

This Morning in Worship

The Magic of Attention, Worship Leader Jenn Leiby

In lives that may be filled with busyness, distractions, extraneous noise and an overabundance of stimulations, we will explore “Attention,” November’s theme of the month. Join us as we use Mary Oliver’s poem “Gratitude” as our guide on our journey to the magic of, as she says, “attention as the beginning of devotion.”

Jenn is thrilled to be helping with worship this morning. She currently serves USG as President of the Board of Trustees.

Our thoughts are also with USG members and friends, including Rev. Kent and Ryan, who are on retreats this weekend. We wish them a most meaning and invigorating time.

This Sunday in Fellowship & Calls to Action

After the service, you have opportunities to...

- Enjoy the greeting and refreshments offered by Village 11. *Food bringers, please label items containing nuts.*
- At 12:00pm in Sullivan 2, **engage the BLUU Box (Black Lives of UU)**, which we open to find stories of people of color in our UU history.
- **Please see the insert today which includes two such stories.**
- At 1:00pm in Sullivan, attend the **Ending Racism Committee** meeting, also in Sullivan.



Then return by 5:00pm for the next BREATHE program:

Insights into Our Constant Life Companion: The Breath

Leader: Esther Wyss-Flamm

We will dive into an exploration of breath. Through an experiential approach, we will look at: What does it mean to observe the breath? How can we find stillness in the breath? Why, when, and how would we want to modulate the breath?

Fee: None required; suggested dana of \$15-20.



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

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

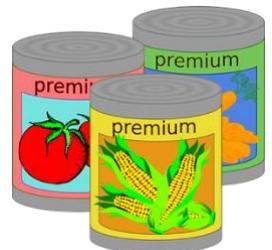
1. Send text to this 10-digit Text Giving number **215-608-2660**
2. In the message field put the **amount, a space, and the fund** you wish to donate to. (Fund = Share The Plate (STP) or **PLEDGE**. Pledge is the default.) For example: **25 pledge** (\$25 would be donated to pledge payment) or **25 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

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. 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



Upcoming Events

Exploring Elderhood takes on The Elephant in the Room with elephant wrangler Maggie Beaumont

Friday, November 8, 2:00 - 4:30pm

- What scares you about Death and Dying?
- What do you want to know about it ahead of time?
- What do you think you know already, and how do you know it?
- What are some of the questions to ask in a medical crisis, and how to ask them?
- What are some of the spiritual questions to ask?
- What is the Work of advanced age? ... of terminal illness? ... of End of Life?
- How can we prepare for this inevitable initiation?



Maggie Beaumont, a trained hospice chaplain, could lecture about all this, but most of Elderhood's regulars probably have a thing or two to say on the topic, so we're hoping for lots of audience participation. Come with your questions, answers, and friends. Bring sharables to eat and drink.

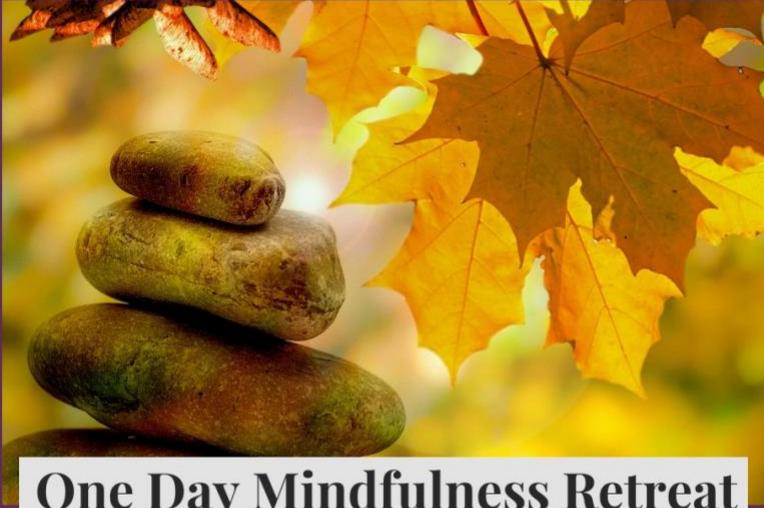
Everyday Spiritual Practice Continues: "Cooking" Saturday, November 9, 10:30am - 12:00pm, Sullivan Chapel

The new Everyday Spiritual Practice program based on the book of the same name has had a great start and will be meeting for its third session on November 9 at 10:30am. Once again our guest leader Robert Schindler will lead the discussion, this time of the essay on "Cooking." Read it if you have it but it's okay to come if you don't. Come and explore how everyday activities can become meaningful (and tasty) spiritual practices.



