



December Services

 **December 2, 10:30 am** — *Emily Quarles-Mowrer*
“A Moving Target”

There is a Gaelic blessing that begins, “Deep peace of the running wave to you.” That phrase evokes the image of a person standing quietly, alone on the shore, watching the waves as they gently hush into foam on the shore. If peace can only be found by the ocean, or on the mountaintop, or staring up at the stars on a clear night, what hope do any of us have in our search for peace? Join us as we consider peace not just as stillness and contemplation, but as an activity we engage in and a choice we make.

Emily Quarles-Mowrer is a child of a Unitarian Universalist minister and has been preaching sermons of her own since 2006. A life-long UU, Emily is an active member of the UU Fellowship of Pottstown. She currently lives in Gilbertsville, PA with her husband, two daughters, four cats and one very outnumbered dog.

 **December 9, 10:30 am** — *Rev. Jennifer Kelleher*
“Surrounded in Candlelight”

December: evening comes early and we are enveloped in more hours of darkness. This Sunday is the second of Advent and the last night of Chanukah. While they are vastly different times of commemoration, each holiday hold rituals that involve the lighting of candles. In our Unitarian Universalist faith tradition we begin our gatherings with the lighting of a flame. Join us as we reflect on the symbol of light.

A lifelong UU, Reverend Jennifer Kelleher grew up within an inter-faith family in Massachusetts. Jennifer served as a parish minister for congregations in New Jersey for 7 years. She also held the role of chaplain for a level one trauma hospital in Philadelphia. She currently serves a rites-of-passage ministry, as an officiant for weddings, child dedications and memorial services. Jennifer is passionate about Unitarian Universalism and the faith continues to transform her life. UU communities have long supported and challenged her to be her best self. She especially enjoys working alongside other UU's to nurture and spread our resounding message of love, hope and healing.

 **December 16, 10:30 am**
 — *Angela Konin & RE Youth*

Multi-Gen Service

“Peace and Refuge”

Can there be peace without refuge? The Christmas story often ends at Jesus’ birth. But what happens next is the story of a family seeking asylum. Our Annual Winter Pageant is upon us, and this year we will explore the Christmas story (and others) through the lenses of peace and refuge. RE children and youth will participate as actors and storytellers, and we will enjoy songs related to the theme and season. Celebration (with sheet cake!) to follow during coffee hour.

Angela Konin has been a UU for about 5 years, and is so happy to be starting her second church year at UUFLB as Director of Religious Exploration.

 **December 23, 10:30 am** **No Service**

 **December 24, 4:00pm**

“Christmas Eve Service”

As many of our families return home for the holidays, we gather to celebrate a special Christmas Eve service in our Pen Ryn sanctuary. An inspiring feeling of peace will blanket us as we listen to many Christmas stories through the ages and sing our favorite Christmas hymns.



 **December 30, 10:30 am**
 — *Elizabeth Mitchell*

at Fellowship Center

“Poetry Service”

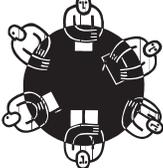
A poetry service at this time of year is a UUFLB tradition. This more intimate gathering will be held in our Fellowship Center. Bring your favorite poetry to share as we end the year in our Peace theme and usher in the new year with our new theme of Grace.

Elizabeth Mitchell is an educator in her professional life and has been a member of our UUFLB family for 15 years. She loves poetry and is looking forward to sharing it with you and yours.

Our Vision



UUFLB supports spiritual, intellectual and emotional growth in a diverse congregation of all ages and beliefs. We reach out to everyone with love and acceptance to better ourselves and the world.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 "A Moving Target" Emily Quarles-Mowrer RE Town Hall Adults 12-12:30 pm Family Services Breakfast 7-8:30 am	3 7:30-9 pm Board Meeting 	4 7:00 pm Worship Team Meeting 	5	6	7 7:00 pm First Friday Fun Night 	8 / 1
9 "Surrounded in Candlelight" Rev. Jennifer Kelleher Giving Tree Donations Due Leadership Council Meeting	10	11	12	13	14	15 DECEMBER Newsletter DEADLINE
16 "Peace and Refuge" Angela Konin & RE Youth RE Bake Sale Family Services Breakfast 7-8:30 am	17	18	19	20	21 WINTER SOLSTICE	22  FULL MOON
23 NO SERVICE!	24 4:00 pm Christmas Eve Service 	25 CHRISTMAS	26	27	28	29
30 "Poetry Service" Elizabeth Mitchell @Fellowship Center!	31 NEW YEAR'S EVE	<h1>December 2018</h1>				Snowstorm? Find out if we are having Sunday Service by calling the Fellowship Center at 215-752-5689 after 9 am on Sunday. If we are canceling the service there will be a message saying so.

