Sunday Services during the summer are at 10:00 AM in our air-conditioned Parish Room.

Summer Services

Religious Resistance in the Spirit of 1776
Sunday, July 7, 10:00am, Parish Room
Led by: Phyllis Belk & Eric Orts

Our Declaration of Independence proclaims that “whenever any Form of Government becomes destructive of [our inalienable rights including Life, Liberty, and the Pursuit or Happiness], it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles.” In this patriotic spirit, how are we called by our religious principles to resist ongoing violations of basic rights by the government and other powers in our country?

Eric Orts has been a member of First Unitarian for more than 25 years, and he currently serves as Membership chair and in other roles. He’s a professor at Penn and has become increasingly concerned about the threat of modern tyranny in the United States and elsewhere.

Phyllis Belk, raised Catholic, has been UU for 47 years and is a former president of this congregation. A longtime activist since days of anti-war protests and campaigns for civil rights and women’s equity, she claims title of patriot and loves Fourth of July and won’t cede flag waving to right wingers.

Seeing Through Words and Sounds
Sunday, July 14, 10:00am, Parish Room
Led by: Crystal Mann

Join us for a morning of poetry and song about all things human and beyond.

Crystal is a seminary graduate & DMV native that loves to cook vegan food while her toddler, Josiah, dances to the beat of every song.

The Power of Sharing YOUR Story
Sunday, July 21, 10:00am, Sanctuary
Led by: Rev. Zemoria Brandon

We all have a story to tell. Each story is a unique representation of our personal growth through life’s challenges and lessons learned. What we may not realize is how the power of sharing our stories can reveal, heal, and transform us, as well as others. Join us for a time of story-telling through uplifting music, sacred dance, spoken word and poetry.

Rev. Zemoria Brandon has been a member of the First Unitarian Church since, September, 2011. She is an ordained interfaith minister, administrator/ social worker, Reiki Master, community advocate; mother and grandmother. Her interests focus on individuals and families living with sickle cell disease, interfaith projects and the African and Caribbean immigrant communities.
A Growth Mindset: How We Can Learn to Our Full Potential
Sunday, July 28, 10:00am, Parish Room
Led by: Stephen Oliver, Ed.D.
Join us as we explore moving from a "fixed mindset" (where we are concerned with how we will be judged), to a "growth mindset" (where we are concerned with improving personal qualities to be open to change). Together we will move towards fulfilling our potential!

Stephen Oliver, Ed.D. is professor of Human Resources Management and teaches at the University of Pennsylvania Graduate School of Nursing, the University of Virginia (online) and at Widener University (School of Business and Nursing). He has lived in Philadelphia for 20 plus years and is passionate about the City. Stephen has been coming to First Unitarian Church for a number of years, officially joining in April of 2016. He is a current Board member as Trustee at Large and is committed to the social justice mission of the First Unitarian Church of Philadelphia!

Are People Good?
Sunday, August 18, 10:00am, Parish Room
Led by: Phaedra Tinder
How do we square a desire to see the best in others with the harms we know people are capable of? What does "being a good person" even mean? This week we consider this tension and try to imagine what living with it might look like in practice.

Phaedra has been part of the First Unitarian Church community since moving to the Philadelphia area almost six years ago. Since then she has grown to love both. She is a mapmaker, grave gardener, and pie baker, a former glaciologist, and a current resident of West Philly.

The Multiverse and Chaos: A Scientific Spiritual Tool
Sunday, August 4, 10:00am, Parish Room
Led by: Amelia Wisniewski-Barker
How can we use multiverse and chaos theory to deepen our spiritual lives? Each of us and our choices drive the direction of the universe; every choice we make is significant, every decision can change the course of life. On the other hand, we are ultimately insignificant at the cosmic scale; no choice any of us can make will make or break the way existence unfolds. This service will explore how holding those two ideas simultaneously can offer us powerful spiritual tools for times of struggle and hardship.

Amelia Wisniewski-Barker is a lifelong UU, a queer outdoorswoman and (as best known in the First Unitarian Church community) a musician.

Questions of Faith
Sunday, August 11, 10:00am, Parish Room
Led by: Rev. Abbey Tennis
Rev. Abbey returns for a spontaneous, unscripted service to answer your questions on matters of spirituality and social justice. If you’d like to submit a question, please send it by Wednesday, August 7, to communications@philauu.org with “Questions of Faith” in the subject line. There will be a chance to ask questions during the service as well!

