancersupport@usguu.org).

