



♥ February Services

♥ February 3, 10:30 am — *Mark Van der Gaag*
“Letting Go”

Discover the path to relinquishment that empowers you to live in peace.

Mark Van der Gaag is the founder of “CorePower Coaching” and “The Radical Reboot Training”. He has worked directly with Marianne Williamson and is a long time student and practitioner of “A Course In Miracles”. As an Integrative Life Coach, Mark has received broad acknowledgment from his clients and peers for his extraordinary devotion to their spiritual development and personal success.

♥ February 10, 10:30 am — *Avi Wisnia and the UUFLB Music Makers*

“Love in Music”

Multi-Gen Service

Continuing our semi-annual musical celebrations, we will be having a Love Fest. Join us for an all-music service celebrating the many ways Love enters our lives, led by Avi Wisnia, Scott Cooper and musicians from the UUFLB community. If you've been to past musical services, you know that this will be uplifting, spiritual and fun. An intergenerational service, both young and old alike will enjoy it. Everyone is encouraged to come and join voices with the band's renditions of popular songs. There will also be a short video for our sermon centered on this month's theme

Avi Wisnia is our resident accompanist. He is a professional musician and singer/songwriter living in Philadelphia. Avi performs his music in venues around the world and has produced a CD of original music called “Something New” with a new album in the works.

♥ February 17, 10:30 am — *Mark Bernstein*

“Stealing Second Base”

A meaningful life requires that we work without a net; that we take risks in order to reap rewards. Why is it so hard to let go and how can our Unitarian Universalist faith help us to journey into the unknown?

Mark Bernstein is a member of the Unitarian Universalist Church of Delaware County in Media, PA. He is a member of the Adjunct Staff of the Central East Region of the UUA and plans to deliver this sermon without a net.

February's Theme is 'Surrender'

♥ February 24, 10:30 am — *UUFLB Board of Trustees and Leaders Council*

“Our Shared Adventure Awaits”

Come draw the map of the future for UUFLB. We just need your itinerary. Join us for a new experience, a Table Talk Sunday, where we will explore imaginative options for creating new possibilities.

The UUFLB Leaders Council, comprised of team leaders and board representatives, is coordinated by our Administrator Amy Rodia. They work collaboratively to ensure the flow of our congregational efforts and to encourage membership participation.



What's Up With Worship?

We will continue with the monthly Touchstones. 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.

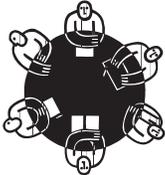
We are excited to share the February sermon topic of “Surrender” which is the next building block on top of January's subject of Grace. Surrender is the letting go of control. Osho writes, “Linguistically, surrender means to surrender to somebody, but religiously, surrender simply means trust, relaxing. It is an attitude rather than an act: you live through trust.”

Sherri Crisenbery, Worship Team Leader



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
<h1>February 2019</h1>					1	2
3 "Letting Go" Mark Van der Gaag Family Services Breakfast 7-8:30 am	4 7:30-9 pm Board Meeting 	5  7:00 pm Worship Team Meeting	6	7	8	9
10 "Love in Music" Avi Wisnia & the UUFLB Music Makers Leaders Council Meeting at FC	11	12	13	14  VALENTINES DAY	15  7:30 pm Book Discussion "My Grandmother Asked Me to Tell You She's Sorry" by Frederik Backman	16 <div style="background-color: #4CAF50; color: white; padding: 5px; text-align: center;"> MARCH Newsletter DEADLINE </div>
17 "Stealing Second Base" Mark Bernstein Aid For Friends 1 – 3 pm Family Services Breakfast 7-8:30 am	18	19  FULL MOON	20	21	22	23
24 "Our Shared Adventure Awaits" UUFLB Joint Board of Trustees & Leaders Council! Baked Potato Luncheon following service	25	26	27	28	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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 Mary Beth Hartman and Janet Kelly
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Worship Services
 Pen Ryn School
 235 South Olds Blvd.
 Fairless Hills, PA 19030
 10:30am Sunday
 Sept. to mid-June



Focus on RE

“Letting Go” of the ‘Same Old, Same Old’ in RE This Month

I’ve been doing a lot of thinking about and observing of our R.E. classes, and I see quite a lot that is working well.

