

# FREE FLOWING

WellSprings  
CONGREGATION

*A Community Charged Full With the Charge of the Soul*

Volume 6, Issue 3

A Quarterly Newsletter--Fall-2011

Starting September 11  
Two Sunday Services  
9:30 and 11:00 AM

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## Ken's Column

### Sabbatical In October



As I prepare for my upcoming October sabbatical, I want you to be aware of how WellSprings is prepared for the month when I'm away. Save for my absence, there won't be that much different about how WellSprings goes about its life. We'll continue to have two services each Sunday with YouthSpirit, small groups and fun and fellowship events throughout the week, and all of our teams will continue to pursue their ministries in the congregation.

You can find a comprehensive overview of the sabbatical month in the Sabbatical Guide. [Click here](#) to read it. (If you get a security pop-up window upon clicking on the link, we verify it is a safe site.)

I'll miss you and be thinking of you while I'm away during October. This will be by far the



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## Ken's Column Sabbatical In October (Cont'd)



longest I've been gone from the congregation since I started WellSprings. I'm sure there will be an adjustment for me, as I go through a little WellSprings withdrawal. (: I look forward to resuming my ministry with you on November 1st.

And of course, October is still a few weeks away, so I'm very excited for the post-Labor Day "rush" at the congregation. This Sunday we'll complement our normal WellCome Back Sunday practices with the message "The Intimate and The Ultimate Are Connected" in observation of the 10th Anniversary of September 11th.

I'm honored to serve you as WellSprings' minister.

May you live in blessing,

Rev. Ken Beldon, Lead Minister



## Contemplative Space

On Tuesday evenings, 5:30-6:30 pm, we gather for our weekly time for the community expression of contemplative practices in the conference room at our **Exton office**. You are invited to join us for a period of centering prayer, meditation, or whatever form of contemplative/meditative practice you prefer during this time dedicated to silence.

You are welcome to enter and leave the Contemplative Space at any time during this hour, and we only ask that you maintain silence. There will be no instruction during this time, so if you would like more information on contemplative practices, please contact the office. In addition, there will be opportunities to learn more about these spiritual practices in future Springboards.

Joining in the Contemplative Space we hope to experience, together in community, one of our WellSprings Core Values, "Gardens of Abundance and Joy: We believe that just as the caterpillar contains the seed of the butterfly yet to be, we have the potential for new life within each of us. We believe that this potential should be celebrated, cultivated, nurtured, and shared. Like a gardener who strives to create the right conditions for the garden to flourish, we strive to create the right conditions for spiritual growth."

Come and join us in our Contemplative Space!

## Springboards Small Groups Sounder

The fall Springboards, our small groups for spiritual growth, will begin October 10th. Quick and easy online registration will start September 25th. Stay tuned for more details!



“Things You Can’t Un-See.” That’s the name of a segment from a TV show, Web Soup, my son Jake watches regularly. In his case, it’s always a clip of teenagers doing or discovering something really, really gross--a visual that stays with you. I usually leave the room!

In the past several months, I’ve had conversations with both leaders and participants about their experiences in our small groups for spiritual growth, experiences that have changed them. In the best way, they can’t “un-see” what they have discovered about themselves, their spirituality, and who they are in the world.

Our Springboards go beyond getting to know each other, although that happens. We get to know each other, and then our connections with each other allow us to explore how we see the world, and ourselves in relationship. Mothers feel safe together sharing their experiences with judgment, and now find more compassion for themselves as well as for other mothers.

Our Springboards go beyond learning about something, although that happens. We use the topic as a new filter to view the world.



New artists learn to see shadows, and find themselves pulling the car over at dusk to marvel at the unfolding beauty.

Our Springboards go beyond teaching a new spiritual practice, although that happens. We learn to sit and be still, and then sit in silence together. We find ourselves stopping and taking a deep breath before reacting to difficult situations in anger.

At WellSprings, our reason for being is to motivate, sustain and celebrate our connection to the Divine, to the sacred, to ourselves and each other. Our small groups are one of places where this is offered. Please consider joining or leading a Springboard in the fall. You won’t be able to “un-see” what happens!

