



FIRST UNITARIAN UNIVERSALIST FELLOWSHIP  
of HUNTERDON COUNTY  
*Nurturing Spiritual Journeys, Expanding Social Justice.*

## **This Sunday's Services: March 20, 2022**

### **Sunday, March 20**

• **8:30 a.m., Spirit Talk: "Travel," with Valerie M.** Join us for a discussion of this topic. Link:

<https://tinyurl.com/FUUFHCSpiTlk> (Meeting ID: 880 1532 3694 Passcode: 466069)

• **10:30 a.m., "Celtic Spirituality: A Doorway into the Inner Life," with Jean Nametz.** Jean Nametz shares some of her travels through Ireland—reflecting on the interplay of the outer and inner landscapes and clues to finding a spiritual home. Directions for in-person attendance are on the website at [hunterdonuu.org](http://hunterdonuu.org) Zoom link <https://tinyurl.com/FUUFHCSunSer>. (Meeting ID: 884 4072 1860 Passcode: 565194). [FUUFHC tech support will be available at [techsupport@hunterdonuu.org](mailto:techsupport@hunterdonuu.org).] Stay for coffee hour in person or on the same link.

• **11:00 to 11:30 a.m., K-8th grade Religious Exploration Chalice Circle.** Students are invited for their own fellowship and exploration during Sunday morning service into a separate Zoom room. [More info below.]

• **12:00 p.m., Potluck with a Purpose: FaithAction's Inclusivity Representatives (FAIR), with Zoe Laffler.**

Now in hybrid format, both via Zoom and in-person at the OSC, the Social Justice and Religious Exploration Committees will jointly sponsor the next multigenerational Potluck with a Purpose. FUUFHC youth, Zoe Laffler, will lead as a member of UU/NJ Faith Action's Inclusivity Representatives (FAIR). [More information below.]

• **3:00 to 5:30 p.m., Our Whole Lives Sexuality Education Program for 8-10th graders:** Lovemaking; Explicit Media—new make-up date from 1/9. COVID protocols of masking and social-distancing are required.

• **3:00 to 5:30 p.m., Our Whole Lives Sexuality Education Program for 5-7th graders:** Sexuality & Values. This program will be conducted entirely in-person at FUUFHC. We will try to be outdoors as much as possible, so please dress accordingly. COVID waivers signed by participants and facilitators required.

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**Sunday, March 20, 2022**

**10:30 a.m.**

**"Celtic Spirituality: A Doorway into the Inner Life"**

**Jeanne Nametz**

### **order of service**

#### **Moment of Centering:**

*The call to presence is an opportunity to center yourself as we begin our service. As you hear the music, opening words, and sound of our bowl chime, let go of your cares and allow yourself to be fully present.*

**Opening Music:** "Danny Boy," (traditional)

performed by Alex Ridder

**Welcome**

**Chalice Lighting**

**Wisdom and Wonder**

Sarah Ahrens, DRE

**Milestones**

**Offering**

**Spoken Meditation**

**Musical Meditation:** "Caoineadh na dTri Muire," (sean-nós, trad.)

performed by Jeanne Nametz

## Discussion

**Closing Music:** "Galway Bay," by Arthur Colahan

performed by Emily Bengels

## Chalice Extinguishing

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[Announcements below are organized into Highlighted General, Individual, and Recurring Events. A session plan for the Spirit Talk discussion is included as an attachment with this email as is a second document with all the general announcements. Links for many events can be found by hovering over the text.]

### **ANNOUNCEMENTS: HIGHLIGHTED GENERAL**

★ **March 27, 11:30 a.m., Congregational Meeting.** Please join us immediately after the service for a Congregational Meeting where we will vote on the 2022-2023 Slate of Officers and Trustees on Zoom and in person. A quorum is necessary to vote, so your attendance is important. The slate-- President: Paul Scoggins; Vice President: Chad Klasna; Secretary: Doug Heath; Treasurer: Barbara Bristow; Trustee: Derek Shannon; Trustee: Liz Johnson; Trustee: Jackie Fives.

