

MOUNTAIN BREEZE

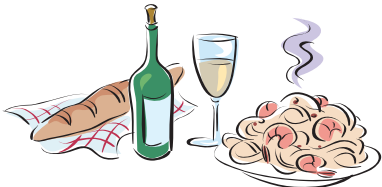


Unitarian
Universalist
Fellowship
of the Poconos

We are a Welcoming Congregation

OCTOBER 2013

Rev. Kim D. Wilson, Minister



CIRCLE SUPPERS

It's back! The next Circle Supper will be held in Julie and Anthony's house on Saturday, October 26th at 6pm. This is a potluck event so please bring your favorite dish. Circle Supper is a time of gathering, sharing and getting to know one another in a social setting. If you've never been to one, it's a great opportunity for a bonding experience. We highly encourage newcomers to attend. See you there!
If anyone is interested in hosting or participating in our Circle Supper, please see Julie Estorque after the Sunday service.

Farewell Potluck for Judy Hankins

Sunday, October 13th after Service. A Food Sign-up sheet will be on back table.

Please plan to attend and let Judy know how important she and her family have been to our congregation. She will be moving to Kansas later that week to be nearer to her daughter, Debbie. Luckily there is a UU Congregation nearby!



SUNDAY PROGRAMS

- Oct 6 - "Building the Beloved Community"
Rev. Kim Wilson, UUFP, Minister
- Oct 13- "Relationships"
Michael Jones, UUFP Member
- Oct 20 - "Adam and Eve Grow Up"
Rev. Kim Wilson, UUFP, Minister
- Oct 27 - "To be Announced"
Check your Order of Service



ACCESS CONSCIOUSNESS with Juliana Freeman
October 17th, 7-9pm at UUFP
Is NOW The Time For Joyful Change In Your Life?

Access Consciousness® is a simple set of tools, techniques and philosophies that allow you to create dynamic change in every area of your life, with your body and with yourself. It gives you simple ways to begin to function as the conscious being you really are. Founded by Gary Douglas in 1990 and expanded with Dr. Dain Heer over the past 13 years, Access Consciousness® is now available worldwide. Come join Juliana Freeman, an international facilitator on tour from the UK, for a night of inspiration and possibility!

What if life is not about fixing problems but learning to function from ease and joy? How could your life expand beyond your imagination and what contribution could you be to this planet? In this talk, you can ask questions around anything you would like to change. You will receive tools to make this possible. What would it take for that to be easy? What would you choose? What else is possible for you and your life?

Juliana Freeman has 35 years of experience in healing and consciousness, and has found Access to be the most effective tools for supporting change and expanded awareness. She brings clarity, deep insights and wisdom to all she does and seeks to empower you to all you can be.

PASTORAL CARE TRAINING

Members Interested in lay pastoral care training and see yourself successfully accomplishing the following :

- Conducting regular, dependable, progressive conversations, and meetings to explore a line of thought.
- Listening, recognizing needs, being sensitive and empathetic, prompting spiritual thinking, and supporting needs for spiritual practices.
- Accomplishing the above within a non-judgmental, confidential relationship

You are asked to contact Gloria Finch at (570)643-6961 or gfinch@ptd.net to indicate your interest.

LAST SUNDAY EVENT

The Unitarian Universalist Fellowship of the Poconos Anti-Racist Unit of the Social Justice Committee advises that, "ELECTIONS MATTER",

In their LAST SUNDAY EVENTS to take place at The EASTERN MONROE PUBLIC LIBRARY – Community Rm. 100 N. 9th St. Stroudsburg on Sunday (9-29 – 13; 1:30 – 3:30 PM)

and at UUFP FELLOWSHIP HALL – 940A Ann St., Stroudsburg on Sunday (10-27-13; 1:30-3:30)

Attendees will receive information from the League of Women Voters; the PA Voting Rights Coalition; training in contacting elected officials; registration; and getting out the vote before:

REGISTRATION CLOSES IN MONROE CO. – 10-7-13; CIVILIAN ABSENTEE BALLOT AVAILABILITY ENDS – 10-29-13 AND DUE ON – 11-1-13; AND GENERAL ELECTION DAY – 11-5-13. Light refreshments will be served.



President's Message

As we enjoy the Fall season, I would like to update you on the work of your UUFP Board and explain for those of you who might want to know, a bit about what we do.

