

## This Morning in Worship

### ***Be Who You Are*, Rev. Kent Matthies**

Buddhists talk about radical acceptance of self. Daoists talk about the true essence of being. An African proverb talks of singing your song. Unitarian Universalist minister Forrest Church said, "Be who you are." All these spiritual teachings can guide us to healthy, peaceful and exciting ways of living.

### **The Driveway Has Been Repaved!**

We hope you enjoyed your less bumpy journey into USG this morning on our smoooooth new driveway! Many, many thanks to Bill Dowdall and Bill Blasdel, who made this improvement (like so many others) happen.



## This Sunday in Fellowship & Calls to Action

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

- **Enjoy refreshments and a welcome brought by Village 8. Folks bringing food, please remember to label items containing nuts.**
- **Sign up for MLK Day Projects & Preparation with Dev Howerton & Carolyn Scott**



**Return at 4:00pm** for the second of three special *Breathe* sessions:

**Chris Molnar: *Interpersonal Mindfulness***

**January 5, 12, 19, 4:00-6:30pm** (*note earlier start time*).

This program offers an introduction for adults to a program... that evolved to support people with high levels of stress and distress, in living with greater awareness and compassion toward self and others. Please Note: This is not a psychotherapy group, but rather offers a taste of interpersonal mindfulness meditation practice that can strengthen personal and interpersonal skills.

*Chris Molnar combines clinical psychology, psycho-physiology and the brain sciences to adapt practices and interventions to the needs of people with high levels of stress and distress.*



## 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.

- Please contribute to USG's monthly **collection of food** to support St Vincent de Paul's Food Cupboard. Leave your donations (*with sturdy bags for transporting*) on the carts in the kitchen.

Our 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.

### 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

### A Letter from Rev. Kent

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Hi, Dear USG Family.

I hope this finds you experiencing peace and joy in the New Year. We are grievously mindful that in many areas of the globe, people are not experiencing either peace or joy. Our hearts go out to the people and animals suffering a massive crisis of burning fires in Australia. Our hearts go out to people in Iran, Iraq, the United States, and other affected countries as our countries go through violent tensions.

How do we respond when the world burns and missiles rain down? The answers are not always clear. However, our Unitarian Universalist faith does call us to reach out to each other with care and compassion, to speak out and to work for peace and justice.

The international theater is worrisome, tricky and fast-changing. We at USG have a commitment to supporting one another and partnering with others in the wider work of peace and justice making.

As Minister I am here to support you. Please send me an email or give me a call if you want to talk about any struggles you may be experiencing around the tensions in our country and world. Please also know that a number of USG leaders and I are looking for ways to respond to the current events with programs that people might find helpful.

Some of our currently scheduled programs may help address folks' needs. Coming out to the MLK full weekend of "Igniting Justice" will be a great opportunity to collaborate with neighbors throughout the region in justice work.

- We will begin on **Friday, January 17th at 7:00pm with Rev. John Buehrens speaking about his new book *Conflagration***, which examines the Transcendentalists (amazing Unitarian-led thinkers and writers) and their impact on social and racial justice.
- On **Sunday morning, January 19th we will have a 10:30am worship service focusing on the Me, Too Movement** for demanding respect, leadership and space for women to thrive, followed by **teamwork in preparing for MLK Day**.
- On **Monday, January 20th we will host over 30 MLK DAY OF SERVICE projects** for hundreds of volunteers. Monday starts with a brief, but highly inspiring worship service with Dr. Rev. Mark Tyler, Senior Minister of Mother Bethel AME Church preaching.

I also encourage folks to come out to our wonderful mindfulness events, such as the Sunday evening Breathe program or Wednesday's Mid-Week Meditation with Deborah Cooper, to center and strengthen yourself.

Coming together to learn, talk, worship, and be of service for justice will help us all make it through the most challenging of times.

