

The Sojourner



1565 SOUTH KEIM STREET | POTTSTOWN, PA | 610-327-2662 | UUPOTTSTOWN.ORG

Our Sunday Services are held at 10:30 a.m. Children and youth are welcome to attend services or participate in their own age-appropriate Religious Education (RE) class. All are welcome to join us for coffee and conversation after the service.

Sunday, April 7

Compassionate Listening

Reverend Kim Wilson

Compassionate listening is a way of being with others that can empower us to transform conflict and create peace and healing. It includes a commitment to listen and speak from the heart. We will be introduced to the work of the Compassionate Listening Project, which cultivates practices that bring people together across differences. Following the service, we're invited to join Rev. Kim during coffee hour, when she will lead us in an experiential workshop on Compassionate Listening and Communication.



Sunday, April 14

Healing

Janet Hoffman

Healing is a journey. Many different modalities are used in this journey. One key component is the use of Energy. This energy is called different with each system: Chi/Qi in Chinese medicine, Prana in yoga, the Divine Energy in Reiki. This talk will focus on Shiatsu which follows the principles of Acupuncture and Reiki, and works with the chakra system. Once energy is balanced and moving freely, the body is capable of healing itself.

Sunday, April 21

Life Lessons from My Little Pony: Honesty

Emily Quarles-Mowrer



This is the fourth installment of a sermon series inspired by our Unitarian Universalist Principles, as viewed through the lens of the cartoon series *My Little Pony: Friendship is Magic*. The six main ponies from the popular kids show each embody different qualities and display different talents. Applejack's honesty and strength will inspire us as we tackle our fifth principle, "The right of conscience and the use of the democratic process within our congregations and in society at large."

Sunday, April 28

Beltane and Beyond

Diane Awenydd Evans

Diane is a third degree Initiate of the Assembly of the Sacred Wheel and the High Priestess of the Weavers of the Moonfire, a Wiccan Coven of the Assembly. Her favorite part of being Clergy is officiating at Weddings and Handfastings. Today, Diane will present a service that explores our ideas on Faith, where we find it and how we practice it.



Missed Sunday services? Visit
our YouTube channel anytime!
[@unitarianuniversalistfello5634](#)



President's Message

“Receiving feedback does not mean that I am the worst person that ever lived. It only means that someone cares enough to tell me how to improve.”

–Joseph Folkman

The Board of Directors of the UUFP asked members and friends to complete a brief survey to help us think about what areas to focus on as we continue to strategize about how keep our fellowship thriving. I want to thank everyone (all 27 of you) who filled out a survey. The written feedback was especially helpful in determining what action steps to take. I want to share the top line results. Please keep in mind that the Board used this to assess the feelings of the entire congregation. While the congregation is made up individuals, each with unique perspectives and points of view, the board needed to step back and look at the overall input and trends. That does not mean that any negative feedback is disregarded. We will use this feedback as a filter to ask ourselves how to be more improve on a specific topic.

As a reminder, people we asked to score the following statements with Strongly Agree, Agree, Neither Agree or Disagree, Disagree and Strongly Disagree:

- I feel a sense of belonging at UUFP
- I feel like I have a voice at UUFP
- I feel that I can be my true self at UUFP
- I feel appreciated at UUFP
- I have confidence in the governing structure of UUFP

Approximately 80–85 percent of respondents scored Strongly Agree or Agree for all statements. However, there were individuals who responded with Strongly Disagree or

Disagree for all statements. These scores, along with the written feedback, enabled the board to identify the following areas to focus on:

- Create more opportunities to express and demonstrate appreciation.
- “Building Bridges” across the gaps that are created by each of us being our own unique person. Often our differences create strong divides. We as a fellowship can learn to bridge those gaps while remaining unique ourselves.
- Strong desire to have more alignment with the UUA and UU principles (including hosting/participating more community and social action events).
- Continue with the evolution of the UUFP as it relates to adding new members, strengthening our CYRE and doing more Adult RE programming.
- Add new members to the board (please let us know if you have interest).

Thank you to all who responded. Thank you for caring enough about UUFP to provide the feedback. Please keep the input coming – don’t wait for a formal survey. If you have any suggestions, please discuss them with a member of the board.

“Be the change you want to see.”

With gratitude,

Linda

Social Action

In celebration of Earth Month, Unitarian Universalists for Social Justice (UUSJ) is pleased to present a Zoom policy talk by Katie Thomas Carol, Esq., Director of Energy and Environment Programs for the Congressional Progressive Caucus Center. Happily, Katie is also a Unitarian Universalist.