Your Board members, Barbara Harteis, Vice President, Paula Heesch, Secretary, Anthony Estorque, Treasurer, and Marylou Tomlinson, Kay Lopez and Maura Tweedy, Trustees, and me, meet at least once a month (along with Rev. Kim's guidance) to do the work of the Fellowship. Each Board member is committed to this work. They strive to embody the fifth principle of Unitarian Universalism, the right of conscience and the use of the democratic process within our congregations and in society at large.

We are working closely with Reverend Kim to develop a congregational covenant – a document that will embody the commitments we as members of a Fellowship are willing to make to one another and to the Fellowship as a whole.

A big concern for the Board right now is finding ways to balance our budget and take care of all our financial responsibilities, from Rev. Kim's salary to the need to keep a box of Kleenex handy. As the Board, we each have a fiduciary responsibility to you as members. We take that responsibility very seriously. The Board continues to explore ways to keep us financially strong through pledges and membership growth. One concrete solution we've come up with is the formation of Canvass Committees. These committees, which will be made up of UUFP members, will reach out to other members and friends all year round, not only about finances, but about all concerns they may have regarding UUFP.

The Board is also working on generating income for the Fellowship by finding new organizations to rent our space during the week.

Board members have worked with other members of the congregation to plan this year's Fall retreat.

In the coming year, the Board will review and prepare proposed changes to the Fellowship's by-laws and policies as needed. Members will have the opportunity to suggest and/or vote on any changes to the by laws and policies at this coming May's Annual Meeting.

Board members have consistently made themselves available to help members and friends on a variety of issues. We are each committed to improving how the Fellowship functions and continues to function so that members can enjoy a spiritual, loving experience at UUFP. Next time you see a Board member, please ask them what serving on the Board means to them.
SUSAN

Last year we had some neighborhood tea parties . Anyone interested in continuing these get-togethers please contact Marion Rosenbaum. She would also like to start a weekly "lunch bunch" on Tuesdays or weekly "potluck" Wednesdays. Needs volunteers to assist her.

SHAWL MINISTRY

Our meeting will be held

Friday, OCT 4th from noon to 2:00

Please feel free to attend even if you have never knitted before. Bring your lunch and join in this very worthwhile activity. If you have a friend or know of someone who knits or crochets, please bring them along. **Anyone new who is interested, please contact:**
Carole - uubreeze@ptd.net OR
Elayne - ewolf@ptd.net



CHOIR PRACTICE

Do you need a little Swing in your Step? Maybe a Toe Tapping Tune from a Sweet, Scintillating Song? Why not join the Coolest Choir Ever as we start our rehearsal season on September 1st. We meet at 8:45 every Sunday morning for 1 hour. Please bring your joyful spirit and PLEASE be punctual. See you then, Ruth Kochera

OPERA LOVERS

Upcoming Metropolitan Opera simulcasts at the Stroud Mall Cinemark theater:

October 5 - Eugene Onegin (Tchaikovsky)
October 26 - The Nose (Shostakovich)
November 9 - Tosca (Puccini)
December 14 - Falstaff (Verdi)
February 8 - Rusalka (Dvorak)
March 1 - Prince Igor (Borodin)
March 15 - Werther (Massenet)
April 5 - La Boheme (Puccini)
April 26 - Cosi Fan Tutte (Mozart)
May 10 - La Cenerentola (Rossini)

For details, check the Cinemark web site:
http://www.cinemark.com/theatre-detail.aspx?node_id=35644#7/10/2013

REV. KIM'S AVAILABILITY

Rev. Kim is available by appointment Tuesday – Sunday to meet by phone or in person.

Rev. Kim's contact information:

Cell phone: 203-464-1662

E-mail: uurevkim@comcast.net

Mail: 434 2nd Avenue
Bethlehem, PA 18018

Rev. Kim's past sermons

are available on the UUFPP Website.

Minister's Column

It has been such a joy to see so many of you in September. I missed you all over the summer –and apparently, for many of you, the feeling was mutual. I think that's a good thing! During July and August, I did some gardening, some traveling, some reading, studying and reflection, and some household projects. I come back to UUFPP refreshed and ready for this 2013-2014 year.

You never know when a bit of wisdom or spiritual insight will come your way. A couple of weeks ago, I bought a part for my sink faucet from a dollar-type store. It was packaged in a little plastic bubble glued to a piece of cardboard. I looked at the front of the package to see if there were any important instructions or product information. In the lower right-hand corner, in smallish print, it said, "To see clearly within ourselves is the most difficult thing to do." Huh?? On a package for a piece of hardware? Really? Someone, who knows why, just decided that this little bit of wisdom should appear on this little bit of cardboard.