Blessing of the Animals
Sunday, August 25, 10:00am, Sanctuary
Led by: Rev. Abbey Tennis
Bring your (well-behaved and/or crated) pets to receive a blessing in this intergenerational service celebrating our relationships to the non-human community of life. Pictures of shy or departed pets, stuffed animals, or other symbolic animals are invited to receive a blessing too!

Improv as Spiritual Practice: Making It up as We Go
Sunday, September 1, 10:00am, Parish Room
Led by: David O'Connor
The rules that govern good improv play are worth exploring as a way to live in community with others. Let's play together and see what sticks!

At First Unitarian Church, David O'Connor is a worship associate, member of the Mission Vision team, an organizer of the Improv group, and probably best known as parent to Zach and Maddy. David is a founder and facilitator of Philly Agile Learning Community, a school for self-directed education. David came to Philly 16 years ago to earn an MFA in Directing from Temple University, and since has directed plays all over the city before finding ways to use theater and improv to improve community.
Welcome Newcomers!

Welcome to the First Unitarian Church of Philadelphia! We are an intentionally diverse religious community inspired by our historic urban ministry: we seek to be guided by the wisdom and experience of people of all genders, theologies, ages, abilities, colors, classes, and sexual orientations. We aim “to lead meaningful lives, to love one another without prejudice, and to build a just and sustainable world.” If this congregation has become a religious home for you, we encourage you to become a member. We invite you to join us as we move into our third century as a center of liberal religious thought and action in Philadelphia.

Let's Be in Touch!

Following each Sunday Service, we invite newcomers to join us during the Coffee Hour in our Parish Room for refreshments and conversation. While there, please fill out a Visitors' Form so we can keep in touch.

Membership

Have you been attending services regularly and find yourself in sympathy with the Principles of Unitarian Universalism and the goals of this congregation?

❖ Do you feel "at home" here with this group of people and wish to deepen your connections to them?
❖ Do you want to keep growing spiritually and intellectually—expanding your heart and mind?
❖ Would you like to find ways to offer service to the larger community and work to make the world a better place?

If you respond positively to these questions, we invite you to consider joining as a Member! First Unitarian Universalist Church is happy to have visitors and friends as part of our community, but our congregation really comes alive through the commitment of our Members. Please contact the Membership Ministry Team membership@philauu.org for more information! Those considering membership are encouraged to attend a UU & You and “Pathways” Class (which resume in the fall), but all who feel ready are welcome.

UU & You

Classes will resume in the fall
Contact: membership@philauu.org

Come to an informal informational gathering especially designed for those who want to know more about us and our liberal religious movement! This roughly hour-long get-together offers attendees an opportunity to get to know one another and this congregation better, and includes a quick tour of Unitarian Universalist history and the story of this congregation.

"Pathways" Class

Classes will resume in the fall
Contact: minister@philauu.org

Have you attended a UU & You meeting and are considering joining First Unitarian Church? Come join us for a more in-depth "Pathways" class! We will get to know other newcomers, discuss our spiritual paths and the meaning of membership, and learn more about the history and vision of this congregation and faith. Email membership@philauu.org with any questions!

Stewardship Campaign

Thanks to all who have already pledged—we are 90% of the way to our goal of $250,000, but still need $25,000! If you haven’t pledged yet, please do so now. Pledge brochures are available around the church, including in the pews. Mail in your pledge card, drop it in the plate when it passes on Sunday, or pledge online at philauu.org/donate
Upcoming Events & Programs

Young Adult Brunch
*Sunday, July 21 & August 18, following service*
Do you identify as a young adult (under 35-ish)? Then please join us for a low-key brunch and hang-out after Sunday service. We'll gather in the lobby after service ends, decide on a close-by place and go! Reach out to communications@philauu.org if you need financial assistance.

First U Improv
*Parish Room, Second and Fourth Tuesdays, 6pm - 8pm*
Contact: Jo at 408-636-8383, or David at 215-760-5782
Join us for a fun and free weekly community improvisation group! All ages/abilities and drop-ins welcome! Come take risks, be silly, and maybe try something new, all in a safe, supportive environment. Find us on Facebook: First U Improv.

Prayer Shawl Ministry
*First Sundays after service, July 7 & August 4, 2019, 11:30, Olympia Brown Room*
Contact: Aggie Rieger, arieger@wellesley.edu
The prayer shawl ministry is on a roll! In the Catholic tradition, prayer shawls are shawls or lap blankets thoughtfully created by congregants and blessed for people who are facing a physical health problem or emotional crisis. We will be meeting at least once this month (and every month in the future!) to share prayer/positive thought ideas, stitches/designs, and each other's company. You can also learn the basics of crochet at this meeting - no prior experience necessary! Knitters, crocheters, quilters, weavers, and all aspiring textile artists are welcome. Please bring any supplies that you would like to use for yourself or donate.

