



Worship Update:

Even in the summer, we continue with the monthly Touchstone themes. This year's overarching theme is *"Let Your Life Speak"*. Our monthly themes encourage you to listen to your life as a way of shaping your days and guiding your personal journey.

For the summer, our topics are *Transcendence* (June), *Freedom & Responsibility* (July) and *Prayer* (August). Touchstone details on all of these topics are always available on our website. From our Touchstones summary, *Transcendence* has the sense of "going beyond." By going beyond ourselves, we connect more deeply with others and with life.

Freedom & Responsibility are perfect topics for July as we celebrate our country's history. Freedom without responsibility can become anarchy, while responsibility without freedom can become mindless duty.

And we end the summer with *Prayer* which can be a compelling practice, striving to touch truth and tap resources within and beyond ourselves.

— Sherri & Gil Crisenbery, Worship Team Leaders

☀ Summer Services / Events ☀

June 23, 10:30 am — *Ed Weiser & Elizabeth Mitchell*

"Summer Contemplations"

at Fellowship Center

Our June Touchstones theme is *Transcendence*. Transcending ourselves allows us to connect more deeply with others and with life. In our journey through life, we are confronted by many hurdles and challenges that we need to overcome or "transcend". Come with coffee in hand and join the discussion about connections.

July 28, 10:30 am — *Bill Stroup*

"Summer Contemplations"

at Fellowship Center

Our July Touchstones theme is *Freedom & Responsibility*. Warren Wiersbe said, "The privilege of freedom is precious, the responsibilities of freedom are serious, and we can't have one without the other." Bill is reminded of a song by Janis Joplin, "Freedom's just another word for nothin' left to lose". Come with coffee in hand and join the conversation as there is a lot to discuss in this time of uncertainty.

August 26, 2017 21, 12 noon – 3:00 pm

— *Silver Lake Nature Center, arranged by Kathy White*

"Summer Re-UUnion — Bring the kids!"

As summer comes to a close and our new church year begins again, let's re-engage with one another in a great outdoor environment. Details will be emailed in early August but you can take a tour, hike or just relax in conversation. Mark your calendar now. Please bring a chair & food to share and catch up with your UU friends and family at the Silver Lake Nature Center.

Name Change!

The Name Change Committee has been busy talking to all of our members and only have a few left to contact. So far, the responses have overwhelmingly been in favor of a name change! If you have an interest in the process of changing our name, or if you have some good ideas for our new name, please attend our next meeting. It will be at the Fellowship Center on Thursday, June 6 at 7pm. It will be a short, one-hour meeting so please attend!

☀ June

Saturday, June 1, RE Team Retreat

Monday, June 3, 7-9pm, Board of Trustees

Tuesday, June 4, 7-9pm, Worship Team Meeting.

Thursday, June 6, 7-8pm, Name Change Meeting.

Monday, June 11, 7-9pm, Board of Trustees

Friday, June 21, 7:30-9pm, Book Discussion.

A Tree Grows in Brooklyn by Betty Smith

Sunday, June 16, Breakfast Club

Sunday, June 23, Summer Service

(July and August on page 2)

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.



July

Sunday, July 21, Breakfast Club

Friday, July 19, 7:30-9pm, Book Discussion.
Sisters in Law by Linda Hirshman

Sunday, July 28, Summer Service

August

Monday, August 13, 7-9pm, Board of Trustees
NO Book Discussion in August.

Sunday, August 18, Breakfast Club

Sunday, August 21, Summer Re-UUnion

Sunday, August 24, RE Team Mtg. 10:30am – noon

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.

Welcome Arkady!

Our amazing admin, Amy Rodia, retired from the position at the end of May. We thank Amy for all her hard work, particularly for creating and running our Leaders Council.

Our new admin, Arkady Thompson, started the end of May and takes over June 1. Arkady has experience in website/mobile management, social media, project management, and proofreading. Her husband, Dylan, grew up in UUFLB and the couple have been members at UUFLB, Aiken UU in South Carolina, and UU of the South Jersey Shore in New Jersey, where their daughter, Evelyn, was dedicated and they both sang in the choir.

Arkady and her family are house-hunting in the area. Wish them luck, and wish Arkady success in her new position. The admin email will continue to be office@uufb.org.



FOCUS ON RE: Summer Pause

For families, the school year hustle can be relentless. Though summer can present its own scheduling and other challenges, many of us are able to take a break and enjoy some downtime.

Whether you'll be vacationing or stay-cationing, or simply having a day off once in a while, you can maximize the effectiveness of those breaks by under-planning them. If you're like me, the term "under-planning" might make you itch; but there is little I love more than a near-blank calendar page come the end of June. If our breaks — which are often the only time many of us get to catch our breath — are as busy as our regular days and weeks, then they're not really serving their purpose, are they? In that spirit, I'd like to offer some ideas for under-planning your breaks this summer.

