

This Morning in Worship

***The Cleopatra Connection*, Guest Speaker Andrea Durham**

Andrea will share lessons from the life of the Pharaoh Cleopatra on integrity and living your own dharma.

Andrea Durham is an attorney in Philadelphia and has worked for the U.S. Department of Housing and Urban Development since 1994. Born in Trinidad and Tobago, Ms. Durham loves travel, diverse cultures and community organization. She is a member of USG and serves as the chief organizer of the annual Diwali celebration.

This Sunday in Fellowship & Calls to Action

After the service, you have opportunities to...

- **Enjoy refreshments and a welcome brought by Village 10. Folks bringing food, please remember to label items containing nuts.**
- **Attend a session of UU-101** to learn more about Unitarian Universalism. Childcare is provided. In Sullivan 1 at 12:00noon.
- Attend the P.U.S.H. meeting of the **Philadelphia Unitarian Society of Humanists** in the Daskam Room at 12:00noon.
- Return at 5:00 pm for a new Breathe session. See below.



Sundays January 26, February 2, 9 & 15, 5:00-6:30pm

Engaged Buddhism: Mindfulness in Action

Mary Kalyna, Leader

Can we integrate our spiritual practice as we work to oppose racism, sexism, destruction of the planet and other injustices in the world? We will explore how spiritual practice can inform activism and prevent burnout, and how engagement in the world is required for a grounded and authentic spirituality. The class will include meditation time, readings and discussion. We will consider the teachings and practice of Thich Nhat Hanh, Dr. Martin Luther King, Jr., Bernie Glassman, and Rev. Angel Kyodo Williams, among others.



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.

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 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

Dharma Teacher Tuere Sala speaking on *Cultivating Awakening Emotions* Friday, January 31, 6:30-9:00pm, Sullivan Chapel at USG

Emotions can often 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. Dharma teacher Tuere Sala will talk about 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

**Friday's talk will be followed by a Weekend Retreat led by Ms. Sala
Tuere Sala - *Non-Residential Meditation Retreat in Philadelphia for POC***

**Hosted by Delaware Valley Insight
at The Gathering Place**

6757 Germantown Ave., Philadelphia, 19119

Saturday, Feb. 1: 10:00am - 4:00pm

Sunday, Feb. 2: 10:00am - 4:00pm

Tickets and info at

<https://www.facebook.com/events/514816369381819/>

NEW: *Developing Compassion for Oneself and the World:*

Livestream Audio Video with Suvaco Hansen

Sunday, February 9, 1:30-3:00pm, USG's Sanctuary

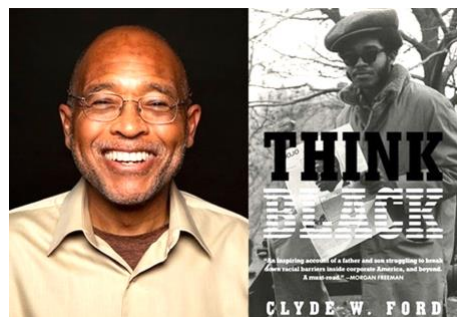
This session will include a brief, led meditation, a Dharma talk and time for individual questions. Suvaco was a monk in the Thai Forest tradition for many years. He now lives in England where he is a psychotherapist and teaches meditation retreats. He is active in the Climate Action community and occasionally works with refugee communities. Deborah Cooper regularly attends his retreats. Suggested Donation- \$10-\$15.



Racism and Technology---A Book Presentation followed by Lunch and a Workshop

Saturday, February 22, 9:30am - 2:30pm

USG's Ending Racism Committee welcomes author Clyde Ford, Jr. for a Black History Month presentation about his new book, *Think Black*, a Memoir, which was nominated for the 2019 Goddard-Russo literary prize for Social Justice this past October. Relevant to our time, the presentation and discussion will challenge us to consider how technology has been and is being systematically employed to keep those in power, in power, and one step ahead by offering unsuspecting consumers 'conveniences' which are an intentional part of global economic racial oppression by design. Copies of the book will be available for sale or bring your copy to have it signed.



Lunch will be provided for \$10, with an additional suggested donation of \$15 for the speakers.

After lunch, we will hear from Alison McDowall, who will speak on Big Data, Blockchain and Bonded Life. More details at: usguu.org/events/racism-and-technology/

Please RSVP to endingracism@usguu.org to assist in our planning.

