



October Services

October 7, 10:30 am — *Emily Quarles-Mowrer*
“Wild Geese”

I have always loved Mary Oliver's poem “Wild Geese.” Perhaps because I read that first line, “You do not have to be good,” as both a revelation and a relief. Where do we find our concepts of “being good”? Families, schools and communities all have behavioral norms to follow. What happens when our internal compass that points toward good is in conflict with the prevailing culture? Join us as we look at the ways that the language of our childhood impacts the way we move forward through our lives.

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.

October 14, 10:30 am — *Rev. Libby Smith*
“Reclaiming Sabbath”

Spiritual formation relies on the development of some kind of spiritual practice. But in our fast-paced world, with its expectation that we be plugged in and ready to respond at a moment's notice, it can be hard to claim the time to go deeper and do that formative work. Remember when things slowed down for one day a week? Could we reclaim a sense of Sabbath time in our lives?

The Rev. Libby Smith, M.Div., is delighted to come back to UUFLB where she had the honor of serving as minister from 2007 – 2013. Ordained in 1992, she also served congregations in Rockport, MA and Warrington, PA, and spent five years as chaplain at the UU House retirement home in Philadelphia. Now retired from congregational service, she does occasional adjunct work for the Central East Region of the UUA and enjoys the chance to do pulpit supply and rites of passage on request.

October 21, 10:30 am — *Angela Konin, DRE*

“We’re Going on a Bear Hunt”

The pursuit of formation is an important and complex life-long process involving self-reflection and growth, courage and experimentation, as well as purpose and doubt. On this multi-generational community Sunday, we’ll pack our metaphorical backpacks with essential ingredients for navigating along life’s trails.

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

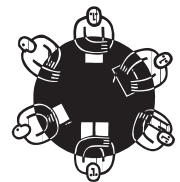
October 28, 10:30 am — *Dr. Melanie Davis*

“A UU Take on Faith & Miracles”

Language can trigger emotional responses related to a listener’s spiritual journey. Faith and miracles are two hot-button words that are relevant to the lives and beliefs of religious liberals. Anecdotes and science build appreciation of the constructs from a non-theist perspective.

Dr. Melanie Davis is the Unitarian Universalist Association’s OWL Program Associate, overseeing the Our Whole Lives Lifespan Sexuality Education Program. She is co-president of the Sexuality and Aging Consortium at Widener University and is an adjunct professor at Moravian Theological Seminary. She is a certified sexuality educator doing professional development training for medical professionals and educators as well as consulting privately with teens and adults. She is a member of the UU Congregation of Somerset Hills.

September Board Highlights



- Looking into security procedures during Sunday services.
- Planning to read “Upcycling Your Congregation” for inspiration.
- Considering discussions during small meals/coffee and dessert.

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
Theme: Formation ... “composing a life”	1 7–9 pm Board Meeting 	2 7:00 pm Worship Team Meeting 	3	4	5 7:00 pm First Friday Fun Night 	6 10 – 11:30 am Social Justice Club @ Fellowship Center
7 “Wild Geese” Emily Quarles-Mowrer Wreath orders begins Family Services Breakfast 7-8:30 am	8 COLUMBUS DAY	9	10	11	12	13 Race For Hope Philadelphia 3 pm Griga’s Beer & Wine Tasting Fundraiser
14 “Reclaiming Sabbath” Rev. Libby Smith Wreath Orders Leaders Council Mtg	15 NOVEMBER Newsletter DEADLINE	16	17	18	19  7:30 pm Book Discussion “The School of Essential Ingredients” by Erica Bauermeister	20
21 “We’re Going on a Bear Hunt” Angela Konin, DRE Wreath Orders Community Opportunity Fair Family Services Breakfast 7-8:30 am	22	23	24  FULL MOON	25	26	27
28 “A UU Take on Faith & Miracles” Dr. Melanie Davis Wreath Orders RE Team meeting	29	30	31  HALLOWEEN	<h1>October</h1>  <h1>2018</h1> 		

Unitarian Universalist Fellowship of Lower Bucks

Fellowship Center
 Penn’s Square,
 Suite 308
 404 Middletown Blvd.
 Langhorne, PA 19047
www.uuflb.org

Office Administrator
 Amy Rodia
office@uuflb.org
Phone:
 215-752-5689

DRE
 Angela Konin
DRE@uuflb.org
Phone:
 215-752-5689

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 materials. 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 October sermon topic, "Formation". The next building block on top of September's subject of Vocation, Formation involves the influence of others as well as our own self-invention. Mary Catherine Bateson calls it "composing a life". Our speakers will challenge us to listen to our lives, our experiences, and our inner voices so we might ponder and embrace new ways to grow and contribute.