--Maria Jacobs



# The YouthSpirit Yodel Fall-2011

The late summer cool evenings and shortening days remind us that fall is just around the corner. It's a time of resurgence and renewed energy when school buses, backpacks and lunch boxes are in our midst and families are bustling to get back to school and plan fall activities. In the same way, YouthSpirit is excited to be getting back to WellSprings' kids regular fellowship time on September 18<sup>th</sup> and, even more delighted to offer four spiritual development programs for our growing families.

YouthSpirit Nursery and Pre-K, open from 9:30 am until Noon every Sunday starting September 11, is the fun place where babies, toddlers and pre-schoolers come together for fun and creative play with Ms. Magda and Ms. Harriet. There's music, games and creative activities all morning long to keep the kids happy and safe while parents enjoy Sunday service.

YouthSpirit Kindergarten and First Grade, Second and Third Grade, and Fourth and Fifth Grade groups join in fellowship this fall to journey together in "Celebrating Our Abundance." YouthSpirit Mentors and kids together create a place where our YouthSpirit kids can grow and, as Rev. Forrest Church wrote, experience "being grateful for all that is ours, here and now," lovingly and together, and explore a spiritual journey in gratitude for the gifts we have. "Celebrating Our Abundance" offers both traditional classroom and spiritual workshop experiences in the course of nineteen weeks, where our faith will come to life within our children's sacred community. Together, we'll journey into faith practice, and discover real ways to tap into and fill our kids' "God-shaped holes" and deepest yearnings.

Our YouthSpirit Sixth, Seventh and Eighth Grade group enters adventurously into their own virtual island designed just for middle school kids. "Spiritual Survivor" is about meeting today's challenges with the courage and integrity to make spiritually healthy choices. YouthSpirit Mentors and Spiritual Workshop Leaders create fun and



## First Friday in Phoenixville September 2, 2011



interactive experiences designed to tap into kids' capacity for soulful experience and "God-shaped holes" and share the necessary spiritual tools to survive in today's complex world. Week-to-week, we'll identify our own strengths, and set weekly goals that build toward acceptance where everyone stays on the virtual island. "Spiritual Survivor" promotes compassion, kindness, forgiveness, and courage in the face of peer pressure, test-stress and ever changing, readily available electronics.

YouthGroup, open to WellSprings kids in 8<sup>th</sup>-12<sup>th</sup> Grade, is gearing up to enjoy special fun and fellowship events and to join together in "SpiritFlix for Teens" once a month. We'll gather for Putt Putt and Pizza Party in September, Hershey Park in the Dark and YouthGroup at Temenos in October and enjoy a Holiday Cookie Bake in December. More about "SpiritFlix for Teens" appears in its own column in this issue of "Free Flowing."

Within the four discerned areas designed for kids' spiritual growth, YouthSpirit is committed this 2011-2012-program year to develop true and achievable faith practices with our kids. Did anyone ever ask you what it means to be Unitarian Universalist? Or, just ask you if you go to church, and what your church is about? You

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## The YouthSpirit Yodel Fall-2011 (Continued)

can bet our kids have similar experiences, and we wonder just what their answer might be. Each week this year, our Sunday YouthSpirit sessions will open with a regular ritual that is designed to give our kids simple language to define our faith, and we'll nurture regular spiritual practice through engaging in age-appropriate periods of stillness.

There are lots of good things in store in YouthSpirit this year and we're excited to offer a program where our children "feel the rapture of being alive" (Joseph Campbell). Join the fun and reach out to Becky McAndrews, YouthSpirit Director, at [becky@wellspringsuu.org](mailto:becky@wellspringsuu.org) or 610-280-3797 to learn more about WellSprings' YouthSpirit and YouthGroup.

### SPRITFLIX for TEENS

Helping our kids' transition from childhood to adolescence is central to healthy and whole spiritual growth. Recognizing the spirit and vitality of our kids as they grow up, WellSprings is offering more ways for our teens to be a significant part of our community and shared spiritual lives.

Starting in late September 2011, WellSprings YouthSpirit is delighted to offer "SpiritFlix for Teens" for YouthSpirit kids in 8<sup>th</sup>-12<sup>th</sup> Grade. We'll gather on the second Sunday of every month at YouthSpirit time of fellowship during the regular 11:00 am worship service and engage in fun and meaningful activities and discussions about popular Hollywood films produced for the teen and young adult. We'll offer an opportunity to view the film beforehand, gathering in fellow-



ship the Friday evening before for "Popcorn and Movie Night," and good old-fashioned fun.

