

## **This Morning in Worship**

### ***Belonging to Imperfection, Rev. Kent Matthies***

How can you embrace yourself in your entirety? Many of us wrestle with this question our whole lives. As imperfect beings we go further down the road to finding peace with ourselves when we accept our imperfections. This can involve acknowledging selfishness, cowardice, going too slow and going too fast. When we acknowledge these sharp and tender parts of ourselves the fog can dissipate and we can find our hidden wholeness.

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

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

- Enjoy the greeting and refreshments offered by Villages 8 & 9. *Food bringers, please label items containing nuts.*
- At 12:00pm, attend a session of UU-101 to learn more about Unitarian Universalism. In the Daskam Room.
- Then return by 5:00pm for the next BREATHE program:



***Mindful Self-Compassion in Your Mindfulness Meditation Practice and in Your Life***

**Teacher: Jesse Frechette**

**Sunday, October 20, 5:00 - 6:30pm - Sullivan Chapel at USG**

This course will include time for discussion on mindful self-compassion, a guided practice, and questions and suggestions for growing mindful self-compassion in one's practice and life. 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.

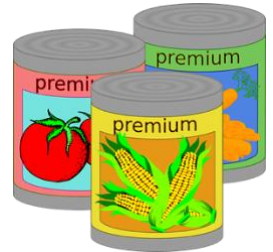
From outside, park in the Courtyard and enter the Dining Room, then turn left. OR park in the lot off Johnson Street, enter the Edna Jones Assembly Room via the ramp, turn right and walk past the Daskam Room.

## **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

Please see the insert.

We are happy to present a rich harvest of autumnal holidays and holy days!



## Spiritual Development

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### Racism Book Study

Monday, November 11, 7:30pm

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

### 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](http://USGUU.ORG) for more information.

### *Breathe*

Sundays, October 13 - December 29, 5:00-6:30pm.

USG now offers a weekly program of mindfulness classes led by trained meditation teachers, presented by the Adult Spiritual Development Committee's new Center for Mindfulness at USG. There is no fee for the classes, but Dana (Donations to the teachers) are greatly appreciated. For more information, please go to [usguu.org](http://usguu.org) > Spiritual Development > Center for Mindfulness



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

## The Spirit in Action

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**SAVE THE DATE: Wednesday, November 20**

**PIHN's Annual Empty Bowl Dinner**

Fresh soups, bread, and dessert

Family-friendly activities, live entertainment

three seatings:

4:00-5:30pm

5:30-7:00pm

7:00-8:30pm

United Lutheran Seminary, Brossman Center Benbow Hall

Profits go to benefit Philadelphia Interfaith Hospitality Network

Minimum donation: Adults: \$25. Students & Children: \$10



## **Remember to VOTE on Tuesday November 5, 2019.**

Local elections for mayor, school board, township commissioners, county commissioners, judges and other local officials are important to the health and strength of our democracy. VOTE as if our democracy depends upon it, because it does! Would you like to be part of a voter registration and voter engagement effort for 2020? Contact Lois Murphy at [socialjustice@usguu.org](mailto:socialjustice@usguu.org).



## **A Letter from Rev. Kent**

Dear Friends,

I hope this finds you well amongst the changing colors of fall.

Lesbian, Gay, Bisexual AND Transgender justice are all critically important at the Unitarian Society of Germantown.

In 1985 the members of the USG voted to host same sex marriages in our sanctuary. At that time the Rev. William Gardiner was the first among many ministers to follow who were highly pleased to officiate. In 1998 USG voted to become a Welcoming Congregation for Gay, Lesbian and Bisexual people. The people of USG have engaged in education, advocacy and hospitality efforts ever since.

In the last decade many of us, including myself, have learned more and become more dedicated to honoring and welcoming transgender and gender fluid people. One project within this ministry involves placing pronouns on our name tags. To date, approximately, 100 USG members and visitors have agreed to place the pronouns of their choice on their name tags.

Recently, we made a well-intended mistake by assigning pronouns on the name tag of every person who had not responded. However, upon further reflection, we want each person to have complete choice about a) whether they participate by having pronouns on their tag, and b) if they participate, which gender pronouns to place on their name tag.

I am very sorry for any confusion or hurt caused by this effort. If you want to talk more about what happened I am here to listen and talk.

Let me also provide additional background on this effort. Our community has a faithful commitment to building beloved community, which welcomes and accepts people as they are. In our efforts to live out this commitment, we offer people the choice of placing pronouns on their name tag. For example, I am choosing my nametag to say: Kent Matthies He, Him, His

Why is this important? In many places in society, people who are gender fluid or transgender experience painful discrimination. Assuming other people's gender identification is too often unhelpful or hurtful. When we allow people to identify their own gender pronouns we can

reduce awkward situations. More importantly we can directly increase the respect we show one another with of our words and actions. We can increase our capacity to welcome and accept each other for who we are.

Here are other reasons folks have decided to share their preferred pronouns on their USG nametags and elsewhere.

- I share mine because I don't want anyone to feel unsafe or unwelcome and I think this helps.
- I think that sharing my pronouns helps everyone feel included and respected.
- Sharing my pronouns helps make USG a more welcoming place for people of all genders.
- I want to make sure that everyone gets my name and pronouns right every time; I also want to make sure I get everyone else's right, too.
- I believe it's more respectful not to assume someone's gender based on how I think they look. I'm sharing mine so that you won't have to assume either.
- I share mine because I am an active ally.

So please let us know your preference – to either display no pronouns on your tag or use your preferred pronouns – by simply filling out a name tag request form at the Welcome Table. Alternatively, email your preference to [nametags@usguu.org](mailto:nametags@usguu.org). (Of course, you can also leave your tag as is.) As appropriate, we will make a new tag for you that will be at the Welcome Table the next week.

Again, our sincere apologies for any confusion or hurt caused by this effort. I look forward to many more years of moving forward in our efforts to help all people live out their fullest humanity.

AND I want to give a huge thanks to Lisa Dutton and the entire Welcoming Committee for all their hard work throughout the course of the year. They have genuinely tried to make all feel welcome.

In Faith,  
Kent

## **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 TODAY at 12:0pm and a New Member Orientation; email [Welcoming@usguu.org](mailto:Welcoming@usguu.org) if you are interested.



## **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 27 - Village 10

November 3 - Village 11

November 10- Village 12

November 17 - Village 1

November 24 - Community Day Brunch



## **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**

**Buddhism Panel Discussion, Sunday October 27, 11:30am**

**Mainline UU Church, 816 S Valley Forge Rd, Devon, PA 19333**

Come to hear local Buddhist leaders and teachers share their perspectives on Buddhism's place in the world and in our communities. Q&A to follow; all are welcome. Childcare available. For more information contact [re@mluc.org](mailto:re@mluc.org) or 610-688-8332.

## 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](http://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](http://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](http://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 [cami@usguu.org](mailto:cami@usguu.org).



#### • MONTHLY GROUPS & EVENTS OCCURING THIS NEXT WEEK

- **Humanists - PUSH** - Philadelphia Unitarian Society of Humanists, Fourth Sunday, October 27, 12:00pm. At USG. Contact Paul Teti at [push@usguu.org](mailto:push@usguu.org).

# Our Caring Community

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## 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).

