

## This Morning in Worship

### ***Becoming a People of Resilience, Various USG Members***

Helen Keller said, "Although the world is filled with suffering, it is also filled with people overcoming it." People fall down, get set back, and thrown off. Today various members of USG share their own personal experiences and testimonials of how they get back up - how they find resilience. How do find your way back to joy, life and peace?

### **We SHARE THE PLATE This Sunday with POWER**

USG has been a member of this interfaith coalition since 2018, joining 50+ Philadelphia congregations. USG members have participated in POWER's campaigns for fair funding for public schools, criminal justice reform, and economic dignity. Your donations will go toward our 2020 membership dues. Jordan Ford, our speaker today, is POWER's NW Philly Organizer.

## This Sunday in Fellowship & Calls to Action

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

- **Enjoy refreshments and a welcome brought by Village 1. Folks bringing food, please remember to label items containing nuts.**
- **Come to the ERC table for details on the NCTE African American Read-In, a month-long opportunity to read and share reflections on a work by an African American writer, poet or dramatist. All ages are welcome to participate.**
- **Sign up with Maggie Chapman to attend the All-Church Dinner on March 14!**
- **Return at 5:00pm for the last of four *Breathe* sessions:  
*Engaged Buddhism: Mindfulness in Action*, Mary Kalyna, Leader, 5:00 - 6:30pm**




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.**  
On every Sunday, the Meditation Room in the Sullivan Wing is open for those who choose to come and sit quietly. You may also come to meditate, sitting or walking, in the Grove. *(Please note that, currently, a guided mediation will not be offered.)*
- **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

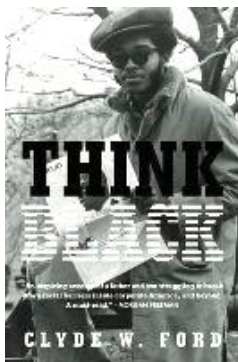
## Upcoming Events

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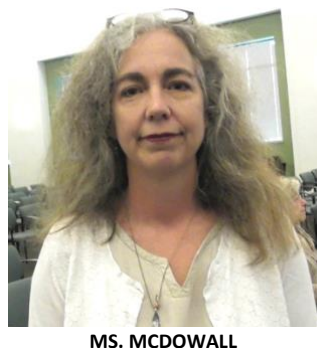
### *Death Café* Launches

**Thursday, February 20, 2:00 - 4:00pm, Sullivan Wing at USG**

We will eat cake, drink tea and discuss death. Our objective is “to increase awareness of death with a view to helping people make the most of their (finite) lives.” This discussion group has no agenda or objectives, and is not a substitute for grief support. Cake, coffee and tea are provided. All are welcome! Facilitated by Maggie Beaumont.



MR. COARD



MS. MCDOWALL

### Racism and Technology Teach-In

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

The Ending Racism Committee will sponsor a day of examining racism and technology. The Teach-In will begin with a video from **Clyde Ford\*\***, author of the new memoir *Think Black*, followed by a Q and A and discussion with local activist and attorney **Michael Coard**, who will challenge us to consider how technology has been and is being systematically employed to keep those in power, in power. After lunch, we will hear from **Alison McDowall**, who will speak on Big Data, Blockchain and Bonded Life. Please rsvp to [endingracism@usguu.org](mailto:endingracism@usguu.org) to assist in our planning. See [usguu.org/events/racism-and-technology/](http://usguu.org/events/racism-and-technology/) for more information.

\$15 - suggested donation for our guest speakers

\$10+ - lunch orders

*\*\*Please note that Mr. Ford will unfortunately not be present as we previously announced.*

## Book Discussion Group: A Chance to Talk about the Transcendentalists Thursday, February 27, 7:00pm, Sullivan 3 at USG

CONFLAGRATION, a new book by former UUA President John A. Buehrens, portrays how Unitarianism, the Transcendentalists, and the social justice movements they began or participated in have meaning today. To learn more, join a discussion group (limited to ten people) on the book led by Susan Bockius. If you have finished the book, wonderful; if you are part way through, also good. Books are available in the Church Office for \$30 (\$2 under market price). For those who didn't hear Rev. Buehrens' talk, please watch the video (in your Thursday CommUunicator email). Please contact Susan Bockius at [archives@usguu.org](mailto:archives@usguu.org) for info or to sign up.