Drawing from almost a decade of experience on Capitol Hill working on energy and environmental policy and legislation, Katie will speak in her personal capacity about the power UUs have to help shape our government. Katie will pull from examples of her work as Staff Director for the U.S. House of Representatives Oversight Subcommittee on the Environment for Rep. Ro Khanna and Senior Policy Advisor for Energy and Environment to Senator Bernie Sanders before that. Please join us and learn how we can live our shared, federal ministry.

Keep Calling and Writing: How the Climate Justice Movement Affects Federal Legislation

A conversation with former Bernie Sanders staffer,
Katie Thomas Carol, Esq.

Thursday, April 4, at 8:00pm

RSVP: bit.ly/KeepCallingAndWriting
or use the QR code below



Our **Simply Sitting** meditation practice takes place virtually on Mondays at 8 pm. To join us for our weekly Zoom sessions of Buddhist readings and silent sitting, email office@uupottstown.org

An "Introduction to Mindfulness Meditation" is offered on the first Monday of each month.

Newcomers are always welcome.
Now is a great time to be present!



goddess gatherings

All women in mind, body, and spirit are welcome to attend our Goddess Gathering meet up where we share, laugh, and learn together in the sisterhood of the female experience.

We will be meeting on the second Sunday of the month after service in the sanctuary and we've decided to read this book: **Cakes for the Queen of Heaven** by Shirley Ann Ranck.

We will discover the rich history of the Goddess and feminine spirituality, and explore our understanding of the mythical stories and their impact on today. See Monica Buckley for more information.

Meditation Moment

The world grows smaller and smaller, more and more interdependent... today more than ever before life must be characterized by a sense of Universal Responsibility not only nation to nation and human to human, but also human to other forms of life.

—His Holiness, The Dalai Lama



CUSTOM UUFPP NAMETAGS AVAILABLE

You may have seen people wear name tags around UUFPP. When we remember to wear them, this helps newer folks who might be overwhelmed with meeting so many new people and trying to remember lots of names.

Everybody is welcome to use whatever kind of name tag you would like, and if you would like a custom, hand-made name tag tailored to your hobbies, interests, favorite color, and so forth, please see Erica Duske.

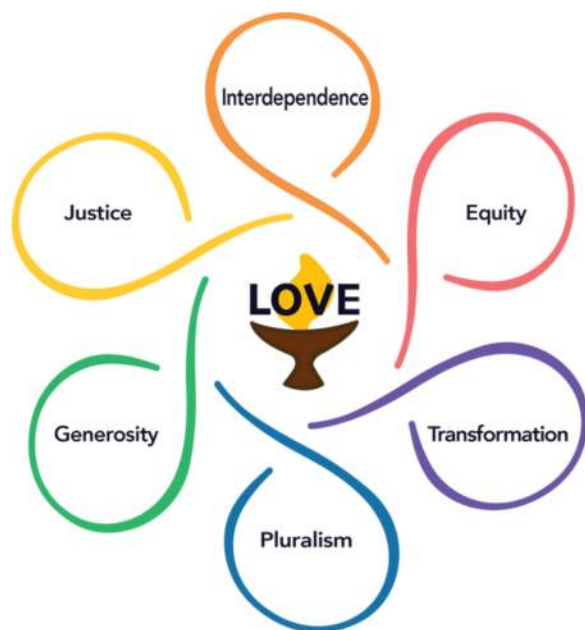
Erica will make you a personalized tag for a minimum donation of \$5 to UUFPP!

UUA News: Proposed Article II Revisions

Hopefully, all UUFP members were able to attend Linda Kozitzky's service on March 24 where we learned how our Principles and Purposes have evolved over time and what the UUA is proposing for our next step (the service is available on our YouTube channel @unitarianuniversalistfello5634).

Unlike most mainstream religions that have credos that have stood for thousands of years, Unitarian Universalism, specifically the UUA, continues to conduct self evaluation that helps us stay in alignment with our aspiration to be a living tradition.

If you are interested in talking to other UUs about Article II and the proposed amendments, go to the UUA Forum at discuss.uua.org. If you are interested in representing UUFP as a delegate for this year's General Assembly, reach out to Linda K. at president@uupottstown.org.



Proposed graphic representation of our shared values, indicating that Love is our foundation.

What is the Article II issue about?

The Unitarian Universalist Association (UUA), of which UUFP is a member, is in the process of updating Article II of the UUA bylaws, which includes the UU Seven Principles.

When did these revisions start?

The UUA Article II Study Commission convened in 2020. Over the last 3+ years there have been numerous focus group sessions with different constituencies.

Is this related to the 8th Principle?

The 8th Principle – which hundreds of UUA congregations have already passed – helped to inform this process. If you read the new proposed Article II values, you will see the 8th Principle embedded within the new wording.