★ **Congregational Covenant.** As part of our strategic plan, the Board and the Congregational Covenant Committee (CCC) have been developing a [Congregational Covenant for FUUFHC](#). Take a moment to review the covenant and email your feedback to [cklasna@gmail.com](mailto:cklasna@gmail.com). We will hold a **final congregational forum on April 10 at 11:30 a.m.** following services to synthesize and discuss any feedback we receive. Thank you for your input!

★ **Save The Date! Friday, May 13 to Sunday, May 15, FUUFHC will host a Multigenerational Social Justice & Service Retreat Weekend** at the Crossroads Retreat Center in Port Murray, NJ. There will be multiple service and justice work opportunities, both on and offsite, to meet a variety of participant interests and community needs. Folks are welcomed to come for just the day, or stay one or two nights at the retreat center with the group, where meals will be provided. Registration details will be forthcoming, and the fees will be on an affordable sliding scale. COVID safety protocols will be in place, and proof of vaccination or recent negative Covid test will be required to stay overnight.

★ **SAVE the DATE! Saturday, May 21, 4 to 8 p.m., FUUFHC's 2022 Spring Fundraiser--SPRING REUNION: TOGETHER AGAIN!** On Saturday, May 21, FUUFHC's "Spring Reunion: Together Again" is planned to be a truly family-friendly combination of some of our favorite and most successful fundraising efforts. Members are encouraged to bring the entire family to the in-person event on **Saturday, May 21 from 4 to 8 p.m. at the Kingwood Horseshoe Bend Park's "Morton Building"** at 142 North Horseshoe Bend Road in Kingwood Township. There will be something for everyone with a variety of family-friendly ways for us to be together safely AND raise these vital operational funds for FUUFHC. We'll enjoy a Silent & Live Auction, a "Maker's Corner," family-friendly games, music, Kid's Tricky Tray, a variety of "Walk 'n Talk" finger foods, a Wine Pull, and much more!!!! The large "Morton Building" provides us with over 9,500 square feet of space to be together indoors with ample space for distancing, open air (via the use of 2 large garage doors at either end), and use of outdoor picnic benches as well. As the event nears, COVID-19 required protocols will be communicated. **With a goal of 100% participation on the part of our membership**, in order to raise \$34,000, we ask all members to consider how they can support this important event. *Please contact Janice & Dorian at [fuufhcfundraising@hunterdonuu.org](mailto:fuufhcfundraising@hunterdonuu.org)* with your donation submissions of silent and live auction items, hand crafted items for the Maker's Corner, and/or wine for the Wine Pull and any and all offers to volunteer to help. Stay tuned for more information coming soon on our website, Community listserv, orders of service, and Facebook pages.

★ **ELEMENTARY OWL Classes: Our Whole Lives Sexuality Education Program for 5-7th graders (in-person).** Due to the pandemic last year, we had to suspend the OWL classes we normally offer to 4-6th graders. We will now offer that program, in-person, to our 5-7th grade students who have not yet taken the

course. Participants and families must complete the [OWL APPLICATION](#), which includes important Covid-19 protocols. This was due on **March 13**. The [OWL CLASS CONTENT & SCHEDULE](#) outlines all class dates, times, topics, and all safety protocols. We will be using the safe [REMIND](#) system to communicate with participants and families about the upcoming classes, any program or schedule changes, and important COVID updates. [CLICK HERE TO OPT INTO REMIND](#) with your email or cell number. Please reach out to the [DRE](#) with any questions or concerns.

★ **OWL Classes: Our Whole Lives Sexuality Education Program for 8-10th graders (in person)**. The [OWL Class Content & Schedule](#) has been revised for 2022. Please [review](#) for updated class dates and topics. We will continue to use the [REMIND](#) system for any further updates.