In particular, there is a high level of engagement with creative and kinesthetic activities, as well as long-term projects that make an impact the kids can see. The vast majority of our youth enthusiastically participate in these types of work. I am also seeing some pain points in some sessions that result more from the unpredictability of class makeup than anything else. For example, occasionally a story won’t land the way it was intended, or a discussion would benefit greatly from some older, or simply more, voices.

To address these pain points, for three weeks in February, we’ll be experimenting in R.E. with a new format which packages activities relating to our monthly theme into semi-self-guided explorations. A common phrase you’ll hear spoken about R.E. is that we “don’t want it to feel like school” (not that there’s anything wrong with school, we just think the kids have enough of it Monday through Friday).



However, when teachers and students are essentially in their traditional roles in a school classroom, it becomes very difficult to sort out just what “not feeling like school” might mean. And so, with some creative re-tooling of curriculum offerings into an assortment of activities that allow participants to engage in a wide variety of learning modes, we’ll give it a try for a few weeks. With ongoing evaluation and tweaking, and a more formal group assessment on the fourth week, we’ll decide together which way to move forward. If we love the new format, we’ll stick with it; if we like it we’ll do it sometimes. If we hate it, we can always go back to the more traditional way. Isn’t being small and agile great?

I am excited to dust off and flex my museum educator muscles to experiment a bit to try to improve the R.E. experience for our participants. It is my firm belief that successful faith development depends at least as much on the enthusiasm of learners as it does on content, and I believe this is an important opportunity to involve all learners in determining our path forward.

Angela Konin, DRE

Brick by Brick

Have you seen the members with green badges in or on their name tags? They have committed to the Deepening Our Roots program, the first step toward getting our own building.

You can help in this effort by filling out a green form found on the greeter’s table and returning it to Jodi Thompson, Bill Edwards or the Fellowship Office.

After you have decided how much you would like to give, you can make this easy for yourself by contacting your bank and having them make direct payments to the Fellowship. Be sure to have them write “Deepening Our Roots” or “Building Fund” on the memo line.



How much you give is up to you. We are not asking for a specific amount. We ask that you give any amount that is comfortable for you. Think about the future. Think about how good you will feel when we have that building and you can say, “I helped build that. I helped put us on the map.”

Nancy Lesh, Building Team

Adult Enrichment



Book Discussion: Friday, 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.

We welcome your newsletter submissions!

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



We Care and the Caring Committee

Split Plate for February – ICE Detainees

The wall. The wall. THE WALL! Talking about the wall and keeping immigrants out is a goal with our current administration. The people lost in the shuffle are the immigrants and their children.

A number of these refugees are being kept in nearby Berks County. It is called the Berks County Family Detention Center – ICE. The address is 1040 Berks Road in Leesport, Pa 19533. Immigrants' personal items are taken from them as they enter into custody.

So, we were planning to do something a little different this time. Money collected during our regular split plate will go to purchasing items that these families need. At this point, we know they need stamps to mail letters. They also need toothpaste, hair brushes, bar soap, shampoo, and deodorant. At Christmas there were 39 families there. We plan to know more by the beginning of the month.

Help these refugees and contribute what you can. We will keep you in the loop as to what is purchased and how it is delivered.



Aid For Friends Adventure this February 17!

We need an army of volunteers to help create and package meals for Aid For Friends. Plan for a family volunteer experience. Just like our trip to Libertae all ages are welcome, from 3 to 93! This is a wonderful family activity.

Have fun while providing a great role model for your children.

We will go after services on Sunday, February 17. We plan to be there 1 – 3 pm.

Aid For Friends is a community organization committed to helping those who are in need of extra care, including elderly shut-ins throughout the Delaware Valley, .

Libertae Trip:

Because of the winter storm we had during Jan.18 –21. and the frigid temperatures, we postponed our trip.