I used to see myself very differently from the way I do now. I saw myself as someone who was supposed to be highly competent, very intelligent, never make mistakes, always be on time and never forget things. Not exactly realistic. The real me is pretty competent at some things and struggles with other things. She is intelligent but often says something really dumb. She makes mistakes all the time. She is still working on her timeliness, and –sigh—she is actually a bit of a space cadet! And you know what? I like the real me better, and I get the impression that others do, too. Uncovering the real me will be a life-long process. There's always more to learn.

I invite you to spend some time reflecting on the following two questions: "Who is the real me?" and, "What are the images of myself that I believe I must show the world?"

I would love to hear what you discover.

In peace and love, KIM



Poetry FunShop. . . with Jim Elsaesser

"The pursuit of truth and beauty is a sphere of activity in which we are allowed to remain children all our lives." Albert Einstein

"The Chinese character for the word poetry is a composite made of two characters: "word and temple. "Poetry can be a temple for words. A temple is the place to open oneself to a connection to a wider world, universe, or way of thinking and being."

Join us at the UUFPP Poetry Workshop, Friday, October 25th, from 6-8 PM.

We will be exploring the sacred word in poetry, using our UU Hymnals as a guide.

Please bring pen and paper, along with a favorite poem of yours. or written by another poet. Donations to the UUFPP will be gratefully accepted.

Contact Jim Elsaesser 570 517 4870 jameselsaesser68@gmail.com



Yellow Dot Program

This program was created to assist citizens in the "golden hour" of emergency care following a traffic accident when they may not be able to communicate their needs themselves. Placing a yellow dot in your vehicle's rear window alerts first responders to check your glove compartment for vital information to ensure you receive the medical attention you need.

The program is a cooperative effort among pa. Dept. of Transportation, Health and Aging; the PA State Police, the Pa. Turnpike Comm. and First Responders and local law enforcement. **Please visit www.YellowDot.pa.gov on your computer for the very easy paperwork that will be mailed to you. Instructions are easy.**

CONSERVATION - OUR BRIDGE FUEL

Why do we use twice as much energy per capita as the average European? We CAN do something about this?

Every month we will post some of your ideas about how you conserve. New ideas will appear in **GREEN**.

Please email them to Carol Ludwig at UUBreeze@ptd.net

1. If you see someone allowing their vehicle to just sit and idle, politely say something.
2. Have you converted all of your lights to the energy efficient ones?
3. Can you run your AC a degree or two higher, and still be relatively comfortable?
4. Stop drinking bottled water- it is very expensive and energy intensive to bottle and transport.
5. Don't idle your car.
6. How about consider going vegetarian- it is great for your health, and reduces your carbon footprint substantially.



Family Promise[®] OF MONROE COUNTY Fall Clothing Drive

Friday, October 18, 2013

DROP OFF SITE:

Faith U.M. Church, Stroudsburg

1160 Clause Dr., off Chipperfield Dr.

9AM-6PM

CLEAN OUT-DROP OFF-GIVE BACK

We are collecting clean, gently used items such as all clothing, shoes, belts, bags, hats, gloves, linens & stuffed animals.

Please place items in a strong, tied plastic bag.

ALSO:

Hard Toys Needed!

(24" or smaller, please be sure toys are clean!)



More Info:
570-420-8589
Director@ptd.net

UUF[®] MEMBERSHIP

Anyone who is interested in exploring UUF[®] membership, please contact Mark Lichy, Maura Tweedie, Kathy Bressler, or Gloria Finch. We are planning a new members class for this fall, so please sign up to learn about the exciting benefits of UUF[®] membership!

Please send updated contact information for the Members and Friends list to Kathy Bressler at ksb116@yahoo.com. Also, if any member wants a copy of the list, please email Kathy and she will send one to you. Please note that only UUF[®] members have access to the Members and Friends list.

Member Photo Directory

The Membership Committee plans to compile a photo directory of members to help new members and friends more easily make connections. The directory would put a face with a name, as well as identifying committee members. Photos will be taken during hospitality starting in January. There will be a short form to fill out with information such as preferred name, committee membership and/or other involvement, birthday, likes and hobbies, and the town each member lives in. Information would be voluntarily offered.