SAVE THE DATE!

The Annual All-Church Dinner

Saturday, March 14, starting at 5:00pm

The Annual Convivial All-Church Dinner for USG members and their families will be held on Saturday, March 14, beginning at 5:00 pm. The event will begin with a reception followed by a family style "assigned potluck" dinner. There will also be entertainment. Child care will be provided. More information coming soon!

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/



Auction Events Still Open!

There is still time to get in on some auction fun this winter with the following open events! To sign up and pay for an event, please go to USG's website and click on **Annual Service Auction 2019** under the **News & Events** tab. You may also contact the event host/hostess and pay with a check mailed to the USG office before the event. (Please put event name in memo section of check.) To contact the people cited below, please access their emails through our **BREEZE** database. Don't know how? Contact Carolyn or Celeste in the office.



- **Hot Soup on a Cold Night on 2/7** at 6:30 pm, \$25/adult. Join Lucinda Lea in her Chestnut Hill home for a delicious meal of soup and salad. What better way to stay warm than enjoying a night of good food, fellowship and engaging conversation? There is room for one more at Lucinda's table. Please contact Lucinda to sign up.
- **Classic Dealers Choice Poker on 2/21** at 7:00 pm, \$20/adult. Gerry Whelan will once again host his famous "dealer calls" poker games - Stud poker, Hi-Lo, Anaconda, and others. Hoagies and drinks will be served. Contact Gerry Whelan.
- **Notary Service, \$10/adult.** Sarah West has generously donated her expertise as a notary at no additional charge. She will provide the service at a mutually convenient time either at USG, Cathedral Village in Andorra or a location within 5 miles of Cathedral Village. If in need of a notary before the end of May, please contact Sarah West.

Spiritual Development Offerings

NEW: Meditations for the Mid-Week led by Deborah Cooper
Wednesdays, 2:30-3:30pm,
Weekly from January 15 until March 14

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



Everyday Spiritual Practices

Second Saturdays (usually). Next: February 8, 10:30am -12:00noon.

SGM at USG

Throughout the year, you are welcome to join any Small Group Ministry group with openings. Please visit the Small Group Ministry page on the website for more information.

The Spirit in Action

UUPLAN Advocacy Workshop on MLK Day

UUPLAN wants to thank all who participated in our "Statewide Advocacy Workshop" on MLK Day of Service. 18 participated by making calls and sending postcards to elected officials on issues of raising the wage, moving toward 100% renewable energy, and reducing the use of solitary confinement. For more info on critical statewide advocacy initiatives, go to uuplan.org and/or contact Dennis Brunn at uuplan@usguu.org. Thanks as well to Dennis for leading the workshop.



Thanks to All Who Rallied to McRaise the Wage on MLK Day!

The Philadelphia Tribune of January 23, 2020 covered this Social Justice event. Here is the photo & caption:
Germantown-area residents and political leaders marched on Monday for fair pay at a McDonald's franchise owned by Derek Giacomantonio at 29 E. Cheltenham Ave. — TRIBUNE PHOTO/CHANTALE BELEFANTI



UU the Vote

This exciting new campaign of the UUA will be involving UUs across the country in a multi-level campaign to protect voting rights, register, educate and mobilize voters between now and November 2020. To listen in on the video of the recent "Launch." of this campaign, go to uua.org/justice/vote2020/webinar-online-launch-uu-vote. To become involved, contact Lois Murphy, Chairperson, USG Social Justice Council, at socialjustice@usguu.org.



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 to donate online or for the way to contribute by mail.



Changing Systems, Changing Ourselves Course

Do you do asylum, sanctuary or accompaniment work, or want to?

"Without community, there is no liberation." Audre Lorde

Do you want to join people of faith and conscience from across the U.S. in taking action and practicing reflection? Are you seeking ways to offer grounded solidarity without reproducing oppressive practices? Have you ever gone to an immigration (ICE) check-in or court to support a person at risk of deportation? Is your congregation part of the New Sanctuary Movement, or talking about joining? If you answered yes to any of those questions, join our e-course, *Changing Systems, Changing Ourselves: Anti-racist practice for sanctuary, accompaniment, and resistance*. This free interactive e-course will meet monthly and support groups in learning, reflecting, and acting for social change. Go to: afsc.org/action/join-us-changing-systems-changing-ourselves

This program is a collaboration of the American Friends Service Committee's Friends Relations office, the UUA and UUSC's Love Resists campaign, Church World Service, and Freedom for Immigrants, formerly CIVIC.