- Simplify what you carry. If you are traveling, ONE book (I realize this one hurts some of us), a journal, and a couple of changes of clothes per person.
- Consider a "yes" day. In these days of intensive parenting, a day where you commit to not saying no can do amazing things in terms of giving you a break and giving the kids a bit of power. See the children's book "Yes Day!" by Amy Krouse Rosenthal.
- Try a tech-free day or longer. Limiting access to our devices can do wonders for living in the present.
- Add "no-plans" days to the calendar and commit to keeping them that way. Seems contradictory at first to schedule a day without plans, but appointments, social events, lessons and so on tend to creep in like invasive plants, and they WILL take over your schedule without some preventative scheduling of downtime.
- Spend as much time in nature as your schedule allows. "Time in nature" can mean sitting on your front porch or climbing a mountain, with lots of possibilities in between.
- Say no to some stuff. It will be ok.

Thank you all for a truly great year full of growing and wondering and hard work and silliness. Sending warm wishes for a restful summer!

Angela Konin, DRE



Unitarian Universalist Fellowship of Lower Bucks

Fellowship Center

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Board of Trustees

Jodi Thompson: President
Ann Fisher: Treasurer
Janet Kelly
Andrew Pudzianowski
Bill Appleton

Nominations

Donna Ermer
Evelyn Griga
Tracy Laverty
Robin Appleton

Worship Services

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



We Care and the Caring Committee

Summer Project: Stuff The Bus United Way Campaign

Come join us! Help low income students start the school year right with supplies and book bags.

Please consider supporting the *Stuff The Bus* campaign that United Way has held the past few years, and again this summer. A lot of students don't begin the school year with the supplies they need because their families can't afford to get the proper supplies. The *Stuff the Bus* 2019 Goal is to provide 3,500 children in Bucks County with the supplies they need to start the school year ready to succeed

What can you do?

1. Donate items from the list below.
2. Donate money. All funds will go toward the purchase of needed supplies.
3. Volunteer during their sorting & packing event on August 23

From their website: "Here in Bucks County, 16% of kids struggle to have their basic needs met. For these kids, things we may consider "basics" — like back-to-school supplies — can be hard to come by."

Here are the supplies they need this year:

- Backpacks
- Hand-held pencil sharpeners
- Marble composition books
- Three-ring binders (1 inch)
- Scissors (blunt ended for younger children, pointed for older children)
- Loose-leaf notebook paper (wide and college ruled)
- Gift cards to Walmart, K Mart or Target (for agencies to purchase other supplies)
- Glue Sticks
- Flash drives
- Markers
- Book covers
- Crayons

You may drop the stuff off at the office when it is open or contact Rich or Bernie. We must have all donations by either July 28 if you plan to drop it off during that service, or August 7 if you plan to give it to Bernie or Rich. If you or someone in your family want to help (all ages) contact Rich Kelly (267-255-0091) or Bernie Griga.

Donate Food Throughout the Summer!

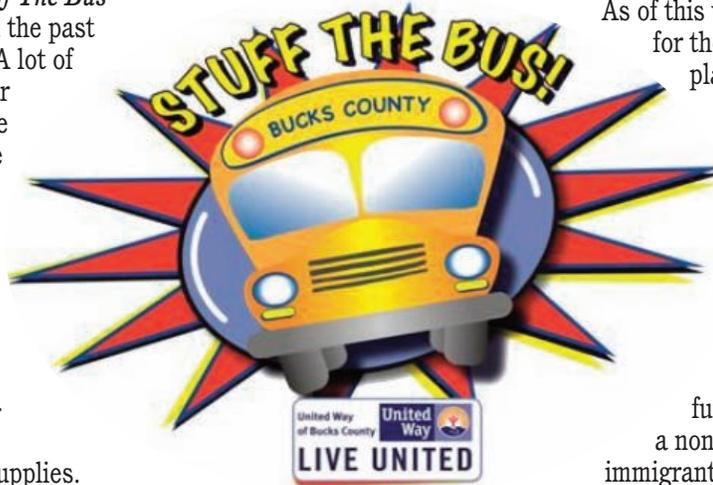
Food banks do poorly over the summer because donations drop off. Please be mindful of this and set aside some nonperishable food to be donated to the hungry every week.

At the end of each month contact Rich Kelly or Bernie Griga to pick also up your contribution. You can bring your donations to the summer services in June or July. We will then deliver it to the Bristol Borough Action Group, aka the Bristol Food Bank.