## ANNOUNCEMENTS: INDIVIDUAL EVENTS

### March

#### Sunday, March 20

- **8:30 a.m., Spirit Talk: "Travel," with Valerie M.** Join us for a discussion of this topic. Link: <https://tinyurl.com/FUUFHCSPiTk> (Meeting ID: 880 1532 3694 Passcode: 466069)
- **10:30 a.m., "Celtic Spirituality: A Doorway into the Inner Life," with Jean Nametz.** Join Jean Nametz as she shares some of her travels through Ireland—reflecting on the interplay of the outer and inner landscapes and clues to finding a spiritual home. Directions for in-person attendance are available on the website at [hunterdonuu.org](http://hunterdonuu.org) Zoom link <https://tinyurl.com/FUUFHCSunSer>. (Meeting ID: 884 4072 1860 Passcode: 565194). [FUUFHC tech support will be available at [techsupport@hunterdonuu.org](mailto:techsupport@hunterdonuu.org).] Join us for coffee hour afterward in person or on the same link.
- **11:00 to 11:30 a.m., K-8th grade Religious Exploration Chalice Circle.** Students are invited for their own fellowship and exploration during Sunday morning service into a separate Zoom room. We will build on the Wisdom & Wonder component from the main service and explore more about the topic, engage in arts & crafts, work with interactive web platforms, and play online games! Link: <https://tinyurl.com/FUUFHCchaliceCircle> (Meeting ID: 849 5446 3832 ; Passcode: 683996 )
- **12:00 p.m., Potluck with a Purpose: FaithAction's Inclusivity Representatives (FAIR), with Zoe Laffler.** Now in hybrid format, both via Zoom and in-person at the OSC, the Social Justice and Religious Exploration Committees will jointly sponsor the next multigenerational Potluck with a Purpose. FUUFHC youth, Zoe Laffler, will lead as a member of UU/NJ Faith Action's Inclusivity Representatives (FAIR). FAIR is a multifait, youth-led group working to incorporate antiracism curriculum into NJ schools. They've created an interactive presentation and discussion, and welcome participants high-school age and up to attend and help expand racial justice together. In-person attendees are welcome to bring their own bag lunch to eat outdoors prior to the program in the OSC. Zoom link: <https://tinyurl.com/NJFAIRpotluck>; Meeting ID: 854 3030 2528; Passcode: 375652
- **3:00 to 5:30 p.m., Our Whole Lives Sexuality Education Program for 8-10th graders:** Lovemaking; Explicit Media—new make-up date from 1/9. COVID protocols of masking and social-distancing are required.
- **3:00 to 5:30 p.m., Our Whole Lives Sexuality Education Program for 5-7th graders:** Sexuality & Values. This program will be conducted entirely in-person at FUUFHC. We will try to be outdoors as much as possible, so please dress accordingly. COVID waivers signed by participants and facilitators required.

**Monday, March 21, 7 p.m., Multigenerational Introduction to Yoga & Meditation. Multigenerational Introduction to Yoga & Meditation.** This course will run weekly through the rest of the program year on Mondays at 7 p.m. on Zoom. Participants may log in to the classes as they are able on a weekly basis. Please direct questions to [dre@hunterdonuu.org](mailto:dre@hunterdonuu.org). ZOOM link: <https://tinyurl.com/FUUFHCyogameditation>; Meeting ID: 841 9862 5853; Passcode: 518049

#### Sunday, March 27

- **8:30 a.m., Spirit Talk: "The Positive Side of Darkness," with Jay L.** Join us for a discussion of this topic. Link: <https://tinyurl.com/FUUFHCSPiTk> (Meeting ID: 880 1532 3694 Passcode: 466069)