We Are Lifted UP!

by all the Wonderful Work of Our Many, Many MLK Day
Volunteers



USG's MLK Day Team

Lois Murphy was the calm, clear, patient chair of the MLK Day 2020 Team. We offered a total of 23 projects to over 400 volunteers. **Diane Sharp** co-ordinated most of the off-site projects, excepting the Houston and Lingelbach School projects, which were co-ordinated by **Jim Salom**; and the indefatigable **Melissa Guerriero** co-ordinated all the on-site projects. Co-ordinating meant hours of phone calls, emails, and spreadsheets. **Dev Howerton** managed the signup website, **MLKphillyUUs.org**, readjusting placements constantly (*e.g., 32 Boy Scouts need to work together on a project. No, no ---now it's just 5 who will be coming.*) **Judi Morrow** managed publicity, putting up fliers around the neighborhood; and **Carolyn Scott** donned her Chief Procurement Officer hat.

The Project Leaders

Twenty-eight different people took on the task of leading the morning projects. Without their friendly help, we could not offer this event. THANK YOU to...

- Eric Foster - Outside Greeters
- Charles Gabriel - Inside Greeters
- Betsy Gabriel - Volunteer Breakfast
- Linda Bernstein - Winter Essentials Kits
- Nancy Radcliffe, Berne Graham, and Sharon Fisher - Chicken Noodle Soup making in three different locations, making about 10 gallons total, which went to Face to Face
- Sarah DiGioia-Gaston- PIHN Plate/Bowl Making
- Debbie Ward and Ingrid Brown - Interacting with residents at Kaysim Court
- Janet Haas - PIHN Headquarters Cleanup
- Diane Sharp - Interacting at Cliveden Nursing & Rehab
- Rick and Judy Rodes - Wayne and Johnson Ave Cleanup
- Yvonne Marlier - Cleaning at Wissahickon Boys and Girls Club
- Gail Gibbons - Making Birthday Cards for Seniors
- Tonika Berkley and Abbey Porter - Assembling 250 Bags of Breakfast Goods for Seniors
- Stephanie Johnson - Decorating 1,000 Lunch Bags for Shelters
- Judi Morrow - Assembling 250 Snack Bags of Trail Mix for Lingelbach Students
- David Dearden - Delivering Breakfast Bags, Lunch Bags, Soup, Bread and Snacks to.....
- Dennis Brunn - Writing Letters and Emails for UUPLAN Advocac.....
- Melissa Guerriero, Stephen Battafarano, and Avery Collier-Hamill - Assembling over 1,000 Lunch Bags with PB&J sandwiches (*ooey, gooey assembly line!*)
- Christian Gordon-Scott (from PIHN) - Assembling Cardboard Houses for PIHN Advocacy
- Jeff Smith - Lingelbach School Clean Up
- Ellen Salom - Houston School Clean Up

The MLK DAY Set-Up and Take-Down Teams



The Set-Up

In December, prior to breaking her ankle, Ann Clarey helped take inventory of our already-procured supplies stored in the boiler room. Then, throughout the week before MLK Day, more supplies were lugged in by volunteers:

- three 25-lb. containers of peanut butter hoisted by Rev. Kent and Celeste Lamb
- 1,250 apples in big bushel boxes - Ryan Hurd, Jim Salom, and George Buckman
- a van full of our WalMart order - Celeste Lamb
- numerous big bins to store the apples away from the church mice - Celeste, Judi Morrow, and Melissa Guerriero

On Sunday, the day before MLK Day, the HUGE PREP happened.

These folks gave their time and transportation to bring in more supplies:

Abbey Porter, Patricia Hamill, Finn Collier-Hamill, Eric Foster, John Davis, Bill Morrow, and Judi Morrow.

