

September 2019

340 North Queen St. Dover, DE 19904
uucdcontact@gmail.com & UUCD.ORG

CONNECTIONS

UNITARIAN UNIVERSALISTS
OF CENTRAL DELAWARE
A Welcoming Congregation
Chartered 2009

Do you feel the excitement?
There is electricity in the air! From various sources you may have been hearing about changes at UUCD... after a long, hard, and sometimes frustrating search, we have found a minister with all the qualities to meet our needs!!!

Check out her letter to us on page 2!



Save These Dates

all Wed, 7-8.30pm

Mindfulness Meditation at CBS

Mon 9/2

DIMH dinner
Head Chef: Julie Price

Sat 9/7

Adopt-A-Highway

Sun 9/8, 11.30am

Social Justice Committee meeting

Sat 9/14

Coastal Cleanup

Wed 9/18, 6.30pm

Board Meeting

Sunday Services

9/8

Water Communion
UUCD Worship Committee

This service marks the beginning of our church year. As our journey commences please join with your UUCD friends to celebrate and renew our commitment as a Welcoming Congregation. Bring samples of water from your travels, homes and special places. These waters will be co-mingled in our traditional Water Communion.

9/15

Transformed on the Journey
Rev Kharma Amos

On our journeys through life, we are changed by the terrain we travel and the people we meet along the way. We will explore the formative nature of our journeys, and Kharma will use this introductory sermon to share a bit about her own journey.

Social Justice Sunday
offering goes to Code Purple

9/22

An Attitude of Gratitude-
My Caregiving Journey
Wendy Pickett

Wendy Pickett will reflect on her experiences caring for her husband Jack over the past several years and the insights gained from their journey.

9/29

Are We There Yet?
Rev Kharma Amos

When we are too focused solely on the destination of our journeys, we can miss out on some amazing surprises and beautiful vistas. We will focus on the wisdom so many have shared about being fully present where we are, as a spiritual practice.

a note from our new minister!!

Dear Ones at UUCD,

I'm so thrilled that I don't even know how to contain myself. Please know that I couldn't be happier to be joining you as your new Minister. We'll get to know one another soon enough, but just so you know a bit about me... I've been an ordained minister for about 17 years, mostly in the Metropolitan Community Churches, which is a denomination founded in 1968 with a specific outreach to LGBTQ+ folks. I've been working with the UUA in partnership for all of those years, more intentionally in the last 8 that I've been on denominational staff, and more still the last 1+ years that I've been seeking dual credentials with the UUA (and maintaining my MCC standing). I live in Rehoboth Beach with my wife, who is unapologetically Canadian, and a minister herself for over 25 years. She is the pastor of MCC Rehoboth. We have a 6 pound dog, Kady, and a 15 pound cat, Téa. We have lived in Delaware for 3 years now and love it so much.

Since I transitioned from a local congregational minister to a church bureaucrat, I have missed being in relationship with real people, with real issues, in a local community where people are actually doing the work of love and justice, and forming community. I'm thrilled to be joining you now. One of the things I need to tell you is that I am SO impressed with your lay leadership. What an amazing congregation, that you have such a committed, gifted group of people who are passionate about the values of Unitarian Universalism and offering a progressive faith voice in Delaware. I'm humbled by all of the dedication your leaders give. You have the "human resources" of a MUCH larger organization, and you should feel very proud about that.

While I know we will get to know one another over this next year, I want you to know that I respect you so much already, and I expect to learn a lot from you. At the same time, I hope some of my experience might benefit you. Mostly, I hope we will learn, laugh, and love together. No question you might ask me is out of bounds, and I expect the same of the questions and curiosities I may have about you.

Please reach out to me at kharmaamos@gmail.com if you want to speak personally. We can make an appointment to speak by phone, Skype, or meet at a coffee shop (please teach me about the best places in Dover!) I hope to meet each of you and talk about your hopes, dreams, concerns, and families. I will make time however that needs to happen, given that I am part-time. We can make this work.

Please come in September for the In-Gathering Service (the first turbo worship of the new year – September 8) and also when I will first share a reflection with you on September 15. And, obviously, every other Sunday you can make it. I feel like we're headed for something great together... and can't wait to meet you.

May every blessing be upon you!
Kharma

a note from our president

As we start our church year, we have a lot to be grateful for and a lot to look forward to. Transition of our retiring minister, Rev. Greg to our new minister Rev. Kharma is an exciting and scary time. I know Rev. Kharma is excited to be working with us and I suggest if you have ideas please share with a member of the worship committee, the Board or Rev. Kharma. We are all in this UUCD family together and I think if we continue to be a loving and safe place for conversations, we can all have a wonderful experience with this transition. Not sure how many of you have been in this situation before with UUCD or some other church, this is my first time, so please help me. This summer we started talking about our values and mission as a church, we want to expand this conversation for all members to participate. Watch our Facebook, website, newsletter and updates for more information on programs to be scheduled for this. Our community requires lots of time and talent as well as money to thrive, in the coming weeks you will be encouraged to join in where you would most enjoy and asked to increase your pledge to help pay Rev. Kharma for her services. Please start thinking about where your passions lie within this community and how much you will prioritize for the rest of this year. Personally, I want to see us more visible in the community, participating in events and eventually hosting some.