In nine monthly gatherings, "SpiritFlix for Teens" explores fun films like "Forrest Gump" and "Avatar;" and we'll dive into the deeper, resonant meanings of movies like "Trevor" and "Lord of the Rings: The Fellowship of the Ring."

On the remaining Sundays, YouthGroup teens have choices on Sunday mornings to remain with the Congregation and hear the weekly message, or serve as a Peer Mentor in a YouthSpirit group with the younger kids.

YouthSpirit is growing up and excited about YouthGroup, a very special place for our teens to grow wholly and spiritually in fellowship and faith.

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*A Community  
Charged Full  
With the  
Charge of the Soul*

## Meet Our New Ministerial Intern

Hello! I am Greg, and I am humbled and grateful to be here at WellSprings as your student minister. I am a seminarian at our UU seminary, Meadville Lombard Theological School, in Chicago. My wife, Caroline, my two daughters – eleven-year-old Sydney, and nine-year-old Grace – and our two chocolate-lab-beagle dogs, Ely and Ricker, have moved here from Des Moines, Iowa.

I just counted it all up and found that, with this move to Pennsylvania, I have lived in seven states, eight cities, and sixteen addresses. (Which makes me feel a bit nomadic.) My original career track was as an architect. When our children were born, I left that practice to become a stay-at-home dad. It was during those years as a stay-at-home parent that I began to become involved with the First Unitarian Church of Des Moines, an engagement that would eventually call me into ministry.

When I am not studying, or worrying about how much studying I need to do, I love to spend time with my family. I love cooking. I enjoy movies and music. I make books - which is to say I am a “bookbinder” and not so much a “bookmaker.”

I am looking forward to getting to know all of you. I consider you all my teachers, my lab partners, and my spiritual guides and companions as I move along this journey, this “odd and wondrous calling.”



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## Thirty Days of Gratitude Returns This November

Starting November 1st, our month-long online gratitude practice starts up again at [thirtydaysofgratitude.com](http://thirtydaysofgratitude.com). This year there will be new content, new practices and new ways to connect gratitude to the daily heart of our spiritual lives. One new way to show our gratitude together in our local community is on Saturday November 19, “WellSprings Thirty Days of Gratitude Day of Service.” More information to come this fall about how you can get involved and sign up.



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*“Want what you have,  
Do what you can,  
And be who you are.”*

–Forrest Church

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## Caring Connection



Life has a way of challenging us at times. These challenges can be overwhelming. Caring Connection can offer help. If you find yourself in need of help during a troublesome time, please do not hesitate to contact one of our members. We can help with meals, providing rides, or just a shoulder to lean on.

We are also more than happy to celebrate the happy times too—so please let us know if a new little one will be joining your family.

Phyllis Ballester ([phylballester@hotmail.com](mailto:phylballester@hotmail.com))  
484-228-8262)

Rev. Ken ([ken@wellspringsuu.org](mailto:ken@wellspringsuu.org))

Caring Connection Team Members – Carol Klekotka, Carol Mantsch, Nan Robb, Carol Ruark, Page Buck, Sylvia Doyle, or Bryan Meyer.

--Phyllis Ballester

## Retreat Team

The retreat team is currently developing the Third Annual Silent Retreat, “Hearing What is Here.” It will be held October 21-22 at the Temenos Retreat Center outside of West Chester. This partially silent retreat consists of pre-readings, discussions, meditation, and yoga—offering times to be alone and in community. This is a truly special experience that is open to anyone who has begun a spiritual practice. Evaluations from past silent retreats have been glowing with participants eagerly awaiting this next retreat. Registration will open the end of August and is limited to 22, so you are encouraged to sign up early and give yourself this wonderful gift.

The team is also planning a retreat for January 28 at the quaint and cozy Farm House at Temenos. As we begin the New Year, many of us make resolutions related to improving our health, our spiritual practice or our general way of life. The January retreat focuses on something new to many of us, writing an ethical will. This day will help you explore and understand the concept and purpose of an ethical will. It will tie together readings and discussions about WellSprings’ Core Values and Beliefs. It will then help you think through the process of capturing and expressing those that influence the way you live your life and that you wish to share as a spiritual legacy for your family/friends.