Final proposed revision to Article II

The final proposed article is available online at uua.org (type "Article II" in the search bar). The Article II Study Commission reported that this version "balanced a number of factors: the charge for inspirational and aspirational language, the legal implications of bylaws language, the need for plain language, respect for the will of the General Assembly in the voted-upon wording, and the depth of the conversations we have had among ourselves for the past two years."

Next Steps

Delegates representing UU congregations will be voting on this final version at this year's UUA General Assembly, June 20-23, 2024. Delegates will also hear and vote on any qualified amendments as well. Any amendments would need 3/4 approval to be incorporated – and the Article II revision would need 2/3 approval to be adopted.

UU are Appreciated

Many thanks go to our resident chef, Clifford Schulman, for the fun and informative “Fish Chowder Cooking Class” on Saturday, February 24!

A happy group of curious cooks learned how to make fish and shellfish stock from scratch and from there, prepare two delicious fish chowders; one shrimp and the other whitefish.

The class was very “hands on” and interactive. Chef Clifford demonstrated and informed as he worked, with participants freely asking questions along the way. Everyone was able to partake of each chowder as it was ready and of course it was delicious!

This event was the second fundraising cooking class given by Chef Clifford. We are looking forward to the next one!



Chef Clifford and friend Christine, a surgical nurse from Pottstown Hospital.



Budding violinist Sarah Thorburn shared her talent with the congregation recently. Thank you for bringing us such joy, Sarah!

Jon Dreazen makes a difference at UUFF every Sunday as he welcomes visitors at the front door, hurries to make more copies of the bulletin, ensures microphones are on for announcements, collects the offering, and countless other tasks that help services run more smoothly. We appreciate the care, time, and energy you give. Thank you, Jon!



i s p a c e

 HAKUTO-R



Same photo, zoomed in.

Are you ready for the eclipse? After JD Stillwater's service on March 10, we were inspired and excited to view the solar eclipse on April 8. Now imagine the eclipse from another perspective. JD shared the above in his recent newsletter—a photo of a solar eclipse from the Moon. A year ago there was a total eclipse of the sun near Australia. At that time, the Japanese company iSpace's HAKUTO-R mission was orbiting the Moon, and took a picture of something no human has ever seen. The tiny black dot on the Earth is the shadow of the moon, seen FROM the moon. Wow.

Who's Who?

As the saying goes, many hands make light work. Here are some of the folks working hard to keep our Fellowship going. Reach out if have questions, or if you'd like to lend a hand!

Board of Directors

President: Linda Kozitzky, president@uupottstown.org
Vice President: vacant, vicepresident@uupottstown.org
Secretary: Mary Ryan, boardsecretary@uupottstown.org
Treasurer: Kris Barnthouse, treasurer@uupottstown.org
Board Member: Miranda Van Horn, board@uupottstown.org
Board Member: Monica Buckley, board@uupottstown.org

Committee Council

Chair: Mary Ryan, committeecouncil@uupottstown.org
Choir: vacant, choir@uupottstown.org
Facilities: Jon Price, facilities@uupottstown.org
Finance: Kris Barnthouse, treasurer@uupottstown.org
Garden: Kay Price, facilities@uupottstown.org
Membership: Miranda VanHorn, memberservices@uupottstown.org
Religious Education: Valery Murdoch, re@uupottstown.org
Social Justice: vacant, UUAction@uupottstown.org
Technology: Rick Duske, webmaster@uupottstown.org
Worship: Mary Ryan, programs@uupottstown.org

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 9:30am Choir Rehearsal 10:30am Sunday Service	1  7:30pm Intro. to Mindfulness Meditation	2	3	4	5	6
7 9:30am Choir Rehearsal 10:30am Sunday Service	8  7:30pm Simply Sitting Meditation	9 7:30pm Membership Committee Meeting	10	11 7:30pm Committee Council Meeting	12	13 9am Board Meeting
14 9:30am Choir Rehearsal 10:30am Sunday Service	15  7:30pm Simply Sitting Meditation	16	17	18 World Heritage Day 	19	20
ANNUAL PLEDGE DRIVE BEGINS	21 9:30am Choir Rehearsal 10:30am Sunday Service & Potluck 	22  7:30pm Simply Sitting Meditation	23	24	25	26 Arbor Day 
28 9:30am Choir Rehearsal 10:30am Sunday Service	29  7:30pm Simply Sitting Meditation	30	1	2	3	4

The Sojourner is a monthly publication of the Unitarian Universalist Fellowship of Pottstown, a welcoming community where members affirm the worth of all human beings, advocate freedom of belief, and nurture spiritual journeys.

Please send Sojourner submissions or suggestions to newsletter@uupottstown.org by the 15th of each month.

Has your contact information changed? Email updates to memberservices@uupottstown.org

For other inquiries about UUFP, please contact Joy Klinger in the church office at 610-327-2662 or office@uupottstown.org