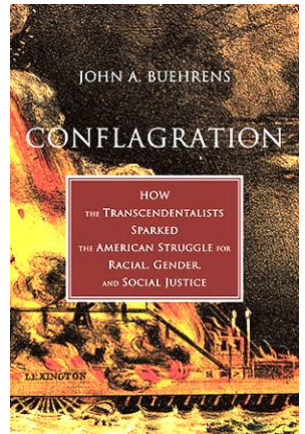
In Faith,  
Kent

## A Weekend of Igniting Justice: January 17, 19, 20

**Friday, January 17, 7:00pm**

**The Rev. John A. Buehrens gives a Book Talk on *Conflagration-How the Transcendentalists Sparked the American Struggle for Racial, Gender and Social Justice***

John A. Buehrens, past president of the UUA from 1993-2001, is coming to USG to speak about his new book, which illuminates the connections between key members of the Transcendentalist circle who created a community dedicated to radical social activism. These authors and activists instigated lasting change in American society: transcendentalists fought for the abolition of slavery, democratically governed churches, equal rights for women, and against the dehumanizing effects of brutal economic competition and growing social inequality.



*The Rev. John Buehrens is the co-author with Forrest Church of A Chosen Faith: An Introduction to Unitarian Universalism.*

## Sunday, January 19

- 10:30am Worship Service  
*Me, Too, Dr. King*, Rev. Kent Matthies (See the back of the Order of Service for details)
- 11:30am > Volunteers Needed to Help Prepare for MLK Day  
Please see Carolyn Scott during Fellowship Hour or email [hostingmlk@usguu.org](mailto:hostingmlk@usguu.org).

## Monday, January 20, 8:00am - Noon

# USG's MLK DAY OF SERVICE

Image of Dr. King is cropped from the original. Attribution: Dick DeMarsico, World Telegram staff photographer [Public domain] commons.wikimedia.org/wiki/File:Martin\_Luther\_King\_Jr\_NYWTS.



### SIGN UP FOR MLK DAY PROJECTS

Preview the project list on the insert and sign up for your choice at [mlkphillyuus.org](http://mlkphillyuus.org) OR during Fellowship Hour!

## SAVE THE DATE

### JUBILEE Anti-Racism Training

WHEN: Friday, March 27th (6:00pm to 10:00pm); Saturday, March 28th (9:00am to 9:00pm); Sunday, March 29th (8:30am to 5:00pm)

WHERE: UUCDC (Unitarian Universalist Church of Delaware County), 145 W Rose Tree Rd, Media, PA 19063

FEE: \$160 per participant (includes cost for trainers, meals and materials). Enrollment is limited to 40 participants, so sign up today! Register online at [uua.wufoo.com/forms/zw7m2zy1vifswl/](http://uua.wufoo.com/forms/zw7m2zy1vifswl/)



## Spiritual Development Offerings

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### NEW: Meditations for the Mid-Week

Wednesdays, 2:30-3:30pm, Starting on January 15

Led by Deborah Cooper

All are welcome to join others in an hour of quiet meditation, reflection and sharing. Most of us long to be peaceful and happy, and yet our lives and the world around us frequently present us with situations that cause anxiety and pain. In this hour we will explore some of the Buddha's teachings and learn some ways to navigate everyday challenges so that we can experience more peace in our world. No fee but donations (dana) gratefully accepted. Questions? [mindfulness@usguu.org](mailto:mindfulness@usguu.org)

Dharma Teacher Tuere Sala speaking on *Cultivating Awakening Emotions*

## Friday, January 31, 6:30-9:00pm, Sullivan Chapel at USG

Often emotions can turn our lives into a roller coaster ride of reactivity which can have the effect of turning our meditative practice into an escape clause rather than the source of our inner strength. It is possible, however, to engage our meditative practice in a more proactive way by cultivating several awakening emotions. They are considered **awakening emotions** because when present, they bring clarity and wisdom. We will explore these awakening emotions, how to distinguish them from non-awakening emotions, how to cultivate them and how to recognize their impact upon our practice.

*Presented by Delaware Valley Insight Meditation & Co-sponsored by Springboard Studio and the Center for Mindfulness at USG*



## January Exploring Elderhood Gathering

Friday, January 17, 2:00-4:30pm. Edna Jones Assembly Room

**USG Elders are Moving On! Declutter your life and make room for You!**

Join our Exploring Elderhood community for a spirited discussion on overcoming clutter as you move into the next phase of your life, whatever that may be. Have you considered downsizing or moving to a smaller residence? Come share your wisdom and challenges! Elder or not so elder, clutter challenges us at all ages. Presentation by Shobhi Kanal and Deb Kish-Silver. Bring friends, snacks and sips. *(EE usually meets on the second Friday.)*



## The Spirit in Action

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### A Full Trunk!