The Women's Book Discussion Group
*Monday, July 8 & August 5, 7:30pm*
Contact: Coordinator, Christine Carlson, 215-732-0308, or christine.carlson333@gmail.com
The Women's Book Discussion Group will be meeting at the home of Priscilla McDougall on
*Monday, July 8*. New group members are always welcome! Please contact Priscilla at pmcd200@icloud.com or (215) 925-3585 if you plan to attend. We will be discussing *The Radium Girls* by Kate Moore.

Our *August 5* selection is *The Land of Green Plums* by Herta Mueller. Please contact host Christine Lussier at christine.m.lussier@gmail.com or 610-306-4312.

If you have any questions or are interested in joining our group, please contact the coordinator Christine Carlson, or Ginny Beier at (215) 309-2636 or vhbeier@bep.upenn.edu

Architectural Tours of First Church
*Fourth Sundays of every Month*
Upcoming: *Sunday, July 28 & August 25, following service*
Contact: Richard Frey, richardfrey@dca.net
Join an informal tour designed to give you an understanding of the architecture and decoration of the church, designed in 1883 by Frank Furness. Tours will be 30-45 minute guided tours to all parts of our great historic building. All are welcome. Our guide will be Richard Frey, a professional guide who has been studying the church since he joined 37 years ago. Meet after the Sunday service, at the bust of Joseph Priestley, on the west wall near the organ.

Rummage Sale Revisited, September 28
Contact: Luana Goodwin, luanagoodwin@gmail.com, & Kitty Jauregui at moxyfemme@whoever.com
Our neighbor, the Lutheran Church of the Holy Communion, has invited us to team up for a Flea Market/Street Fair on Saturday, September 28, and we have agreed. This worked well for both of us a few years ago when it happened by coincidence. We will be accepting donations a week in advance of the sale. Give us your ideas and volunteer to make this fun and profitable for the church!
Ministry Teams

Sign Up to Usher for Summer Services

We are in need of ushers and greeters for the rest of the summer services. Please find the sign-up form on our website: philauu.org/ushers OR you may fill out a paper form in the lobby. Remember, Summer services begin at 10:00am!

Hospitality & Light Treats Needed!

Please bring cookies or some other light dessert for our Coffee Hour. Good coffee and something sweet encourages friendly conversation—and provides a special welcome for visitors!

Caring Ministry

If you or a loved one are experiencing a significant life transition, or if you have any cares or joys you wish to be lifted in congregational prayer, you are invited to email caring@philauu.org or call the church office at 215-563-3980 during the week to be in touch with Rev. Abbey and the Caring Ministry Team. Please stop by the Caring Ministry table at Coffee Hour to sign cards for members of our congregation.

Flowers

Celebrate, Honor and Beautify

www.philauu.org/flowers

Donating flowers is a great way to honor a loved one or celebrate a momentous occasion while simultaneously adding the beauty and color of flowers to our church services. When the service is finished, take the flowers home with you to enjoy. You may also include a special message about the person you're honoring or event you're celebrating which will be printed in the order of service and read during the sharing of joys and concerns. We're accepting flower reservations for the 2019 church year. The donation is $30.00. If interested, please visit www.philauu.org/flowers

Beacon Bits!

Updates on Church Building Projects

There are currently two major projects in process at First Unitarian Church: the Van Pelt Street Entrance Accessibility Project and the La Farge Window Restoration Project. The Accessibility Project has seen the railing permanently set and approved by Licenses and Inspections. The installation of the lift will hopefully be moving forward shortly, as we are currently awaiting information, permitting from two state agencies, and scheduling from a second contractor. The La Farge Window Task Force has selected a bid and we are now moving into contract negotiations with the conservation studio. If you have any questions, email Nic Tenaglia, Building Superintendent, at superintendent@philauu.org
THE FIRST UNITARIAN CHURCH OF PHILADELPHIA
A UNITARIAN UNIVERSALIST CONGREGATION

2125 Chestnut Street, Philadelphia, PA 19103
Church Office 215-563-3980
Office Hours 8:00 AM to 3:00 PM, Monday-Friday
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Minister
Rev. Abbey Tennis  Minister

Executive Staff
Norman Fouhy  Business Administrator
Nic Tenaglia  Building Superintendent

Program Staff
Hannah Capaldi  Minister for Faith Formation
Chase Castle  Music Director
Shelby Campbell  Nursery Director
Hye Sung Gehring  Administrative Assistant

Sextons
Jonathan Blount, Jim Devenney, Hye Sung Gehring

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