Apparently, Rev. Kent cannot get enough of retreating.

Join him two weeks after the Men's Retreat for a revitalizing daylong retreat on November 16, 9:30am - 3:00pm. Register: bit.ly/meditatewithkent



One Day Mindfulness Retreat

Led by Rev. Kent Matthies

THROUGH BREATH, SILENCE, WALKING,
LISTENING & SITTING
WE WILL ENGAGE IN MINDFUL MEDITATION

SAT NOV 16TH | 9:30 AM - 3 PM
SULLIVAN CHAPEL

FREE EVENT; DONATIONS ACCEPTED
BRING YOUR LUNCH | SNACKS PROVIDED
REGISTER: BIT.LY/MEDITATEWITHKENT

Caregiving Support Workshop: "The Art of Listening"

Sunday, November 17, 12:00 - 1:30pm, Sullivan 3

At the workshop, Andi Bernstein will present on ways to support loved ones experiencing life challenges such as a medical or mental health diagnosis.

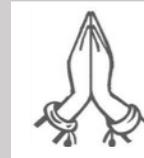


SAVE THE DATE

Sunday, November 24

We Give Thanks for the Beloved Community
with our annual CommUUnity Day Spiritual Workshops and
Brunch

Look for details coming soon!



Other Spiritual Development Offerings

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

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.

The Spirit in Action

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
To learn more and purchase tickets, go to philashelter.org.

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.



News and Announcements

Give While Gifting!

Shop for everyone on your gift list this holiday at smile.amazon.com/ch/23-1352566 and Amazon donates 0.5% of eligible purchases to the Unitarian Society of Germantown. Just choose **USG** as your recipient.



Interested in joining USG?

The next New Member Signing will be on Sunday, November 10 during the service. For more information, please visit the Membership page in the Home menu on our website, usguu.org or email Welcoming@usguu.org



USG's Awesome Volunteer Archivists!

Here are the wonderful volunteers on the Archives Committee, who are painstakingly sorting, filing, and storing USG's historical documents, photographs, and memorabilia. We are grateful for their behind-the-scenes, meticulous work. Seen here, L to R, are Archives Committee members Kay Weiser, Barbara Vandegrift, Carolyn Cotton, Linda Bernstein, and Chair Susan Bockius. (Not pictured: members Mary Phalan and Howard Silver.)



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:

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: 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!

• 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) - Meets every Wednesday. *Please note time change: 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 cami@usguu.org.



• MONTHLY GROUPS & EVENTS OCCURRING THIS NEXT WEEK

- EarthSpirit Circle-First Monday (except after holiday weekends) at 7:00pm. Next: November 4. At USG. Contact earth@usguu.org.
- Needle Exchange, a Handwork Group- First Wednesday, November 6, 1:30 - 3:00pm. At USG. Contact Margaret Thompson at needleexchange@usguu.org
- Caregivers Support Group - Second Friday, November 8, 11:00am - 1:00pm. USG. Contact Maura Gallagher at caregivers@usguu.org.

Our Wider Community

Furnaces of Innovation, Lecture & Exhibit

Honoring Frank Furness' 180th Anniversary

First Unitarian Church of Philadelphia, 2125 Chestnut St.

Sunday, November 10, 3:00pm. Open House, Tours and New Exhibit at 2:00pm and Following the Lecture. Inquiries to: friendsof2125chestnut@gmail.com

Our Caring Community

We send loving thoughts to and ask for practical help for...

...**Tom Schoonmaker**, who recently received a diagnosis of Parkinson's Disease. Tom remains in good spirits and active in choir and water volleyball. He receives physical therapy. Tom and Ann have both retired from driving a car. Hence, they would be grateful for USG friends who could occasionally offer them rides.

...**Elaine Wallace**, who suffers from arthritis and would appreciate a ride to and from Sunday service. She lives on Wissahickon Ave. near Cheltenham Ave. If you can help once a month on the 1st, 4th or 5th Sunday, please contact Carolyn Scott at communications@usguu.org. (We have the 2nd and 3rd Sundays now covered.)

We send our wishes for speedy, comfortable recoveries to...

...**Susan Smith**, who underwent knee replacement surgery on Monday, October 28. Susan is now recuperating at home, cared for by husband Tom. She appreciates the congregation's good wishes and will be happy to receive cards and emails.

...**Mary Phalan**, who will be having knee replacement surgery on November 7. She expects to be in rehab at Cathedral Village for about two weeks. Cards and email are welcome.

We send happy congratulations to...

...**Jason Morgan and Christa Lane Hooper**, who have announced the arrival of **Magnolia Rose Morgan**, born on October 22, 2019. Momma and Nolia are doing well.

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.

