

On the Spiritual Side

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Caroline Oakes: Mind and Spirit De-stressing life transitions, a little awareness at a time

As glorious as the month of September generally is, it is also a time when many of us experience the poignancy of transition — not only in the natural seasons, but also in the seasons of our lives.

I know many parents with college-age children have been especially feeling this poignancy these last few weeks, along with perhaps a few other mixed emotions.

I feel a kind of empathy rise up inside of me when I see parents and their obviously budding undergrads out shopping together, trying to envision daily life in a new place —

“Do you need a desk lamp? What about a portable chair? Yes, you do need a laundry bag, actually.”

Of course, underneath the seemingly routine, quotidian planning around dormitory accommodations is a looming sort of “Unknown” for both parent and child as they make their way through relatively uncharted territory of what the future will bring.

I’ve learned it is that unknown component that can cause record-level arguments just prior to departure time.

At a college orientation I attend-

ed with one of my daughters, the school’s dean of students addressed this phenomenon head-on by posing a question to parents during her welcome speech:

“So, how many of you had a huge argument with your child sometime in the last week?”

Immediately there was a near-unanimous show of hands.

The dean then assured us how psychologically “normal, even predictable” pre-college arguments are in families.

“These kinds of blowups happen as a reaction to the ambivalence and

even abject fear around the upcoming transition for both the parent and the child,” she explained. “Unconsciously, we think having an argument will make the separation not hurt as much.”

I realized later that what the dean of students offered us that day was a kind of perennial wisdom for transitions of all kinds in our lives: We can try to notice (and guide our children in noticing) when we’re projecting our transition anxiety onto situations, and how that can snowball into big arguments.

By noticing this dynamic, we’re

more equipped to pull back a bit, maybe even keep our anger in check, and keep our comments from being hurtful and out-of-bounds.

After all, poignant life transitions are a part of every age — I remember kindergarten separation wasn’t easy, either!

Caroline Oakes, a Bucks County resident, has a master’s degree in Ascetical Theology and leads spiritual practice seminars and workshops in the Philadelphia region.

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ST. THOMAS GOSPEL CHOIR

Gospel choir

The St. Thomas Gospel Choir will lead the musical portion of the 11 a.m. Mass on Sunday, Sept. 21, at St. Martin of Tours Catholic Church, 1 Riverstone Circle, New Hope. The St. Thomas Gospel Choir of the African Episcopal Church of St. Thomas, in Philadelphia, describes itself as a “one-body, one-spirit, Christ-centered organization that uses their God-given talents of music as a ministry to spread the Gospel through song.” Call 215-862-5472 or email info@stmartinof-tours.org for information.

Zubaida Foundation denounces acts of violence

The Zubaida Foundation in Yardley recently sent out a statement, opposing acts of violence.

“We at Zubaida Foundation emphatically condemn the barbaric and terroristic acts. We find these behaviors to be un-Islamic and morally reprehensible,” the statement said.

It included a translation of a letter that Prophet Muhammad wrote to monks some 1,400 years ago, calling for Muslims to defend and respect Christians.

Established in 2005, the foundation is a nonprofit organization whose purpose is “to improve the spiritual, moral and social health of the community.”

It does so through congregational prayers, educational programs, social activities, interfaith dialogues and peace efforts of all faiths in conformity with the teachings of Islam.

“We believe all of us must counteract these acts by learning more about each other and coming together to learn from one

another,” said Syed Afzal, director of the foundation’s outreach and interfaith.

“We, along with Interfaith Community of Lower Bucks, are hosting several interfaith talks. The first set was very successful, may these next ones be even more so!

“We invite all to look into Islam and visit your local mosque, to talk with a Muslim, and to come to interfaith events. If you would like to learn more, call me (267-566-2018).”

Event aims to share message of peace with children

The second Yardley International Day of Peace takes place from noon to 6 p.m. Sunday, Sept. 21.

Families are encouraged to attend the free celebration in Buttonwood Park in downtown

Yardley. The event will feature a peace ceremony, including contributions from many different faith-based traditions and ethnic groups.

This year’s theme is “Sharing

the message with our Children,” and the program will feature an educational and interactive component for children.

The event is sponsored by the Khalsa Healing Arts and Yoga Studio, Solutions for Daily

Living, and the nonprofit Interfaith Community of Lower Bucks.

There will be a vegan pot-luck dinner and live music and dancing following the ceremony.

The ceremony will also feature

the ICBL presentation of the annual Al Krass Peace Award to Barbara Simmons, executive director of The Peace Center in Langhorne.

Contact events@khalsahealingarts.com or 215-321-0305.

HAPPENINGS

Darkaynu holds soul music service

Temple Bethel of Philadelphia and Darkaynu of Warrington offer a Jewish African American Shabbat Service at 7 p.m. Friday, Sept. 19, at Bux-Mont Unitarian Universalist Fellowship, 2040 Street Road, Warrington.

All are welcome to attend the unique Shabbat service with the fusion of Jewish liturgical and African American music. The temple also hosts a 5 p.m. service on Selichot Sunday, Sept. 21.

Call 267-528-7212 for information.

Community Bible study offered

Palisades Community Bible Church invites children ages 3 through 11 to its Awana Bible Club.

There is also a Youth Group for students in 6th through 8th grade and an adult Bible Study group.

Each night includes a hand-book time, teaching Bible verses; a game time; and a council time, teaching through age-appropriate lessons.

Awana Club, Junior High Youth Group, and the adult Bible Study are held on Sunday evenings from 5:30 to 7 p.m. Sept. 21 through April 19, at Palisades Middle School, 4710 Durham Road, Kintnersville. For information, call 610-847-2637 or visit awana.org or pcbchurch.com.