Sherri Crisenbery, Worship Team Leader



8/26/18

Summer Re-UUnion

Silver Lake Nature Center



Brick by Brick

This week I had the privilege of meeting the minister of the Main Line Unitarian Universalist Church, the Rev. Dr. Neal Jones, when he came to Shannondell as the keynote speaker for an election campaign kick-off. After the kick-off speeches all the Unitarian Universalists were invited to have dinner with him in one of the small dining rooms.

After we ate and enjoyed getting to know the others at our table, everyone was asked to introduce themselves. When it was my turn I introduced myself and added that we still attended the Lower Bucks Fellowship where we have been members for 46 years.



We were some of the newest UU's in the room having joined the Fellowship in 1972. Others stated that they had joined in the sixties or earlier. One woman joined when she was 20 years old and had been a member for 68 years. As they went around the room briefly telling their stories, a couple people said, "We raised our children in the church and our daughters were married there."

At that dinner the best I could have said was, "We raised our daughters at the Lower Bucks Fellowship and they were married by UU ministers at wedding venues." I wish I could have proclaimed that they, too, were married in our church or a Fellowship building.

Many times in this article I have written about the positives of having a building to call our own. At that dinner I realized there was another reason for having our own building. It's too late for my children, but let's be prepared for the next generation!

The Building Team would like to thank Laura Weinstein for her contribution from her tag sale and Colleen and Dave Stough for their donation in memory of Margie Weinstein. We would also like to thank David and Susan Brown, Mary and Martin Reed, Jay and Rita Hagler, Cho Win, Laura Weinstein, Joke Bradt and Felice Macera, Roseanne and Gary Frankenberg, Ann and Jeff Fisher, Robin and Bill Appleton, Iris and Robert Pearson, Carole and A. Scott Curtis, Gloria Bertoni, Suzanne Brunnengraber, Nancy and Jim Harven, Amy and John Rodia, Tracy Laverty, Sherri and Gil Crisenbery and Nancy Lesh and Bill Stroup for their donations in memory of Dave Stough.

Nancy Lesh, Building Team

We welcome your newsletter submissions!

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



Focus on RE



“Busy.” Is this your default response to the question “how are you?” Busyness has become the new normal, and I’m not so sure it’s for the best.

“Busy” can feel engaged and vital, but constant busyness can leave us feeling over-committed, distracted, and disconnected. I suspect

the latter is more often the case for many of us, including myself. We say we wish we were less busy, but many of us don’t feel like there is any space in our lives to make changes, and for that matter, what might change even look like?

I’ve been thinking a lot about this in my home as well as in our Fellowship, as so many of us have now gone through our first weeks of the new school year, with the excitement of new classes and activities settling into a more predictable rhythm. So many of us are suffering from disconnection, distraction, and over-obligation; we are stretched thin, and when we are in that space, it’s easy to forget that we have choice in how we spend our time.

As such, I wanted to share some ideas for minimizing the more negative effects of our busy lives and encourage you in protecting your family time. Multiple activities for multiple people often mean near-constant chauffeuring, meals taken on the run, and a rush to complete work at the end of the day. If your schedules don’t present natural opportunities to be together, there are ways to make the most of the broken chunks of time you do have. Here are some tips:

- Devices = distraction. Put your devices away when you are together, or use them in ways that may enhance connection (i.e. listening to music and/or audiobooks).
- Nightly family dinner is great, but not a reality for many busy families. What about breakfast together twice a week? There is no rule that says dinnertime is the only time to connect. What works for your family?
- Bring ritual in where you can to make everyday moments feel special. Use what your family loves to do together to create ritual. Maybe finding a poem that fits your family’s vibe and reading it before meals together as a blessing fits, or lighting a candle, or having a dance party in the living room before splitting up again to get on with your to-dos.
- Be more selective in what you say “yes” to. This one may be the hardest, but it is so important to be able to say “no” sometimes. Confer with your family to determine priorities, and let some things go.
- Consider holding family meetings (see “10 Tips for Holding Family Meetings”). This can be a great way to share information, make decisions together on things such as family trips and big purchases, and ensure everyone has the chance to be heard.
- Schedule downtime. Putting it on a schedule helps to make it a priority.

These are my ideas for becoming less attached to the idea of busyness as our default setting. They don’t cost a thing, and the benefits can be significant. If you decide to try any of these, let me know how it goes! If you have other ideas, I’d love to hear those, too.