## Stewards of Children Training

Sunday, March 1, 12:00-2:30pm (please note corrected time)

USG is pleased to offer Stewards of Children®, an evidence-informed, award-winning training that teaches adults to prevent, recognize, and react responsibly to child sexual abuse through video and discussion. Using interviews with child sexual abuse survivors, experts, and treatment providers, Stewards of Children® teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities. We urge all USG members and friends to attend because protecting children is every adult's responsibility. Register at [bit.ly/uustewards](http://bit.ly/uustewards). \$10 registration fee. Childcare will be provided. Continuing Professional Education credit is available. Contact Ryan Hurd ([dsd@usguu.org](mailto:dsd@usguu.org)) or Christine Ginsburg with questions.



## 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/)



## The Annual All-Church Dinner Saturday, March 14, starting at 5:00pm

**Don't miss this fun event for ONE AND ALL!**

(Yep. You don't have to be a member!) The event will begin with a wine and appetizer reception, followed by a family-style, assigned potluck dinner sitting at designated tables and ending with entertainment. You will be contacted by your table host the week of March 2 with your food assignment. Please wear your name badge the night of the dinner. **Childcare** for ages 6 months and older will be available from 5-9 p.m.



**Please RSVP NO LATER than March 1.** Go to [usguu.org/all-church-dinner/](http://usguu.org/all-church-dinner/) and you will find the registration page. Registration is also available during Fellowship Hour on Sundays February 16, 23 and March 1.

# WIZARD of OZ



**SAVE THE DATE**

APRIL 25, 2020

5:00PM

**USG SERVICE AUCTION**

Donate an item for the live auction,  
the poster auction or the silent auction.

Contribute an appetizer or a dessert.

Attend the night of the auction.

Bid early and often.

Donation forms can be filled in online

([usguu.org](http://usguu.org)> News & Events> 2020 Auction Item Donation Form).

Completed donation forms can also be put in the

Service Auction box in the office.

## Last of the 2019 Auction Event Openings

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, go to [usguu.org/blog/annual-service-auction/](http://usguu.org/blog/annual-service-auction/). Contact the event host and pay with a check mailed to the office before the event. (Please put event name in memo section of check)



- Unleash Your Inner Artist, Sunday, March 22, 12:30-3:30 pm, \$20. Contact Jenn Leiby
- Notary Service, \$10/adult. Contact Sarah West

## Spiritual Development Offerings

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### Difficult Conversations Resume

A year ago many congregants participated in **Difficult Conversations** on the subject of **White Privilege and White Supremacy**. Now we would like to hear the stories of your experience of what has changed (or not) with respect to racism in our society, in our congregation, in your life. These new programs will be less structured but will be built around your stories - good or bad, hopeful or disappointing, funny or sad. Come, check back in or come for the first time... we want to hear your story. Indicate your interest at [asd@usguu.org](mailto:asd@usguu.org); we will find dates and times that work.



### 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. 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)

### A new Breathe program: *Mindfulness Through Art and Creative Activities* led by Jesse Frechette, LCSW

**Sundays February 23, March 1, 8, 15, 5:00-6:30pm**

Come have fun, free yourself from judgement, try something new, and deepen your mindfulness practice. Come every week or drop in as you are available. We will pair a creative activity with a particular mindfulness practice. All levels of art and/or mindfulness experience/inexperience are welcome, and all materials are provided. Appropriate for adults, teens, and children 10 and older. For more information please see [bit.ly/usgmeditates](http://bit.ly/usgmeditates).



**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.

## **News and Announcements**

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### **Our USG Choir is looking for new singers**

We rehearse most Thursdays from 7:30-9:30pm and 9:30-10:15am on Sundays before church from Sept.-May. Prior singing experience is desired but not necessary. All you need is a desire to sing within an ensemble and a willingness to be (at least somewhat) in regular attendance.

### **It's budget creation time and we want to hear from you!**

The Ministry Executive Team and the Board are starting to create the operating budget for 2020-21. This year is our first under the \$0 deficit plan, which required cuts in programming to achieve. We'd like to know about your experience working with this year's budget and your thoughts for next year. Come speak to Board members by the Welcome Table during Fellowship Hour.