Unitarian Universalist Fellowship of Lower Bucks

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Board of Trustees
President: Jodi Thompson
Vice President: Andrew Pudzianowski
Treasurer: Suzanne Brunnengraber
Mary Beth Hartman and Janet Kelly
Contact: trustees@uuflb.org

Worship Services
Pen Ryn School
235 South Olds Blvd.
Fairless Hills, PA 19030
10:30am Sunday
Sept. to mid-June



What's Up With Worship?

We will continue with the monthly Touchstones from the Unitarian Universalist Association. This year's overarching theme is "Let Your Life Speak" and our monthly themes will encourage you to listen to your life as a way of shaping your days and guiding your personal journey.

We are excited to share the December sermon topic of "Peace" which is the next building block on top of September's subject of Vocation, October's subject of Formation, and November's subject of Gratitude. Peace is both an inward pursuit as well as an outward commitment. John F. Kennedy wrote, "Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building a new structure. And however undramatic the pursuit of peace, the pursuit must go on."

Sherri Crisenbery, Worship Team Leader



CERSI News:

Did You Know... that many of the important jobs at CER Summer Institute are filled by regular SI attendees? These positions also carry a stipend, or "campership," that can reduce your cost of attendance (or can be donated back to the scholarship fund!). If you are interested in learning more about the different SI jobs and camperships, such as RE teacher, childcare provider, assistant camp nurse, and more, check the website at www.cersiuu.org. Applications open on December 15, 2018.

New Day Rising Conference 1/26/18, Oakton, VA

Slightly overwhelmed by all the options in tackling white supremacy culture in your congregation? Feeling stuck, or coming up against resistance? How do you know where to start? Or what comes next? Join us for New Day Rising Conference, Jan 26, Oakton, VA. Your CER Staff would love to see you there! <https://tinyurl.com/newdayrisingva>

11-11-18 Chili Contest Lineup



We welcome your newsletter submissions!

The January Fellowship News deadline is **Saturday, December 15**. If you'd like your article, announcement, or other written work to appear in the January newsletter, please e-mail your submission by Saturday, December 15. If you have any questions, please see Priscilla Applegate or e-mail: newsletter@uufb.org

Finance Report

The Fundraising Team has had a very busy and successful fall. They participated in the annual Hulmeville Town Wide Flea Market, sold snacks at a wrestling match, sold tickets for a weekend at a shore house, held a pop-up jewelry sale, held a holiday wreath sale, hosted a wine and beer tasting and held the annual chili cook-off. Wow!!

The split plate recipient and collected amount for September: UNITOS – collected \$291.00
October: Race for Hope – collected \$292.00

We are more than halfway through our fiscal year (June – May) and pledges are at 44%. Thank you for your pledges! Please consider setting up an automatic pledge check to be sent directly from your bank to the Fellowship office on a schedule you determine. If you have any questions about automatic pay, please send an e-mail to finance@uufb.org.

New for the 2018/2019 church year, pledge statements will be distributed on the following schedule:

- Summer quarter (June – Aug.): early September
- Fall quarter (Sept. – Nov.): early December
- Winter quarter (Dec. – Feb.): early March
- Spring quarter (March – May): early June
- Annual statements (for taxes): early January

All pledge statements will be distributed via e-mail. If you prefer to have your pledge statements mailed to you, please send an e-mail to finance@uufb.org.

Peace and Love from Team Finance

Chili Contest Winners





Focus on RE

Using the Family Meeting as a Time for Peacemaking

“It is easy to want peace and love peace. It is easy to say, ‘Leave me in peace’, but are we prepared to struggle for peace, which would mean to enter into places of conflict in the

family; in the community; wherever? And if we are prepared to enter into places of conflict, are we aware that we are vulnerable and can be hurt? ...If our families are places of love; if parents and children are helping each other to become fully human, to become fully alive, then peace will come in our land. Peace will come between cultures; peace will come in our world.”