Split Plate donations for the summer will go to the Stuff The Bus Campaign in July and Bristol Borough Action Group for June and August.

As of this writing we have collected \$280 for the ICE detainees through split plate collections. We planned to use these funds to get needed items to the immigrant families detained at the Berks County Family Detention Center (ICE).

At this time they are not taking or needing donations so the We Care Committee has decided to direct these funds to *Welcoming the Stranger*, a non-profit group that aids immigrants in Bucks and surrounding counties. *Welcoming the Stranger* does this by providing immigrants with free educational opportunities to help acclimate them to our culture



Third Sundays at the Homeless Shelter is The Breakfast Club!!!!

We have successfully cooked for many Sundays throughout the year thanks to our crew which this year has included: Laura Smith, Kathleen Dorrian, Martha Gopal, Janet Kelly, Evelyn Griga, Gil Crisenberry, Jim Harven, Bernie Griga, Joke Bradt, Felice Macera, Rich Kelly and Robin Appleton.

Our volunteer numbers have dwindled some in the last two years. We are currently down to one weekend a month instead of two. If you are thinking you might want to help out sometime in the future, now is the time to join. The average number of mouths to feed is up about 10 people from last year so we really need 4 people at a time. Just because services stop at the Fellowship doesn't mean that we don't continue to cook. If we can we will. What a wonderful group of volunteers!

More help is always appreciated at the Homeless Shelter. We usually start around 6:45 and are done around 8 am. If you want to help, see Bernie or Rich. website: <http://www.fsabc.org/>

Have an idea, a cause to pursue, or just want to attend our meetings? Contact Rich Kelly (rckelly6@gmail.com) or Bernie Griga (Bgiga25@gmail.com) to volunteer or if you have questions or comments.

Contact us if you wish to come to a meeting.

Rich Kelly, We Care Team Leader

Brick by Brick

Summer is coming! Of course, it hasn't felt like it the past several days as I write this in mid-May when I wake up to temperatures in the forties.

Why is Summer important to the building team? Summer is the time when real estate sells in Pennsylvania. This is the time to look for our building as you drive around the Lower Bucks community. Many times what you see from the road can tell you if it is worth considering.

Ask yourself the following questions anytime you see a real estate sign.

1. Is it the right location — in an area where we would attract more members?
2. Is it large enough?
3. Is there enough parking?
4. Is there enough land to expand the parking or the building if needed?

If you see something that seems to meet the above criteria, let the building team (Bill Edwards, Jodi Thompson, or Nancy Lesh) know so we can investigate further. If real estate interests you, consider joining the team.

Summer is also a good time to subscribe to *Deepening Our Roots*. Ask anyone on the team about this program.

Would you like to make a tribute contribution for a special occasion or as a memorial to a loved one? Just put "building fund" and the reason for your donation on the memo line of your check.

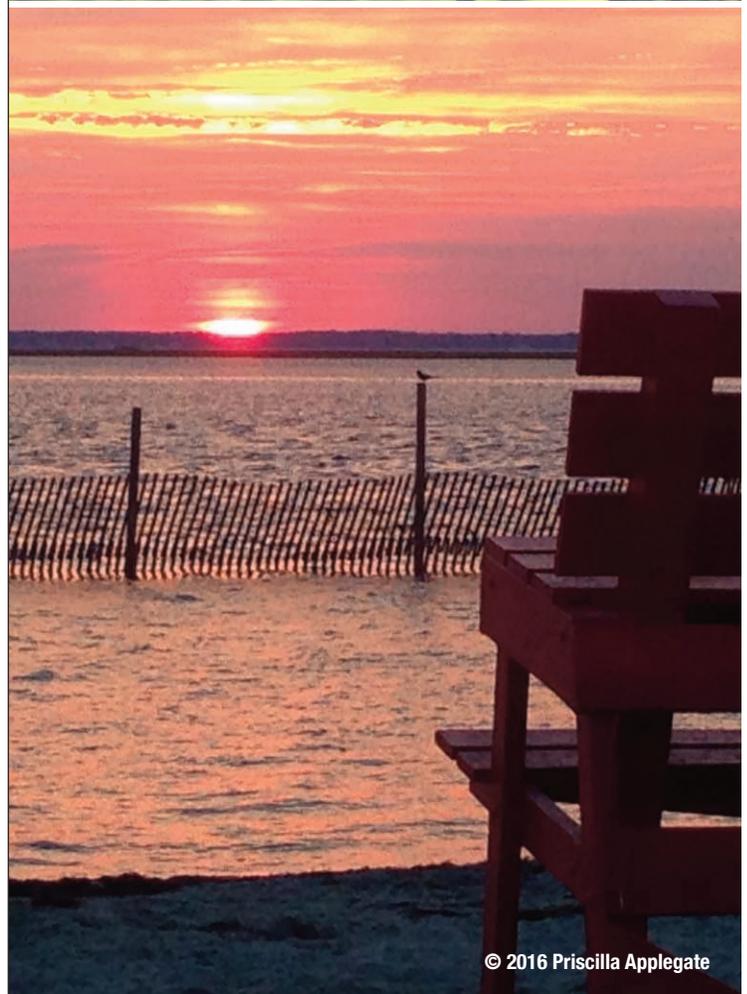


We'll be sure to thank you in this article. This month we'd like to thank Nancy Lesh and Bill Stroup for their contribution in memory of a dear friend, Bob Longwell.