Kerry

peace week

Peace Week will be observed throughout Delaware from September 22-28. As a part of Peace Week activities there will be an Interfaith Candlelight Vigil at Camden Friends Meeting on Thursday, September 26, 2019, 7-8:15 p.m. All are welcome.

be a hero. adopt

These three adorable kittens are looking for a new home. The black and white and the orange are boys. The grey tabby is a girl. She is cross-eyed but very sweet. Contact Laura Parks at laura.e.parks@gmail.com



opportunity

Are you interested in or do you know anyone who might host or co-sponsor an interactive workshop with a visiting scholar and the Lenape Indian Tribe of Delaware in the Wilmington or Dover area during the first part of November? If so, contact Ruth Ann Purchase at 302.399.1235

penny jar

We will be collecting change for the penny jar and once it starts to get too heavy to move we will have a 50/50 drawing guess how much is in the jar.

silent retreat

On October 10-13, 2019, the Insight Meditation Community of Charlottesville is offering a silent, residential retreat: 'The Fourth Refuge: Trusting in Your Own Potential for Awakening' led by Susan Stone and Ron Vereen at SerenityRidge Retreat Center, located in Shipman, VA. For more information or to register, click here to visit <http://www.imeditation.org/event-3420257>.

2019 coastal cleanup

Volunteers of all ages can help make a difference by participating in the 32nd annual Delaware Coastal Cleanup on **Saturday, September 14, 2019**. The clean-up will be from 9:00 a.m. to noon. In case of severe weather, the rain date will be Saturday, September 21.

The annual coastal cleanup is sponsored by the Delaware Department of Natural Resources and Environmental Control. It spans the First State's 97-mile eastern coastline and includes river and ocean shorelines as well as wetland and watershed areas.

In 2018, despite a weather-related delay, more than a thousand volunteers collected 2.7 tons of trash and recyclables from 42 sites along more than 68 miles of Delaware's waterways and coastline. Find more information and sign up **here**.

choir practice

We will begin choir practice at 9 a.m. this Sunday Sept. 8 and the same time on the 15th. We will be leading the congregation in singing some new hymns as well as practicing some songs to perform.

368 hymn of the month
Now Let Us Sing



mindfulness

The St. Jones River Lotus Sangha meets at CBS in the main sanctuary on Wednesday evenings from 7:00 - 8:30 p.m. The goal of our practice is to increase peace and joy in ourselves and the world. This sangha follows the teachings of Thich Nhat Hanh, a Vietnamese Buddhist monk, poet and peacemaker. Our practice includes guided, silent and walking meditation as well as dharma talks, deep listening and loving speech. No prior experience is necessary and all are welcome.

We are pleased to announce that our teacher, Abby Miller, has returned and is preparing a series on cultivating true love. This series will be given in September, October and November. The exact dates will be released soon.

The dates for the St. Jones River Lotus Sangha for August will be August 7, 14, 21, 28. For further information please contact Molly Keogh.

THANKS to our VOLUNTEERS

Working Groups/Contacts

Social Justice Committee: Mark Jarrell
Worship Committee: Laura Parks
Leadership Development: Wendy Pickett
Stewardship Committee: Sandy Nelson
Caring Team: Gloria Gross
Religious Education Team:
Kelly Blanchies & Heather Thompson
Fund Raising: could be you!

Web Site: Tom Gower
Newsletter: Laura Parks
Social Media: Sheryl Winsby,
Susan Guiteras
Hospitality: Cindy Hesseltine
Greeters: Rose Akerman
Email Updates: Laura Parks
Childcare: Wayne Kling

Board Members & Administrative Areas

MaL Julie is Social Justice
MaL Ed is Religious Education
MaL Jayce is Finances
MaL Steve Communications

Pres Kerry is Personnel/Facility
VP Sandy is Fellowship
Sec Wayne is RE/Childcare
Treas Stephanie is Worship

Cultivating True Love: Mindfulness in Our Relationships

This series will be sponsored by the St. Jones River Lotus Sangha
and the Unitarian Universalists of Central Delaware

Dates: Classes will be held the following Wednesdays from 7:00
pm to 8:30 pm: September 11, 25, October 16, 23, 30, and
November 6, 2019

Location: Congregation Beth Sholom 340 N Queen Street Dover,
DE 19904

Teacher: Abby Miller

Abby is a long time practitioner of mindfulness and meditation and
a student of the Venerable Thich Nhat Hanh, a Zen Buddhist
monk. She has taught mindfulness and meditation classes,
leading groups of both adults and young people. She is
experienced in family mindfulness practice in which she raised her
children.

Suggested Readings: Teachings on Love by Thich Nhat Hanh and
Lovingkindness: the Revolutionary Art of Happiness by Sharon
Salzburg

In this 6-session class, we will explore cultivating true love in our
lives and in our relationships through the practice of mindfulness.
We will have readings, and activities to strengthen our practice of
mindfulness. We will learn and study the 4 elements of True Love:
loving kindness, compassion, joy, and equanimity or inclusiveness.
Each class will include a guided meditation, a teaching, an
interactive activity, and time for discussion and sharing.

All are welcome. No experience is necessary. There is no charge.

To register, please contact Molly Keogh at 302-399-9134 or
mlkeogh@aol.com



In Honor of **Delaware Peace Week**

HeartSpirit Interfaith Spiritual Community and
Camden Friends (Quakers) invite you to join us for the

1st Annual Interfaith Candlelight Vigil for Peace



Interfaith Prayers * Meditation * Candle lighting * Speakers

**Thursday, September 26, 2019, 7:00pm
Camden Friends, 122 E Camden Wyoming Ave,
Camden, DE 19934**

All Are Welcome!

<https://www.camdenquakers.org> | <https://www.heartspiritcenter.org>