— *Philosopher Jean Vanier*

If our families are the starting point creating and living in peace, how do we enhance peace within our families? Families are largely stretched thin and yearning for more connection. One idea to address those challenges is holding regular family meetings.

The primary purpose of family meetings is connection. The demands of our busy lives do much to disconnect us, but setting aside distraction-free, purposeful time to connect with the family on family issues can not only improve connection, but also can enhance communication and empathy within the family and feelings of individual value, as well as provide opportunities for group planning and decision making.



It may feel strange to bring something as formal as a meeting into family life, but I encourage you to think about the suggestions below and how you might apply them to create a meeting that makes the most sense for your family.

Suggestions for holding family meetings:

- Create an agenda. You may want to include time in your meetings for compliments and appreciations, calendar updates, grievances and complaints, as well as any list items which may include problem solving, upcoming vacation or holiday planning, home updates, and so on. Your first meeting may need to focus on what a family meeting is and why you are doing it.
- Serve a special snack.
- Set expectations clearly, but allow for silliness. If it’s not fun, no one will want to do it again.
- Create a “complaints box” that people can add to during the week. At the start of the “complaints” section of the meeting, run through them and ask if there are any which still need resolving; many will have (hopefully) settled themselves.
- No shame or blame. Especially during complaints.
- Be consistent with dates and times.
- Keep a notebook for meeting notes & assign a notetaker for each meeting.
- Set a time limit. 30 minutes should work well in most instances.

Family meetings are but one tool that may help you enhance the peace in your home, but I hope you’ll consider giving them a try.

Angela Konin, DRE

Brick by Brick



I am writing this article in the middle of November. In just a couple hours it will be exactly one week until Thanksgiving. For some Thanksgiving is a time to dwell on food – buying it, cooking it, and eating it. For others it is a time think about who or what we are thankful for.

Some families have a yearly tradition at the Thanksgiving table where everyone has an opportunity to talk about what they are thankful for. I’m sure many people are thankful for the others around the table. Of course, I’m thankful for everyone around the table, but I would also add this Fellowship to my list of those I’m thankful for.

Many times the Fellowship has been an extended family for us, but it has always been a stable foundation for us to lean on when we needed that support. It has been a place to think together, to laugh together, and sometimes, to cry together. It has given us so much throughout the years. How do we thank it?

If you are feeling the same way, one way to show your thankfulness is to add the building fund to your Christmas list. You can give as much as you would like. Think of all the Fellowship has given you and then decide on the amount. Just remember to write “building fund” on the memo line of your check.

Throughout the month of December the ‘Brick by Brick’ wall hanging will be available for you to purchase bricks for yourself, your family, or anyone else you would like to remember. The money from the bricks will go to the building fund and eventually to our permanent building.

Nancy Lesh, Building Team

Thank you from the RE Team

The RE team would like to thank everyone who supported the RE Gift Card Fundraiser this holiday season. We sold a total of 225 gift cards for a profit of \$473.60! This money will be used to fund upcoming RE events and trips. Well done!!



We Care and the Caring Committee

Make Someone Happy! Participate in The Giving Tree!

UUFLB is once again supporting the Bucks County Housing Group with the We Care Giving Tree. We will be collecting gifts for BCHG Community Toy Day event until December 8. Simply choose an ornament and fulfill a wish! At the time of this writing there are still some wishes to choose from. Your donation will assist families served by Bucks County Housing Group's Community Food Pantry program in Pennel. These gifts and toys will allow your neighbors in need to select gifts for their children in a warm and friendly environment at the Community Toy Day event. Please contact Kathleen Dorrian for more information.



In addition to the giving tree, Bucks County Housing Group will also be the split plate recipient for December. Bucks County Housing Group is a private, non-profit social service organization which provides a wide range of housing and related social services to homeless and low-income families. Their primary goal is to assist families attain permanent housing and financial security. BCHG is the largest provider of homeless services in Bucks County, caring primarily for families with children as part of several housing programs. BCHG touches the lives of over 57,000 members of our community every year through their homeless shelters, affordable housing units, food pantries, and counseling services. Bucks County Housing Group works tirelessly towards building a better community.

Food Bank – Just One Can, Yes You Can!