The retreat team welcomes new members who want to participate in any or all aspects of designing and delivering a retreat. Even if you have only a few hours a year to offer, there is some aspect of the process you can help with. Contact any member for additional information: Marian Caroselli, Rachael Levitan, Andrea Tollison, John Mason, Brian Meyer, Linda Peduto.

--Marian Caroselli



## Ripples of Connection

*We believe that each of us yearns for connection with each other and with the Sacred. We are mindful of the choices we make and know that our freedom reaches its fulfillment in connection with others. Like a pebble dropped into a pool of water, we do not know how far the ripples of our actions may reach.*

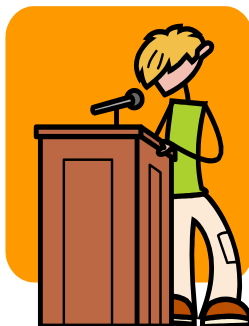
--from WellSprings Core Beliefs

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## Rev. Ken's Upcoming Message Series This Fall/Winter

September: The Blessings of  
Dis/Orientation

November: Increasing Your  
Spiritual Bandwidth



## Our Teams Team Leaders and Ministry Statements

### MANAGEMENT and STEWARDSHIP

Frank Zinni, Chris Chepel (Stewardship), Jim Riley, John Mason, Carol Mantsch

The Management and Stewardship Team provides strategic, forward-looking guidance and promotes wise stewardship of our congregational gifts. We are committed to listening to and hearing from the Lead Minister, the Leadership Springboard, and the members of our congregation in regularly evaluating the financial and management conditions of our congregation. Our ministry is to honestly evaluate where we are in the hope of courageously going where we are called to be.

### LEADERSHIP and SPIRITUAL DEVELOPMENT

Sharon Bader, Team Leader

The WellSprings Leadership and Spiritual Development Team believes that each of us has the potential for new life. We work to empower people to find and to live their true sense of calling. We identify opportunities and create pathways for individual and community spiritual growth. With humility and generosity of spirit, this team honestly evaluates where we are in the hope of going where we are called to be.

### YouthSpirit

Becky McAndrews, YouthSpirit Director

Deeply rooted in WellSprings' Core Values and Beliefs, YouthSpirit desires to nurture childhood and family spiritual awareness, growth, and maturity. A child's regular participation in a YouthSpirit group develops early practices of faith and spiritual consciousness that encourage the growing mind and heart to live with integrity every day and always.

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## Our Teams (Continued)

### Team Leaders and Ministry Statements

#### Hospitality

Kim Sabadish, Team Leader

The Hospitality Team embraces the belief that each of us yearns for connection with each other and with the Sacred. We are a community of deep listening, possessing the humility and the vulnerability necessary to make positive change. We welcome people to WellSprings with generosity of spirit, making way for others to find a place where they may live out what they do best and the world needs most. Through sharing our joy and deeper selves, we aspire to create an atmosphere where all who come might celebrate, cultivate, and be nurtured in their spiritual life by others in the WellSprings Congregation.

#### CARING CONNECTION

Phyllis Ballester, Team Leader

WellSprings Caring Connection affirms our connection and our interdependence. We encourage each other to live fully and love generously by both giving and receiving acts of kindness and service. Sharing our vulnerabilities and helping each other when we are in need nurtures our spiritual growth.

#### FUN and FELLOWSHIP

Linda Hughes, Team Leader

The WellSprings Fun and Fellowship Team believes in helping create relationships between us by gathering for the purpose of having fun. By planning varied activities that express the many diverse interests of our congregation, we hope to not only nurture personal connections among us, but lead to a deeper spiritual connection as well. These connections in turn help us define not only ourselves but also work to strengthen the entire WellSprings Congregation.

#### RETREATS

Marian Caroselli, Team Leader

The Retreat Team creates opportunities to explore our spiritual depths. Within this environment we discover and celebrate our gifts, cultivate our spiritual practice and foster our growth. Retreats are set in environments conducive to individual and group experience which may include: education, prayer, meditation reflection, discussion, yoga, the arts and holistic practices.



