

FREE FLOWING

WellSprings
CONGREGATION

A Community Charged Full With the Charge of the Soul

Volume 5, Issue 1

A Quarterly Newsletter—Spring-2010

starting May 23
Sunday Services
Summer Hours
10:00 AM

**One Service on Sundays
Until September 12th**

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The Ecstasy and the Laundry

Dear Beloved Community,

As Robyn Evans reminded us at the opening of our Congregational Meeting on the 21st of February, quoting Jack Kornfield, "after the ecstasy comes the laundry." We on the Management Team are honored to share with you in both the ecstasy and the laundry that is our gathered and growing WellSprings Congregation.

At our last Congregational Meeting, we met to discuss the future of WellSprings. The room was filled with devoted people, dedicated to sharing in the future growth of our community. It was awe-inspiring to see so many people deeply committed to our community, a congregation that has been celebrating on Sundays for just three years. During the meeting, it was apparent how vital and valuable WellSprings has become to each of us. We are a community that is truly charged with the charge of the soul, and that charge was obvious in Bell Hall that afternoon.

The energy at the Congregational Meeting and the wonderful feedback we continue to receive has deepened our dedication as a Management Team and strengthened our collective vision. It has also deepened our personal growth and commitment in the spirit of service. For all of this, we find ourselves blessed and grateful.

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The Ecstasy and the Laundry (Continued)

We wanted to provide a quick update on developments since our meeting. After one month, a preliminary review of giving shows a marked and encouraging increase in average weekly giving, compared both to last March and to the more recent past (January and February, 2010). The most encouraging part of this news is that most of this increase comes from many of you making mindful and intentional changes to your weekly giving. It is wonderful to see how easy it can be to fill the bucket when many gather together to add their individual drops of water. Over the next several weeks, the Management Team will be working with other leaders at WellSprings – the Leadership and Spiritual Development Team, Reverend Ken, and other team leaders – to review our current budget and develop a detailed plan for our next fiscal year, which begins in July.

As we move forward with the budgeting process, we welcome, encourage and appreciate your feedback, questions and suggestions. Please feel free to reach out to any one of us on the Management Team: Carl Bader, Robyn Evans, Amy Silver O'Leary, Chris Chepel or Frank Zinni. As we have said many times over the past several years, "we are all in this together." It is our mission on the Management Team to ensure that WellSprings continues to thrive and prosper so that we can continue to offer a home for all people who are seeking spiritual fulfillment and a beloved community in which to flourish and find inspiration.

In keeping with our commitment to transparency, we are planning a Congregational Meeting for Sunday, May 23, following →

The Ecstasy...(Cont'd)

the 10:00 am service; we plan to update everyone on WellSprings' 2011 budget and our plans for the next fiscal year. As always, your suggestions for the meeting format and agenda are welcome.

Blessings from
Carl, Robyn, Amy, Chris and Frank

What Is Leadership and Spiritual Development?

The Leadership and Spiritual Development Team (or LSD) strives to provide pathways for spiritual growth throughout all elements of our congregational life. It is our mission to live out our spiritual DNA in everything we do, including our services, programming, and Springboards. We continually try to gauge the spiritual needs of the congregation and assess the developmental needs of our leaders in hopes of providing growth and fulfillment for all.

We hope to soon begin following up with newer members to discuss six-month spiritual growth plans and provide the opportunity for conversation, reflection, and discernment.



Ken's Column

My favorite definition of happiness comes from Tal Ben Shahar: happiness = pleasure + purpose. Simple, direct, and true. Happiness is meaning wedded to enjoyment.



Happiness is more than just pleasure. Nothing's wrong with feeling good, but if we equate happiness solely with the experience of what feels good, we start chasing or grasping only pleasurable experiences and deny ourselves the ability to learn from our growing pains, refusing to be *in* the moment, but living only *for* the moments that feel positive to us.

Happiness is more than just purpose, as well. As someone who's in the "purpose business," obviously I encourage the realization of depth and meaning in our lives. But the world doesn't need dedicated, but depressive, devotion or joyless saints. No matter how noble the reason, if our good toil isn't accompanied by some laughter now and again, the air soon goes out of our lives.