Did you know that if every person brought just one can of nonperishable food in to Fellowship that we would increase the amount of food going to the hungry.

And by doing this we would also be

- ...training our children to be compassionate to those in need.
- ...following the UU principles.
- ...decreasing the pain of hunger for some of our neighbors in need.

The Bristol Borough Community Action Group aka Bristol Food Bank is in need of food to help the hungry now! If you could just inspire everyone in your family to bring one can some starving people would not go hungry.

Put a reminder, an alarm if needed, in your phone to bring in a can. What a fantastic compassionate habit to develop! It is important to teach your kids, to help others. Every Sunday, everyone bring in just one can!

Split Plate for December

We will have a collection for the Bucks County Housing Group on the Sundays (12/3, 12/10) and a special collection for the Bristol Food Bank on Christmas Eve. Thanks for giving!



Heifer International

During November we had a split plate collection for Heifer International. Imagine, instead of just sending a donation for food to some group, we provide a means of producing food for some in need. That is what Heifer International is about. They work with communities to encourage local development. Our contributions go toward the purchase of some animal that can produce food. We can provide a pig or sheep for \$120 donation or flocks of ducks, chickens or geese for much less.



This is a unique way to provide for others during this harvest season. We took a survey in November to see what animals to select.

We don't know the results yet, but they will be announced both at services and in next month's newsletter. We also had a challenge from one of our members

The challenge? If we exceed last years' goal of \$290.00 then she would add another \$100. This would mean we could provide more to this great group. Stay tuned next month for final results.

October Split Plate for Race For Hope

October's Split plate donation of \$292 was handed to Avi Wisnia, as representative for the Race For Hope, by President Jodi Thompson on November 11. The Race For Hope benefits Brain Cancer Research.



(Continued on page 6)

We Care and the Caring Committee

(Continued from page 5)

First and Third Sundays at the Homeless Shelter is "The Breakfast Club"!

Things are continuing to go smoothly at the Homeless Shelter. By that I mean the washing machine/sterilizer is now working. We seem to have Sunday breakfasts covered through December. Sign up for 2019 now.



Also, if you haven't received your Flu shot yet do so now. Send results to Ellen Vinson at volunteer@fsabc.org or Bernie.

We have not needed to purchase extra protein in over half a year. The We Care Team has decided to take the surplus money and use it to either get a gift card or buy food for the Bristol Food Bank (aka Bristol Borough Community Action Group).

See Bernie Griga or Rich Kelly for more information on how to become a volunteer. The homeless shelter is run by Family Services of Bucks County. <http://www.fsabc.org/>

Coming in January

Mark your calendar! On Martin Luther King Jr. Service Day we plan to return to Libertae in Bensalem for a special volunteer adventure. All ages can come! Credits will be given to any student needing them for school. More on this next newsletter.

Happy holidays from all of us at We Care. Have a wonderful winter! And many thanks for all you have done in the last year to help others within the Fellowship and within the community as well as without. We Care Team: Kathleen Dorian, Bill Appleton, Bernie Griga, Janet Kelly (Board Liaison), Amanda Geiss, and Rich Kelly!

Have an idea or a cause to pursue or just want to attend our meetings? Contact Rich Kelly or Bernie Griga to volunteer or if you have questions or comments, or contact them if you wish to come to a meeting. New participants are always welcome.

Rich Kelly, We Care Team Leader

The Greater Philly UU Cluster (GPC)



The Greater Philly UU Cluster (GPC) is comprised of 14 nearby UU congregations and is actively connecting these congregations to share our message, grow our faith and strengthen congregations. Check out our GPC google calendar www.greaterphillyuu.org/calendar to attend events at the other cluster congregations.

Missa Gaia UU Concert

There's still time to join as a singer! Nate Bergey (First U) and Jane Hulting (Restoration) are organizing a Missa Gaia concert for Dec 21. If you can attend both the November 17 and December 15 dress rehearsals at First U, you can still participate! For more info and to register to join the choir, visit:

<http://www.greaterphillyuu.org/events/missa-gaia-2018/>.

