

This Week at First Unitarian Church

October 25, 2009



Welcome Visitors! After the service today, please stop by the Welcome Table in the Parish Hall to introduce yourself and find information about First Unitarian Church and its programs and activities.

Sunday morning services begin at 10:30
Children's Religious Education starts at 10:45
Childcare is available in the Youth Center from 9:30
a.m. to 10:25 a.m. before the service
and 11:50 am - 12:30 pm after the service.
Visiting families are welcome!

TODAY - OCTOBER 25: "WHAT'S THE DIFFERENCE?" –
THE REV. DR. JOSHUA SNYDER

What makes Unitarian Universalists different? Most of our Principles and Purposes emphasize our similarities to other religions and traditions, but what makes Unitarian Universalism unique? Believe it or not it is more than an overwhelming insistence that there be coffee after church!

ASSOCIATION SUNDAY

We join with thousands of Unitarian Universalists across the nation celebrating our shared commitment on *Association Sunday*. In this service, we will strengthen the bonds of our common purpose and combine our resources to make Unitarian Universalism a stronger voice for liberal religious values in our country. We are better together.

Our values are needed to help heal the wounded world. So, we will be taking our fourth Sunday special collection for the growth and vitality of our congregations. Funds raised will be used for new lay theological education and excellence in ministry projects. We hope each person will contribute \$50. If you can't attend, please send in a check - envelopes will be available at our church in October. To donate online for Association Sunday, visit <http://www.uua.org/giving>.

Next Sunday - NOVEMBER 1: "Day of the Dead" –
The Rev. Dr. Joshua Snyder. Next Sunday we will be celebrating the "Day of the Dead", a Latin American holiday that has begun to take root in many Unitarian Universalist congregations. We will be building an altar in the sanctuary to commemorate all of the people who have passed away in the last year. Please bring a token, picture, or even the name of a loved one who has died in the last year to share for our altar.

THOUGHT FOR THE WEEK:

"Every human being has a work to carry on within, duties to perform abroad, influence to exert, which are peculiarly his, and which no conscience but his own can teach." - *William Ellery Channing*

COUNTERPOINT MEMBERSHIP DRIVE

This is the second Sunday of the Counterpoint Membership Drive. Visit the Counterpoint table during coffee hour to learn more.

FINDING YOURSELF AT FIRST UNITARIAN

All visitors and new members are invited to join Rev. Barbara Gadon on **Sunday morning after worship** for a class entitled "Finding Yourself at First Unitarian". This informal class will provide an opportunity to learn more about our adult programming, especially our new Open Circles initiative, and to experience a tour of the church during which Barbara will highlight its early history in Wilmington. We will begin in Brunner Chapel on the second floor at 11:45a.m.

ALLIANCE NEWS

Members and friends of the Women's Alliance will meet on Monday, Nov. 2 at noon in the Parish Hall for a bring-your-own lunch. Dessert and beverages will be served. It seems appropriate in this season to speak of gratitude, what we are grateful for, how we express it, and what we hope others will appreciate. Come and be part of this congenial group. Everyone is welcome!

UU CHRISTIANS

Thursday, November 5, 7-8:30 p.m., Rev. Gadon will lead our monthly UU Christian group, sharing communion and studying the Christian scriptures from a liberal perspective.

PLEASE REMEMBER:

Please remember to return your hearing assistance devices and nametags to the table for re-use next Sunday. We are currently missing two of the hearing assistance devices. If you have one at home, please return it to the church office. Thank you.

MINDFULNESS MEDITATION CLASS

A four-session class introducing meditation starting at 9:00 am four Sundays: October 18 and 25, and November 1 and 8 taught by James Walsh, Ph.D. Jim is a Pastoral Counselor in private practice in Newark, DE and is an Assistant Professor at Wilmington University. He has had extensive training at the University of Massachusetts Medical School's Center for Mindfulness in Mindfulness-Based Stress Reduction, a method taught by Jon Kabat-Zinn. He guides an interfaith group in regular meditation practice in Wilmington. Sign up at the Adult Religious Education Table in the Parish Hall or the church office.

SPIRITUAL JOURNAL WRITING WORKSHOP

A 3-session class on journal-writing Saturday mornings 9-11 am, October 31, November 7 and 14. Joan Leof is a published writer and former English teacher. She has many years of experience teaching journal writing classes in Wilmington and Philadelphia. Her classes at Christiana Care and the UU Fellowship of Newark have received enthusiastic reviews. Spiritual journal writing will help you find the shy inner voice that connects you to the spirit. Register and pay (\$20) in advance at the Adult Religious Education Table in the Parish Hall or the church office.

GENERAL ASSEMBLY OPPORTUNITY

The Joseph Priestley District is allocated one workshop slot each year at the General Assembly. If you are interested in presenting a workshop, please submit a workshop application to the JPD Office, Attn: Cristina Sanchis at cristina@jpduua.org by **November 17, 2009**. For further information, contact Rev. Dr. Richard Speck, JPD District Executive, at rspeck@uua.org or 800-351-6637.

FIRST FRIDAY AT FIRST U PRESENTS: THE OWLTALKER TRIO

Friday, November 6, at 7 p.m. Rev. Gadon will lead our next "alterna-service" in Brunner Chapel. We feature local artists and poets, exploring spiritual themes. This month, we will feature "Owltalker Trio", with the amazing Scott Davidson (whom we heard in worship October 18) with more percussion and a Native American flutist. Rev. Gadon will preach on "Letting Go."

A MESSAGE FROM OUR BOARD PRESIDENT, NANCY PINSON:

I'm working on developing my spiritual practice and will be reporting on my thoughts in a new blog. I hope you will take the time to read it from time to time - I expect to update it about once a week. There are two entries there already - one from September, and another from October. (You may need to click on the September archive to see the first entry.) Here's the link:

<http://walkingspiritualpractice.blogspot.com/>.

In Faith, Nancy

MAKING A DIFFERENCE IN THE LARGER COMMUNITY . . .

New casserole at Emmanuel Dining Room hits the spot! For our October volunteer effort at EDR we changed our casserole to "Chicken Shepherd's Pie." From all reports by diners, servers and staff - as well as the empty plates coming to the kitchen's washing area - it was a huge hit!

The casserole was cooked in our church kitchen on Monday the 19th by Sally Christian, Cindy Cohen, Suzie Cornell, Barbara Perry, Nancy Pinson, Suzanne Proud, Elyse Reznick, and Darin Wardwell, and served on Tuesday the 20th at EDR by Cindy Cohen, J. Harry Feldman, Jan King and Maureen Sandberg. In an hour's time (Noon to 1 pm) we served up the hearty combination of chicken, mashed potatoes and mixed vegetables - along with fresh green beans - to 230 diners.

For our November 20th serving we'll be tweaking the recipe a bit, but anticipate keeping this menu for the foreseeable future. (So *no more rice donations please!*) To be a part of this fun and worthwhile effort, contact Cindy Cohen at cindyscohen@comcast.net or 475-5814.