## I've Got a Great New Idea, Who Do I Talk To?

WellSprings is designed to help us give birth to our spiritual gifts, talents, and aspirations. Our DNA (values, beliefs, vision, and mission) is a seedbed from which our ministries together spring forth.

If you conceive an idea, a new Springboard—our small groups for spiritual growth—or sense a real need in our community where WellSprings could make a difference, here's what we invite you to do.

First, contact Ken ...or Becky if you have an idea related to YouthSpirit...or Maria if you have an idea for Springboards. Their initial question will be one of discernment—"Does this fit with our DNA, our core identity as a spiritual community?" If it does, their second question will be, "How can we help you bring this to life?" Maybe your idea will work with one of our existing Teams or Springboards. Maybe it will be something entirely new.

At WellSprings, we like to follow the call of new ideas into being and put them into practice. All we're waiting for is you!



## How WellSprings Works

WellSprings is a congregation of small groups. We currently have two types of small groups, Springboards and Teams. Springboards are our small groups for spiritual growth that are offered for 10-week sessions on a seasonal basis. Springboards are led by WellSprings members, staff, and participants based on their interest in the topic and their ability to commit to leading for the entire 10-week period. Springboards are open to all who attend WellSprings' services, and are organized by the Springboard Coordinator.

Teams are our small groups that are organized around providing specific services to the WellSprings community, including YouthSpirit, Hospitality, Ministry, Stewardship, Leadership and Spiritual Development, Fun and Fellowship, and Caring Connection. Teams are a longer-term commitment and team leaders must be members of the congregation and are discerned and appointed by the Lead Minister and the Leadership and Spiritual Development Team. Team leaders, in conjunction with the Lead Minister, are responsible for recruiting their team's membership.

The Lead Minister serves as the Chief Executive Officer of WellSprings and works collaboratively with the Team Leaders, YouthSpirit Director/Outreach, Springboard Coordinator, and Administrator to build programming based upon the congregation's beliefs, values, vision and mission. The Lead Minister is overseen by the Management Team, which provides the corporate structure for WellSprings, ensures that WellSprings retains its tax exempt status, and works collaboratively with the Lead Minister to set long-term strategy.

## WellSprings at the Montgomery School

Since January 2007, WellSprings has been meeting at the Montgomery School in Chester Springs. Their Bell Hall is a beautiful place for WellSprings to grow and fits our needs well.

There are two parking lots you can use on Sunday morning: the lower parking lot, which is on your right as you enter the property, and the upper parking lot, which is around the circular drive to the left as you enter. If you need easy accessibility and/or handicapped parking spaces, we recommend you use the upper parking lot, because that entrance has a flat entryway into Bell Hall and a ramp down into our worship space.

## Staff Schedules

As you may know, WellSprings has four employees on staff. Ken Beldon, our Lead Minister, and Carol Klekotka, our Office Administrator, are full time; Becky McAndrews, our YouthSpirit Director and Outreach Coordinator, is half time; and Maria Jacobs, our Springboards Coordinator, is quarter time.

Here are their schedules. All can be reached through our office phone 610-280-3797 and the ways listed below.

**Ken** is in our Exton office on Monday, Tuesday and Wednesdays. On Thursday, he is in his home office, writing his Sunday message. Friday is his day off. On Saturday he is often leading meetings, classes, or is representing WellSprings in the larger community. On Sundays you will find him in the pulpit. His cell is 215-913-9989 and email is [ken@wellspringsuu.org](mailto:ken@wellspringsuu.org). For pastoral emergencies, please call his cell.

**Becky** is in the office Monday and Tuesday. Her email is [becky@wellspringsuu.org](mailto:becky@wellspringsuu.org) and her cell is 610-659-8170.

**Maria** is in the office Tuesday afternoon. Her email is [maria@wellspringsuu.org](mailto:maria@wellspringsuu.org) and her cell is 610-308-2377.

**Carol** is in the office Monday – Friday (11:00 am–7:00 pm). Her email is [carol@wellspringsuu.org](mailto:carol@wellspringsuu.org) and her cell is 610-304-7342.

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## WellSprings Contacts

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**Maria Jacobs**, Springboard Coordinator:  
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