Discussion on urban Catholic schools set

The Archdiocese of Philadelphia, in conjunction with the Collegium Institute for Catholic Thought and Culture and the University of Pennsylvania’s Robert A. Fox Leadership Program, co-sponsor a discussion.

University of Notre Dame scholars Nicole Stelle Garnett and Margaret Bring talk about their new book, “Lost Classroom, Lost Community: Catholic Schools’ Importance in Urban America,” published by the University of Chicago Press.

The discussion takes place from 5:30 to 7 p.m. Thursday, Sept. 18, at the University of Pennsylvania, Newman Hall, 3720 Chestnut St., Philadelphia. For information, call 215-898-7575.

Temple Judea hosts Selichot study

Temple Judea of Bucks County, 38 Rogers Road, Furlong, holds a Selichot study session with dessert, followed by a candlelight service, at 7 p.m. Sept. 20. Call 215-348-5022 for information.

Wednesday is new Sunday at St. Philip’s

To meet the scheduling needs of as many people as possible, St. Philip’s Episcopal Church, New Hope, will offer a Eucharist service on Wednesday evenings, at 7 p.m., beginning

Sept. 24.

The Rev. Michael Ruk, pastor of St. Philip’s, will offer a simple, quiet, 30-minute service in the little church that was once a one-room schoolhouse, on River Road just outside the town of New Hope, at the corner of Chapel Road.

“Sundays are no longer able to be set aside,” he said. “Families have work commitments, and soccer games. Yet they may want to fit some church into their schedule at a less busy time.”

The services are open to the public. For information, call Father Michael directly at 215-862-5782, or e-mail Michael@stphilipsnewhope.org.

Selichot service at Kehilat HaNahar

Kehilat HaNahar, 85 W. Mechanic St., New Hope, holds Havdalah/Selichot Services followed by potluck dessert, at 8 p.m. Saturday, Sept. 20.

Peace Fair set for Buckingham

Bucks Quarter’s 15th annual Peace Fair takes place from 10:30 a.m. to 4 p.m. Saturday, Sept. 20, on the campus of Buckingham Friends Meeting and School, 5684 Old York Road, Lahaska.

Adults and children can learn how to promote peaceful relations, visit vendors, and enjoy musical entertainment, food, games, crafts, a used book sale and a bake sale. Visit peacefair.org.



Temple Judea of Bucks County, 38 Rogers Road, Furlong, will hold the following services for Rosh Hashanah and Yom Kippur.

At 7 p.m. Wednesday, Sept. 24, there will be an Erev Rosh Hashanah service. At 9:30 a.m. Thursday, Sept. 25, the first day Rosh Hashanah service takes place. Tickets for the latter service are available through the temple office.

Second day Rosh Hashanah services will be held at 10:30 a.m. Sept. 26, and tickets are not needed.

Yom Kippur services will be held at 7 p.m. Friday, Oct. 3, and 9:30 a.m. Saturday, Oct. 4. Tickets are available through the temple office. Tickets are not required for the afternoon program, which begins at 2 p.m., or for the concluding program.

For tickets and information, call 215-348-5022.

Darkaynu holds the following services for Rosh Hashanah and Yom Kippur at the Unitarian Universalist Bux-Mont Fellowship, 2040 Street Road, Warrington (just east of Route 611).

Eve Rosh Hashanah services are at 8 p.m. Wednesday, Sept. 24, and Rosh Hashanah services are at 10 a.m. Thursday, Sept. 25.

Kol Nidre, Eve Yom Kippur

services are at 7:30 p.m. Friday, Oct. 3; Yom Kippur services are at 10 a.m. Saturday, Oct. 4; Yizkor services are at 1 p.m. Oct. 4; and Ne’ilah is at 5:30 p.m. Oct. 4.

Break the fast following Ne’ilah services.

For information and tickets, contact 267-528-7212 or darkaynuourpath@yahoo.com.

Kehilat HaNahar, 85 W. Mechanic St., New Hope, holds the following services for Rosh Hashanah and Yom Kippur.

The Erev Rosh Hashanah Candlelighting and Service is set for 7 p.m. Wednesday, Sept. 24; Rosh Hashanah, Day 1 services are at 9 a.m. Thursday, Sept. 25, with Tashlich following services; on Rosh Hashanah, Day 2, Friday, Sept. 26, yoga is from 8:15 to 8:45 a.m.; meditation is from 8:50 to 9:20 a.m. and services begin at 9:45 a.m.

Kol Nidre services are 6:30 p.m. Friday, Oct. 3. (Arise early; doors will be closed for the Kol Nidre prayer.)

On Yom Kippur, Saturday, Oct. 4, services are at 9 a.m. (Yizkor will directly follow Torah Service.) Avodah is at 4 p.m.; Mincha is at 6 p.m.; Neilah is at 6:30 p.m., and Shofar Blowing is at 7:15 p.m.

Visit kehilatnahar.org for tickets and information.

15th Annual Peace Fair

Sat. September 20th

Peace Exhibits

Live Music

Children’s Activities

Craft Vendors

Food

10:30 AM to 4 PM

Buckingham Friends School and Meetinghouse

5084 Old York Road, Lahaska, Pa 19051

Just south of Peckler’s Village

www.peacefair.org

Worship Directory

SALEM UNITED CHURCH OF CHRIST

Sunday, September 21, 2014

The Rev. Dr. Tyson Frey, Sr., Pastor

9:30 Worship / Baptism / Sunday School
10:30 am Fellowship / Refreshments
Nursery Service Available

Faith@5 - Engaging Contemporary Worship Saturday at 5 pm
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