- **10:30 a.m., “On Our Game,” with Rev. Mary Tiebout.** Beyond the perpetual rhythm of big sporting events, controversies, and personal achievements, we might look at games as they relate to teaching, social gathering, mental exercise, ritual practice, and political engagement. On a personal level, how do we know when we are on our game? Directions for in-person attendance are available on the website at [hunterdonuu.org](http://hunterdonuu.org) Zoom link <https://tinyurl.com/FUUFHCSunSer>. (Meeting ID: 884 4072 1860 Passcode: 565194). [FUUFHC tech support will be available at [techsupport@hunterdonuu.org](mailto:techsupport@hunterdonuu.org).] Join us for coffee hour afterward in person or on the same link.
- **11:00 to 11:30 a.m., K-8th grade Religious Exploration Chalice Circle.** Students are invited for their own fellowship and exploration during Sunday morning service into a separate Zoom room. We will build on the Wisdom & Wonder component from the main service and explore more about the topic, engage in arts & crafts, work with interactive web platforms, and play online games! Link: <https://tinyurl.com/FUUFHCchaliceCircle> (Meeting ID: 849 5446 3832 ; Passcode: 683996 )
- **11:30 a.m., Congregational Meeting.** Please join us immediately after the service for a Congregational Meeting where we will vote on the 2022-2023 Slate of Officers and Trustees on Zoom and in person.
- **3:00 to 5:30 p.m., Our Whole Lives Sexuality Education Program for 5-7th graders:** Images in Popular Culture. This program will be conducted entirely in-person at FUUFHC. We will try to be outdoors as much as possible, so please dress accordingly. COVID waivers signed by participants and facilitators required.
- **3:15 to 4:30 p.m., Multigenerational Rekindling Your Sense Of Wonder.** All ages are welcome to engage in our [first UU Source](#) with the Hunterdon County Parks & Recreation Naturalist, Debra Reed, who will lead our group on a wonder walk to inspire your soul. As humans, we have a natural ability for wonder, but in our busy routines, it's surprisingly easy to lose it. Come out into nature, regain your sense of awe, and lose yourself in the sights, smells, and peaceful sounds that surround you. Meet at the Hunterdon County Arboretum, 1020 Highway 31, Lebanon, NJ 08833. Our group will gather at the main sign board.

**Monday, March 28, 7 p.m., Multigenerational Introduction to Yoga & Meditation. Multigenerational Introduction to Yoga & Meditation.** This course will run weekly through the rest of the program year on Mondays at 7 p.m. on Zoom. Participants may log in to the classes as they are able on a weekly basis. Please direct questions to [dre@hunterdonuu.org](mailto:dre@hunterdonuu.org). ZOOM link: <https://tinyurl.com/FUUFHCyogameditation>; Meeting ID: 841 9862 5853; Passcode: 518049

## **April**

### **Sunday, April 3**

- **8:30 a.m., "TBD," with TBD.** Join us for a discussion of this topic. Link: <https://tinyurl.com/FUUFHCSPiTIk> (Meeting ID: 880 1532 3694 Passcode: 466069)
- **10:30 a.m., “How I Spent My Sabbatical,” with Rev. Seth Fisher.** On his first Sunday back after being away on Sabbatical, Rev. Seth will share some reflections on his time away. Directions for in-person attendance are available on the website at [hunterdonuu.org](http://hunterdonuu.org) Zoom link <https://tinyurl.com/FUUFHCSunSer>. (Meeting ID: 884 4072 1860 Passcode: 565194). [FUUFHC tech support is available at [techsupport@hunterdonuu.org](mailto:techsupport@hunterdonuu.org).] Stay for coffee afterward in person or on the same link.
- **12:45 - 2 p.m., Multigenerational Program: Hunterdon County Parks & Rec’s Amazing Animal Adaptations.** All ages are welcome to explore Echo Hill Park with our own naturalist tour guide. Through interactive activities, we will learn more about the adaptations that allow our local animals to thrive. Meet at Hunterdon County Parks & Rec at Echo Hill, located at 42 Lilac Drive, Flemington 08822. Our group will assemble by the playground.
- **3:00 to 5:30 p.m., Our Whole Lives Sexuality Education Program for 8-10th graders:** Sexually Transmitted Infections; Pregnancy, Parenting & Teen Parenting. COVID protocols of masking and social-distancing are required.
- **3:00 to 5:30 p.m., Our Whole Lives Sexuality Education Program for 5-7th graders:** Body Image and Changes in Puberty, Pt 1. This program will be entirely in-person at FUUFHC. We will try to be outdoors as much as possible, so please dress accordingly. COVID waivers signed by participants and facilitators required.