Introducing UUA LeaderLab

provides relentlessly useful resources for lay and professional leaders of UU congregations and covenanting communities. For more info, visit: <https://www.uua.org/leadership>

CER Guest in Your Pulpit program

The Guest in Your Pulpit Program is a listing of available ministers, seminarians, ministerial candidates and lay pulpit guests for congregations in the Central East Region. This program was created to assist churches to find people who are willing to provide services. For more info and to be added to the list, visit: <https://www.uua.org/central-east/resources/guest-in-your-pulpit>.

GPC is on Facebook!

Please "follow" us on the Facebook page, "Greater Philly Unitarian Universalist Cluster". Please join our Facebook group, "Greater Philly UUs". It is a "closed" group, so find "Greater Philly UUs" on Facebook and click the button to request to join.

Check out the Cluster website www.greaterphillyuu.org for more information and get connected with your fellow UU's!

**COME AND CELEBRATE
THE WINTER SOLSTICE**

WITH PAUL WINTER'S
**MISSA
GAIA**

& RELATED
WINTER SOLSTICE MUSIC

Presented by area Unitarian
Universalist churches
Conducted by Jane Hulting
& Nate Bergey

8:00 pm
December 21st 2018
First Unitarian Church of Philadelphia
2125 Chestnut street
The building is handicap accessible

- ALL ARE WELCOME -
No ticket required - suggested donation \$10

Social Justice

We had a successful voter registration drive in September and October. Many new people are registered voters. Our follow up project involved creating hand written postcards that were sent to potential voters throughout Lower Bucks. In addition to our own Fellowship efforts, Avi Wisnia, our resident musician, got a friend to sponsor a letter writing party where over 20 people were encouraging people to get out the vote. UUFLB members stayed after service four Sundays in a row to write "Get-Out-the-Vote cards."

OVER 1000 POSTCARDS WERE MAILED!

Many who couldn't vote that night sent in absentee ballots.

Thanks to all of you who contributed in some way to this effort. Many people wrote cards. Money was also donated to purchase the materials and stamps which were applied before mailing.

What's next? One of the biggest threats to the voting process is gerrymandering, which is drawing the boundaries of electoral districts in a way that gives one party an unfair advantage over its rivals. From Wikipedia, "In addition to its use achieving desired electoral results for a particular party, gerrymandering may be used to help or hinder a particular demographic, such as a political, ethnic, racial, linguistic, religious, or class group, such as in U.S. federal voting district boundaries that produce a majority of constituents representative of African-American or other racial minorities, known as "majority-minority districts."



Here is an atlas of what different approaches of redistricting might look like, from ABC's political site, *fivethirtyeight.com*:

<https://projects.fivethirtyeight.com/redistricting-maps/>

To move forward we really need someone to take the lead on this. There are interested people who want to participate but the Social Justice group desperately needs a leader. Please express your interest or questions to Rich Kelly.

Adult Enrichment

♥ ♣ ♦ ♠ **First Friday Poker Night:**
Fri., Dec. 7, 7:00 pm

No Book Discussion in December

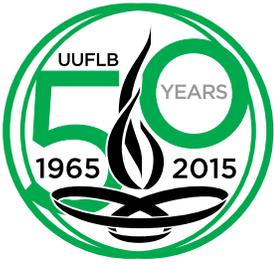
 **Book Discussion: Friday, Jan. 18,**
7:30 pm *Olive Kitteridge* by Elizabeth Strout

 **Book Discussion: Fri., Feb. 15,**
7:30 pm *My Grandmother Asked Me to Tell*
You She's Sorry by Fredrik Backman

All activities take place at the Fellowship Center unless otherwise noted.

Important: Call the host/hostess or the Fellowship Center to be included in the above activities. Remember that each host, hostess, or activity coordinator has taken time preparing for these events. If your plans change and you cannot attend, please call as early as you can to cancel. Thank you.





Unitarian Universalist Fellowship of Lower Bucks
Penn's Square, Suite 308
404 Middletown Blvd.
Langhorne, PA 19047
www.uuflb.org

Sunday Service is 10:30 a.m.
at Pen Ryn School
235 South Olds Blvd.
Fairless Hills, PA

For address corrections, additions or deletions,
please call the Fellowship Center: 215-752-5689

December to June

Childcare and Youth Religious
Education are provided.

Our Mission

UUFBL provides dynamic services, relevant lifespan
Religious Education, and effective and focused
community outreach in an atmosphere that respects
the individual and supports the community at large.

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