— Nancy Lesh, Building Team Member



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We welcome your newsletter submissions!

The September Fellowship News deadline is **MONDAY, AUGUST 12.**

If you'd like your article, announcement, or other written work to appear in the September newsletter, please e-mail your submission by **MONDAY, August 12.** If you have any questions, please see Priscilla Applegate or e-mail: newsletter@uufllb.org



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 to attend events at the other cluster congregations.

www.greaterphillyuu.org/calendar

GPC Facebook Page and Group

Please “follow” us on the GPC Facebook page (i.e. “Greater Philly Unitarian Universalist Cluster”) Please join our GPC Facebook group (i.e. “Greater Philly UUs”). It is a “closed” group, so find “Greater Philly UUs” on Facebook and click the button to request to join.

UUA General Assembly. June 19-23, Spokane, WA
<https://www.uua.org/ga>.

UUMAC Retreat. July 7 – 13, 2019, at DeSales University, Center Valley, PA. UU Mid-Atlantic Community gathers together for one week each year to build community and deepen our Unitarian Universalist faith through fun, friendship, music, dancing, learning and worship. For more info and to register, visit: <http://www.uumac.org/wordpress/>

River Rising Youth Leadership School (Formerly Goldmine)

July 28 – August 3, 2019, State College, PA OR
August 18–24, 2019, Schenectady, NY

Youth will spend a week creating community and learning to care for that community spiritually, pastorally and physically. They will have conversations about how Unitarian, Universalist and Unitarian Universalist values influence their own sense of purpose and work on articulating their own faith based values. We’ll approach leadership as a continual process of self reflection, group processing and practice work. And we’ll have a lot of fun just hanging out and playing together!

To attend River Rising youth should be entering grades 9-12 the following school year (having just graduated grades 8-11) or the equivalent home school age 13-18. eziemer@uua.org. For more info, visit: <https://www.uua.org/central-east/youth/goldmine>

UU Camping in the Grove, August 4-8, 2019, Murray Grove Retreat and Renewal Center, Lanoka Harbor, NJ

Five days of fun-filled summer adventure for rising 4th through 7th graders. If your child loves games, art, swimming, nature, and bonfires, our camping experience on this historical Universalist site is just for you! For more info, visit: <https://www.murraygrove.org/camping-in-the-grove>

UU Community Weekend (Labor Day weekend)

August 31 — Sept. 2 at Camp Candadensis. This weekend getaway is a unique opportunity to play, exercise, and relax together with old and new friends. It is a time of real vacation without having to cook, set the table, make the coffee, wash the dishes or hover over the kids. For more info and to register, visit: <http://www.mluc.org/community/community-weekend>



Central East Region



You are invited to join us for a week of multigenerational fun and inspiration



With Keynote Speaker
Dr. Ysaye Barnwell

July 7-13, 2019, Oberlin College, Oberlin, OH

Details at www.cersiuu.org

Summer Institute is an intentional intergenerational community that gets created and re-created each summer as we come together to live fully as Unitarian Universalists. It is a vacation week to grow, relax, play, and connect. It is a time to experience workshops and new ideas. It is a place for relaxed conversations with old friends and friends you do not yet know. It is a time to recharge and live fully.

There is a diversity of both programming and worship opportunities designed to appeal to the breadth of our community. The content of the programming and the worship are meaningful, but these community-wide events also serve to create a shared experience. There is also time for quiet reflection and introspection. We each create our own balance of activity and peace.

Workshop options cover a range of topics and the week includes time for sharing, listening, singing, and playing. Scholarships are available! Deadline to apply is May 31.



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Unitarian Universalist Fellowship of Lower Bucks
Penn's Square, Suite 308
404 Middletown Blvd.
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

September to June

Childcare and Youth Religious
Education are provided.

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

Our Mission

UUFLB 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.

Summer Table of Contents

Summer Services	1
Worship / Updates	1
Summer Dates / Focus on RE	2
CER	3
We Care	4
Greater Philly Cluster	5
Brick by Brick	5