As 2,000 slices of bread and 80 jars of jelly rolled in on Sunday afternoon, all went so smoothly that Mike Rogers got home in time to watch the game! (This has not always been true.) We cannot thank enough the diligent workers who brought up huge loads of supplies from the boiler room, sorted and counted them. Heartfelt thanks goes to the kind folks who bent over the supply lists and made sure all was in place:

- Mike Rogers (leader of the Boiler Room Brigade) aided by Andrea Barsevick and Rev. Kent, as well as...
- Treva Burger, Delrita Butler, Avery Collier-Hamill, and Andrea Barsevick - list-checkers *extraordinaire*
- Nancy Radcliffe, Jess Stanforth, and Janet Haas - soup ingredient assemblers
- Jim Salom and George Buckmann - yep, they worked on this job, too!

On MLK Day itself:

- Sarah Spath - bagel deliverer
- David Dearden - soft pretzel procurer
- Caroline Bright - social media poster
- Joanne Davis - roving photographer



The Take-Down Team

Everyone on the MLK Day Team pitched in. Lois Murphy was one of the last to leave. Washing and cleaning till the late afternoon were Mike Rogers and Gail Mershon. Sorting, counting, and boxing everything all up again was Carolyn Scott.

Finally, on Tuesday morning, the Boiler Room Brigade reformed, and back down everything went, thanks to Rev. Kent, Thomas Schoonmaker the younger (he just happened to walk in the door), Mike Rogers, Celeste Lamb, Jim Salom, and Ryan Hurd.

Thank You, Everyone, for Another Spirited MLK Day!

News and Announcements

General Assembly 2020: Early Bird Registration Already Open!

GA, the annual gathering of UUs from across the nation and beyond, will take place June 24-28, 2020 in Providence, RI. This year's theme is Rooted, Inspired, Ready! GA will delve into our theological and historical roots, bringing those threads into the present day and acting in solidarity with Indigenous communities. Attendees will be inspired and trained to engage in electoral work as people of faith, living out our values in service of all our intersecting justice commitments. Early bird registration is open! New this year: Use the Early Bird Payment Plan to pay down your GA registration over time (initial payment of \$50 required; final payment due February 29). Visit the GA Registration page at uua.org/ga.

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.

Interested in joining USG?

The next new member signing is scheduled for Sunday, Feb. 23. People are asked to take UU-101 (offered TODAY, Jan. 26 at 12:00noon) and a Membership Orientation (Sunday, Feb. 9 and Sunday Feb 16 at 9:30am) before joining. For more information, please visit the Membership page in the Home menu on our website, usguu.org or email Welcoming@usguu.org

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:

February 2- Village 11

February 9- Village 12

February 16- Village 1

February 23- Village 2



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

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. **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.

breeze

PLEASE NOTE: Breeze is way easier to use to find individuals' contact info than using our church website. AND you do not need your website password to access Breeze: they are two different entities and you can create whatever password you want for BREEZE.

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 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. (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. (April through November, start time will be 9:00am.)

Monthly Groups:

- **BLUU Box** - Usually First Sunday, 12:00 - 1:00pm. Next session: February 2. Each BLUU (Black Lives of UU) Box contains a prayer to center us in joy, affirm us and ground us in spiritually challenging times; a reflection on contemporary issues informed by a Black UU faith perspective; information about prominent Black UUs who have shaped and informed our living faith tradition; and a brief guided meditation. Please join us....
...followed by...
- **Ending Racism Committee Meeting** - 1:00-2:00pm, February 2. In Sullivan Chapel at USG. Contact endingracism@usguu.org.
- **EarthSpirit Circle** - First Monday (except after holiday weekends) at 7:00pm. Next: February 3. At USG. Contact earth@usguu.org.
- **USG Handcrafters, a Handwork Group**- Usually First Wednesday. Next: February 5, 1:00 - 3:00pm. At USG. Contact Margaret Thompson at handcrafters@usguu.org.

Our Caring Community

Our thoughts and prayers are with...

...Zachary Bosco-Dwornik and his mother Mrs. Madeline Kingsboro. Mrs. Kingsboro has entered Thomas Jefferson University Hospital where she is receiving treatment. After the hospital stay, she will be going to a rehab facility for a few weeks.

...Elaine Hills, who has undergone a procedure to help with her mobility. We hope it went well. Thanks to all who responded to the request for meals and rides for Elaine and Jim. All the slots have been filled.

Our Caring Team

Chair Linda Bernstein, Sarah West, Andi Bernstein & 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.