Angela Konin, DRE

Craig Rubano Ordination Invitation

One of our most requested guest speakers, Craig Rubano’s ordination is on October 21 at the UU Princeton congregation.

Craig writes: “UUFLB has been such a big part of my formation, I want to make sure you know about the date and are invited to the event! You have all meant a great deal to me over these past years!”

He has been hired fulltime as Interim Assistant Minister at UU Princeton so it is unlikely that he will be in our pulpit this year.

If you are interested and available to attend, Please RSVP at carordination@gmail.com.

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.

UUPLAN Leadership Day

October 13, 2018, 9:30am – 4:30pm

For more details visit: https://www.uuplan.org/event/uuplan-leadership-day/?instance_id=106

Legislative Advocacy training

November 3, 2018, 9am – 12pm

Main Line Unitarian Church, Devon, PA

Join other UUs in the Philly area (PA and NJ) to learn about legislative advocacy tools and best practices. Richard Williams (Director of UUPLAN) and Rev. Rob Gregson (Exec. Director of UU-FaithAction) will facilitate the training

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!



We Care and the Caring Committee

October Split-plate is Race for Hope

Brain Cancer has affected all kinds of people. It claimed the life of our keyboard player and friend, Wayne Isaacs, a few years ago. Half a year later it took the life

of Dov Wisnia, brother to our friend and keyboard player, Avi Wisnia. You can honor their lives and the lives of others who have suffered this disease by participating in the Race for Hope. Rich and Janet Kelly are walking. If you want to go to Philly to run or walk, let Rich or Avi know. Our Split plate collection for this month will go toward efforts to eradicate brain cancer.



The Race For Hope will occur on Saturday, October 13, 2018, at The Navy Yard (Marine Parade Grounds), 4747 South Broad St. Philadelphia, PA. For more information, here is the website: <http://events.braintumor.org/events/race-for-hope-philadelphia/event-details/>

Food Drive for Bristol Food Bank

Bring all nonperishable foods to help those in need throughout our community. Your donations are given to the Bristol Borough Community Action Group that operates a food bank in Bristol. Your food donations go directly to alleviate the hunger felt by desperate families in the area. Please do what you can.

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

We still have a number of volunteer slots available for the next three months in the Breakfast Club. Consider helping out by being a part of our cooking crew. The crew consists of 4 people creating a hot breakfast for up to 70 people on select Sunday mornings at the Homeless Shelter. Currently, we are doing 2 Sundays a month. We may need to drop back to once a month if we can't get the slots filled. We lost some volunteers during the last year so we could use some new blood. Training is provided. If you are interested in helping, please let Bernie Griga or Rich Kelly know and they will guide you through the process.

The homeless shelter is run by Family Services of Bucks County. <http://www.fsabc.org/>

Social Action!

As UUs we are called to act in concert with our values. We have 7 guiding principles to live by as Unitarian Universalists. Number 5 is the right of conscience and the use of the democratic process within our congregations and in society at large. The power to vote is essential to democracy. Yet during the non-presidential elections, voter turnout is usually only around 40%. In our current political climate, this can be disastrous.

Our greatest power to change our government lies in what we do inside the voters' booth. Yet most people don't get there. We are stuck with the result of that.

What can we do to change this? One is to get more people registered to vote. Some of us have been doing just that. We've gone to nearby colleges and the Oxford Valley Mall. It is such an easy process. People just fill out a form and it's done. They can register on paper, or even better, go online to: <https://www.pavoterservices.pa.gov/pages/VoterRegistrationApplication.aspx> PA


Encourage other who have not yet registered to do so. Deadline for November 6 election is October 9, 2018!

Another thing we can do to get people to participate is to write personal postcards to people to inspire them to get to the polls. We will be doing this after services later this month. Come join us. We will have all you need to get the message out. Be a part of this.

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. Contact us if you wish to come to a meeting. We always welcome new participants.

Rich Kelly, We Care Team Leader

Adult Enrichment

 **First Friday Poker Night:** Fri., Oct. 5, 7:00 pm

 **Book Discussion: Fri., Oct. 19, 7:30 pm** *The School of Essential Ingredients* by Erica Bauermeister

 **Book Discussion: Fri., Nov. 16, 7:30 pm** *Olive Kitteridge* by Elizabeth Strout

No Book Discussion in December

 **Book Discussion: Friday, Jan. 8, 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

October to June

Childcare and Youth Religious
Education are provided.

Our Mission

UUFBLB 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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