Thanks to everyone who brought in grocery items for St. Vincent dePaul's Food Pantry. Thanks also to USG's volunteers who deliver the items monthly!



### #UU THE VOTE:

### #VOTELOVE, #DEFEATHATE, AND #UUTHEVOTE IN 2020

In this political moment, UUs are called to join forces with all people who want to organize our communities and our nation to #VoteLove and #DefeatHate. Let's UU the Vote in 2020! Join us for our online launch on January 12 at 4:00pm ET. Register to get webinar info and consider hosting a watch party in your congregation or home! Go to [uua.org/justice/vote2020](http://uua.org/justice/vote2020) for details.



## **POWER Organizer Jordan Ford will speak at USG. Sunday, January 19, 9:00am, Dining Room**

Jordan will speak at the meeting of the Local Organizing Committee (LOC) and bring us up to date on POWER's justice campaigns and share strategy ideas with us.



## **UUPLAN's 2020 Membership Drive is Underway!**

In addition to USG's institutional annual membership in UUPLAN, our statewide advocacy network, growing our individual membership is the basis of UUPLAN's capacity to make our voices heard on social and economic justice issues in Harrisburg. Please consider renewing or joining for the first time. Suggested annual membership fee is \$40. Go to [uuplan.org](http://uuplan.org) to donate online or for the way to contribute by mail.



## **News and Announcements**

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### **Help Us Look for Potential Board Candidates**

The USG Board provides essential leadership to USG. Without it, there would be no functioning USG congregation. Serving a term on the Board is both an honor and a way to help ensure the vitality of this congregation, now and in the future. Every year the USG Nominating Committee is tasked with finding three new people to serve a three-year term on the Board. We strive to find people who will bring to Board service as many of the following qualities as possible.



1. Is a USG member
2. Has shown personal integrity and the temperament to work well with other Board members
3. Would bring ethnic, gender, or age diversity to the Board
4. Has provided significant past or current service to USG through committee work or other service
5. Would bring significant life experience (professional or otherwise) that would be relevant to the Board's work
6. Has made a financial commitment to USG

The Nominating Committee would like to make sure that we are aware of anyone in the congregation who might be interested in Board service and who feels they meet some or all of the above criteria. If you are such a person, or would simply like to learn more about Board service, please contact any current member of the Nominating Committee. They are Linda Brunn (chair), Shobhana Kanal (co-chair), Eva Finney, Gloria Guldager, Hal Krieger, and Andrea Parry. You can reach them at [nomcom@usguu.org](mailto:nomcom@usguu.org).

## Interested in joining USG?

The next new member signing is scheduled for Sunday, Feb. 23. People are asked to take UU-101 (offered on third Sundays) and a Membership Orientation (scheduled with the Welcoming Team) before joining. 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: January 19 - Village 9, January 26 - Village 10



## 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/](http://usguu.org/electronic-and-texting-donations/)

## Our Wider Community

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### Mainline UU Author Event, Sunday, Feb 2, Noon

Pulitzer Prize winning author and journalist David Zucchino on his new book *Wilmington's Lie*: "When white supremacists overthrew an elected government." Information can be found on the web.

## Connect with Others at USG

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### 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



## 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).

## 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 Groups:

- **CAMI (Citizens Against Mass Incarceration)** - Meets every Wednesday. 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 Margaret Robertson at [cami@usguu.org](mailto:cami@usguu.org). (CAMI now supports the Germantown Participatory Defense HUB from 3:00-5:00pm on Wednesdays; anyone interested in helping must have training.)
- **Nature Walking at Valley Green** - Monday and Thursday, December through March start time: 10:00am. Meet others at Valley Green Inn in Chestnut Hill for a morning walk. Contact Steve Conrad, [walks@usguu.org](mailto:walks@usguu.org). (April through November, start time will be 9:00am.)

### Monthly Groups:

- **Book Group on Friday Morning** - Third Friday, January 17, 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](http://usguu.org)> About> Affinity Groups> Book Group.
- **Racism Book Study Group** - Second Monday, January 13, 7:30 - 9:00pm. Contact Treva Burger at [bookstudy.usguu.org](mailto:bookstudy.usguu.org).

## Our Caring Community

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Our thoughts and prayers are with...

...Stephanie Shenck, with the recent passing of her father, Ronald Macon.

### 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).