Any questions or suggestions should be directed to Maura Tweedie at maurainwoods@hotmail.com or in person during hospitality.

Info for WEBSITE & CALENDAR:

Jim Lyons is now updating both the calendar and the website. If you have information that needs to be added, send it to him at: jpcl Lyons@gmail.com Jim will be keeping a monthly calendar of who is using the UU space and when. All you need to do is click on this address to see what is available and then be in touch with Jim.

<http://www.uupoconos.org>

Info for NEWSLETTER:

Deadline for Mountain Breeze copy is the 15th of each month. Please email your notices to me at uubreeze@ptd.net
Carole Ludwig, Editor

ADDRESS / INFO CHANGES???

UUFP members and friends - if you have new addresses (some have changed because of the 911 emergency address system updating) or other contact information, please let me know so I can keep the list up to date? Also, if members need a copy of the list or a link to the GoogleDocs list, they can contact me at ksb116@yahoo.com.
Kathy Bressler

Unitarian Universalist

Fellowship of the Poconos

940A Ann Street • Stroudsburg, PA 18360
570-420-0580 • Sundays 10 AM

UUFP MISSION STATEMENT

"We are a welcoming congregation, diverse in religious and spiritual expression, uniting in fellowship to enrich our lives and inspire the community by promoting Unitarian Universalist principles"

UUFP BOARD MEMBERS

President - Susan Odessky
Vice-President - Barbara Harteis
Secretary - Paula Heeschen
Treasurer - Anthony Estorque / David Learn



TRUSTEES

Kay Lopez - Marylou Tomlinson
Maura Tweedie

USED BOOK SALES COORDINATOR

Ken Williams

CALENDAR

- 1st Sunday of the month after Service
Committee Council Meeting
- 3rd Wednesday of the month 7 - 10 PM
UUFP Board Meeting
- 3rd Sunday of the month after Service
Social Justice Committee
- Sunday Morning - Choir Rehearsal
8:45 AM (September - June)
- Last Sunday of the month - after Service
Membership Committee Meeting

Monster MINI GOLF



October 26th

3-8pm at East Stroudsburg
United Methodist Church
83 Courtland Street



Ice Cream Sundaes
Refreshments & Hot Dogs
Costume & Golf Score Prizes



\$3pp (Church or Civic Youth Group Members)
\$6 Individual
Group Discounts

Family Promise

Benefits from your participation.
(570) 420-8589 for info.

Family Fun

The 2013-2014 UUA Common Read selection is

Behind the Kitchen Door by Saru Jayaraman.

The book reveals how restaurant workers live on some of the lowest wages in America and how poor working conditions -- discriminatory labor practices, exploitation, and unsanitary kitchens -- affect the meals that arrive at restaurant tables.

The Rev. Peter Morales, UUA President, and the Rev. Bill Schulz, President and CEO of the UU Service Committee, have issued a joint statement in support of legislation to raise minimum wages in the United States. The statement reads in part, "It is time to ask that everyone share in corporate success, not just a handful of executives. As people of faith, we believe in the inherent worth and dignity of every person, and raising the minimum wage is vital in ensuring that dignity."

MONROE
COUNTY

Give Poverty the Boot Through the Arts Fundraiser



Desaki Restaurant
October 24, 2013
6:00 pm - 8:00 pm
\$60.00 per person
\$75.00 per couple*
*(*Couple receives 1 piece of art)*



An evening of art, music, poetry and friends!
Every individual that purchases a ticket will be guaranteed a piece of artwork!* Artwork will include; paintings, original prints, sculptures, jewelry, quilts, photographs, show tickets and much more!

Event held by Pocono Alliance, in partnership with Desaki Restaurant, to benefit the Bridges Out of Poverty program of Monroe County which enables individuals in poverty move toward a life of self-sufficiency.



Only 75 tickets will be sold. Purchase your ticket today!



912 Main Street, Suite 300
Stroudsburg, PA 18360
Phone: 570-517-3953
poconoalliance@monroecountypa.gov
www.PoconoAlliance.org

75 Pieces of Artwork!
Free Appetizers
Poetry Reading
Musical Entertainment
Door Prizes
Cash Bar
Ticket holders receive a signed poster from Mildred Keel-Williams!



Performing Musician and Poet for the evening
Michael G. Williams & Mildred Keel-Williams