Libertae is a place in Bensalem that has taken on the challenge of freeing women from a variety of addictions. Libertae focuses on empowering single women, pregnant women and their families to maintain a life of recovery. We will let you know about any future plans there.

For more information: <http://libertae.org/index.asp> .

A full report will be in our next newsletter.



Food Bank – SOUP, SOUP, and more SOUP!!



Because of the winter weather, we thought that it would be great to focus on SOUPS for the Food Bank through January. Due to popular demand we decided to continue, the soup drive into February. So... please bring in cans of soup.

What could be better to give to the hungry in our area than some delicious hot soup! Warm and nutritious! Also we'll accept any non-perishable food. If you have it, we want it! Be aware of CAN CAN sales in your local supermarket. Consider sharing half with the families who are hungry.

Tips to remember to Bring a Can:

You can put a reminder, an alarm if needed, in your phone! You can teach your kids this habit by making it a Sunday morning ritual! Every Sunday, everyone bring in at least just one can! But what if you still forget? We are imperfect beings with great hearts. We have instituted a bucket for any and all cash contributions. With the money that goes in the bucket, we will purchase food using Giant cards purchased through the UUFLB. So, everybody wins if you throw something in the bucket! Many thanks for all that you do!

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

We have been helping at the Family Services shelter for DECADES. The Breakfast Club is proud to provide the only hot breakfast cuisine on the first and third Sunday each month for people staying there. This allows us to make two delicious breakfasts per month. Each meal includes: pancakes, breakfast meat, and two types of eggs. Fresh fruit is also available. Come join the crew. Our meals are always appreciated!

Interested in becoming a volunteer? See Bernie Griga or Rich Kelly for more information. The homeless shelter is run by Family Services of Bucks County. <http://www.fsabc.org/>

The We Care Team:

Kathleen Dorian, Bill Appleton, Bernie Griga, Janet Kelly (Board Liason), 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.

Jubilee March 8-10, Main Line Unitarian Church

For more details and to register:

<https://www.uua.org/central-east/events/region/jubilee-workshop-pa-319>

Volunteerism: The Struggle is Real! Free Leadership Development Training March 16, 9am – 12 noon

Come at 8:30 am for meet and greet at the Unitarian Society of Germantown. Shifting attitudes and demographics have contributed to a decline in the number of people willing to support congregations by freely volunteering their time and talent.

The 20th century model of a largely volunteer workforce is no longer a viable choice for many non-profit organizations including faith communities. We'll take some time to examine changing demographic trends and what they tell us about who volunteers and why, and look at new ways of recruiting, retaining and appreciating the folks who power our congregations in so many ways.

The morning will include time for group conversations about what IS working – please come and share your successes! Facilitator is Pat Infante. All welcome! Please register by March 9.

<http://www.greaterphillyuu.org/events/volunteerism/>

Singers Workshop April 13, 12:30 – 5pm

Unitarian Universalist Church of Delaware County. Join us for a day of singing and fellowship with area UUs. The workshop will include group singing and specialized sessions. Each session will tackle one subject pertaining to singing. Participants will learn exercises/repertoire to increase vocal abilities. All abilities and talents welcome! Register by April 6.

<http://www.greaterphillyuu.org/events/sngerworkshop/>

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”. It is a “closed” group, so find “Greater Philly UUs” on Facebook and click the button to join..

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

Everything Is An Illusion

Everything is an illusion or so I am told.

The table I see

The song I hear

The warming sun on my cheek

The tasty pastry I eat

*The lavender scent
in the field.*

Everything is an illusion

So say the Sages through the Ages.

What a fantastical idea!

Forget what parents said

Forget what teachers taught

*Forget the cacophony of people
telling you what to do.*

*Everything is an illusion,
a trick of the mind.*

*Fears, worries, panic are just a
figment of my imagination.*

I am born with fathomless freedom

*Light as a spirit
a vibration
a symphony
a burst of colors*

I can fly in one and every direction

*The beauty of the world
is all around me.*

— Arlette Rosen





Unitarian Universalist Fellowship of Lower Bucks
Penn's Square, Suite 308
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Langhorne, PA 19047
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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

February 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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