**Monday, April 4, 7 p.m., Multigenerational Introduction to Yoga & Meditation.** This course will run weekly through the rest of the program year on Mondays at 7 p.m. on Zoom. Led by congregant Anne E., this all ages



program will introduce and explore a wide range of meditation techniques, combined with a yoga flow that will be adaptable for all ages and ability levels. Participants may log in to the classes as they are able on a weekly basis. Please direct questions to [dre@hunterdonuu.org](mailto:dre@hunterdonuu.org). ZOOM log in for all classes: <https://tinyurl.com/FUUFHCyogameditation>; Meeting ID: 841 9862 5853; Passcode: 518049

## **ANNOUNCEMENTS: RECURRING EVENTS**

### **MONDAYS**

• **7 p.m., Multigenerational Introduction to Yoga & Meditation:** This course will run weekly on Mondays at 7 p.m. on Zoom through the rest of the program year. Led by congregant Anne E., this all-ages program will introduce and explore a wide range of meditation techniques, combined with a yoga flow that will be adaptable for all ages and ability levels. Participants may log in to the classes as they are able on a weekly basis. Please direct questions to [dre@hunterdonuu.org](mailto:dre@hunterdonuu.org). ZOOM link: <https://tinyurl.com/FUUFHCyogameditation>; Meeting ID: 841 9862 5853; Passcode: 518049

### **WEDNESDAYS**

• **12:00 p.m.: Lunch Bunch:** For now, Lunch Bunch will continue to meet weekly on Zoom, perhaps with an occasional outdoor get-together if there is interest. All are welcome to drop in to chat and connect. We meet from noon to 1 p.m. on Wednesdays. Bring your lunch (if you like) and pull up a chair. If you want to join us here is the link: <https://tinyurl.com/FUUFHCLunch>. (Meeting ID: 839 9114 9601 Passcode: 344343)

### **THURSDAYS**

• **7:00 p.m., K-8 grade UU Kids Connect.** Beginning October 21, join UU kids from all over the NY, NJ, PA region every third Thursday of the month for a virtual gathering. Kids are invited to make new friends, as well as participate in joys and concerns, stories, games, show and tell, stuffed and live animal parades, and much more! Registration is free and ongoing: <https://tinyurl.com/uh5mfb8> (Dates: 1/20; 2/17; 3/17; 4/21; 5/19; 6/16)

### **SUNDAYS**

• **8:30 a.m.: Spirit Talk:** Join us each week for a discussion of different interesting topics. Link: <https://tinyurl.com/FUUFHCSpiTik> (Meeting ID: 880 1532 3694 Passcode: 466069)

• **10:30 a.m.: Multigenerational Service.** Directions for attendance via Zoom and in-person are available on the website at [hunterdonuu.org](http://hunterdonuu.org); no registration will be required. All COVID-19 protocols--masking and waiver completion--must be met for attendance; Zoom attendance will continue as before. Join us for coffee hour afterward in person or on the same link. Watch for announcements here and at our website: [www.hunterdonuu.org](http://www.hunterdonuu.org). Link: <https://tinyurl.com/FUUFHCSunSer>. (Meeting ID: 884 4072 1860 Passcode: 565194). [FUUFHC tech support at [techsupport@hunterdonuu.org](mailto:techsupport@hunterdonuu.org)]. Check the website [hunterdonuu.org](http://hunterdonuu.org) for up-to-date information about the topic.

• **11:00 to 11:30 a.m., K-8th grade Religious Exploration Chalice Circle.** Students are invited for their own fellowship and exploration during Sunday morning service into a separate Zoom room. We will build on the Wisdom & Wonder component from the main service and explore more about the topic, engage in arts & crafts, work with interactive web platforms, and play online games! Link: <https://tinyurl.com/FUUFHCchaliceCircle> (Meeting ID: 849 5446 3832 ; Passcode: 683996) [Dates: Feb 27; Mar 6; Mar 13; Mar 20; Mar 27; Apr 3; Apr 10; Apr 17; Apr 24; May 1; May 8; May 15; May 22; May 29; Jun 5; Jun 12; Jun 19, 2022 11:00 a.m.]

• **2:00 p.m., Multigenerational Second Sundays in the Park.** FUUFHC folks of all ages are invited to spend the second Sunday afternoon of each month together at the Frenchtown Borough Park on Creek Road. There is a playground, hiking trail, stream, picnic pavilion, and restaurants within walking distance. We will also be featuring different multigenerational social justice opportunities and activities each month. During cooler weather, families will be invited to dress appropriately for outdoor activities. If it's snowing, then kids can sled or play in the snow. We'll take it as it comes! COVID protocols apply.