**Missing your mittens?** Lost your coat? Please check the coat rack off the Dining Room and the Lost & Found baskets in the office where items are waiting for their owners.

### **USG Needs Your Recycling Help**

Our blue recycling bins have disappeared. We need a few people to go to the Domino Lane Recycling Center (320 Domino Lane, Phila., 19128) and pick up a free bin for us. Only ONE bin per customer is allowed, even if the customer is a church, so please use your name when you sign up. Just drive into the fenced-in area and see the person in the little building.

### **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: February 23- Village 2    March 1 - Village 3

### **Registration NOW Open for General Assembly 2020**

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, living out our values in service of our justice commitments. (You can 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\*\*](http://uua.org/ga).

**The Ware Speaker at GA: Naomi Klein, Climate activist & journalist**



Access USGers' contact info & your own up-to-date financial info. Make payments, too. Very handy! Go to [usg.breezechms.com](http://usg.breezechms.com), use "USG" as the church ID, sign in if you already have a Breeze account or create a password (independent of other USG passwords).

## **Our Wider Community**

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### ***The 1619 Project Symposium: Changing the Narrative in 2020***

Sunday, February 23, 2020, 3-5 PM at St. Luke United Methodist Church, 568 Montgomery Ave., Bryn Mawr

The 1619 Project is an ongoing *New York Times* initiative that began in August 2019, the 400th anniversary of the beginning of American slavery. It aims to reframe the country's history by placing the consequences of slavery and the contributions of black Americans at the very center of our national narrative. Registration is available on [EventBrite.com](http://EventBrite.com). Sponsors include POWER Main Line, Main Line NAACP, Central Baptist Church, St. Luke United Methodist Church, & more.



## **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](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



## GET CONNECTED--Join Regular USG 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 details.

- 20's & 30's SGM Group - Contact [youngadults@usguu.org](mailto:youngadults@usguu.org)
- BLUU Box - Black Lives of UU. Contact [endingracism@usguu.org](mailto:endingracism@usguu.org)
- Ending Racism Committee. Contact [endingracism@usguu.org](mailto:endingracism@usguu.org).
- Book Group on Friday Morning - Contact [bookgroup@usguu.org](mailto:bookgroup@usguu.org).
- CAMI (Citizens Against Mass Incarceration) - Contact [cami@usguu.org](mailto:cami@usguu.org).
- Caregivers Support Group - Contact [caregivers@usguu.org](mailto:caregivers@usguu.org).
- LOC for POWER - Local Organizing Committee for Philadelphians Organized to Witness, Empower, and Renew. Contact [power@usguu.org](mailto:power@usguu.org).
- EarthSpirit Circle - Contact [earth@usguu.org](mailto:earth@usguu.org).
- Everyday Spiritual Practices - Contact [asd@usguu.org](mailto:asd@usguu.org)
- Exploring Elderhood Gathering - Contact [asd@usguu.org](mailto:asd@usguu.org).
- USG Handcrafters, a Handwork Group- Contact [handcrafters@usguu.org](mailto:handcrafters@usguu.org).
- Humanists - PUSH - Philadelphia Unitarian Society of Humanists. Contact [push@usguu.org](mailto:push@usguu.org).
- Nature Walking at Valley Green - Contact [walks@usguu.org](mailto:walks@usguu.org).
- Racism Book Study Group - Contact [bookstudy.usguu.org](http://bookstudy.usguu.org)
- UU-101 - Contact [uu101@usguu.org](mailto:uu101@usguu.org).

## Our Caring Community

### Our thoughts and healing prayers are with...

...Jim Salom, one of our excellent MLK Day leaders, who had foot surgery on February 3. He is not in pain but is unable to drive for awhile. Cheering notes and emails are welcome.

### We are thrilled to welcome...

...baby girl **Betsy Win Bright** to the world! Caroline and Joel Bright received a surprise delivery of daughter Elizabeth Winnanna, who arrived on February 2, weighing 7 pounds, 14 ounces. Everyone is doing well.



### 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](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).