I see demonstration of the truth of happiness = pleasure + purpose in our life here in WellSprings. In another column in this newsletter (page 6), our Springboard Coordinator Maria Jacobs points to a study that reveals that deep talk, not small talk, is one of the secrets of happiness. Deep talk comes with trust, and few things build trust like common laughter and common joy. Happiness = pleasure + purpose.

So, in this season at WellSprings, this Spring season after a long, dark, cold winter, maybe add another item to your Spring cleaning

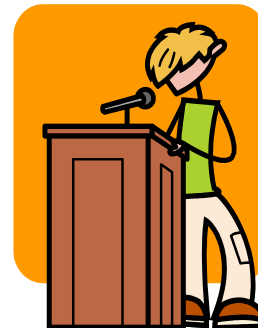
inventory: intentionally pursue happiness here. Engage meaningfully, allow yourself to be surprised by joy. Your happiness will add to all of ours.

May you live in blessing,

Rev. Ken Beldon, Lead Minister

Rev. Ken's Upcoming Message Series This Spring and Summer

- April and May: "FOUND: Spiritual Themes in TV's LOST"
- June and July: "Spiritual Cinema"



A Community Charged Full With the Charge of the Soul

◀ Stewardship Notes ▶

Special Contribution for Haiti Relief

WellSprings' offering for the week of January 18, 2010, was dedicated to responding to the earthquake in Haiti. Contributions of \$5,341 were sent to Partners in Health, an organization that has been on the ground in Haiti for over 20 years. Learn more about Partners in Health at <http://www.standwithhaiti.org/haiti>.

Contributions to The Clinic Exceed \$16,000 to Date!

WellSprings began dedicating the weekly offering to our community partner, the Clinic, in April 2009. Contributions to the Clinic through March 15, 2010, exceed \$16,000, including \$4,027 raised during the Christmas Eve offering to replenish the Clinic's "Social Conscience Fund." This fund provides for necessities beyond basic medical care for Clinic patients, such as obtaining healthy foods, paying electric bills or rent, and completing auto repairs that allow patients to continue working. The Clinic is located in Phoenixville and offers comprehensive medical care and wellness counseling to the uninsured and underinsured. Learn more about our community partner at <http://www.theclinicpa.org/>.

Giving to WellSprings

In addition to our collective contributions through our weekly offerings, WellSprings' approximately \$280,000 annual operating budget is funded primarily through the generous contributions of its members. There are several convenient ways to give:

1. Set up automatic recurring payments through our safe and secure website. You can easily take advantage of the ability to set up an online recurring payment on a weekly, bi-weekly, monthly, or quarterly basis. You will receive an e-mail when each transaction has been processed, and you can discontinue or change the recurring payments at any time. →

Stewardship Notes...(Cont'd)

Simply log onto the website with your user name and password – then click on the "Giving" tab and then "Give Now," and fill in your contribution information. Contact Carol Klekotka in the church office if you do not yet have a login.

2. Make a one-time donation through the website (same login as in #1).
3. Drop your contribution in the box on the back table before or after the service.
4. Send your contribution to the office. Our mailing address is **555 Exton Commons, Exton, PA 19341**. You may pick up addressed envelopes on the back table after services.
5. Set WellSprings up as a recurring payee with your bank. Most banks offer this service free of charge. Make checks payable to WellSprings and have them sent to the Office (see #4 above.)

Giving Statements

WellSprings is a 501(c)(3) tax exempt entity and all contributions are tax deductible. In January, all those who have made financial contributions to WellSprings in calendar year 2009 received a giving statement in the mail for tax purposes.

You may check your giving statement online anytime with your login ID and password at www.wellspringsuu.org. Contact Carol Klekotka if you need assistance logging in.

Questions?

If you have any questions about giving at WellSprings, please contact the Stewardship Team at stewardship@wellspringsuu.org.



The YouthSpirit Yodel Spring-2010

Spring has sprung with spirited welcome after a long winter's nap under the deep snow. As earthly elements warm and bring a season of change and growth, YouthSpirit thanks the winter mentoring team—Rachael Levitan, Kim Sabadish, Jason Ladd, Andrew Scullion, Erin Matthews, Michael Riley, Joe Cicchinelli, Tracy Jonassaint, Jim Riley, Karen Cicchinelli, Tonie Scullion, Karl Miller and Deb Soderland—for bringing their gifts to WellSprings' children from Kindergarten through 12th Grade during "Sharing Our Gifts." Through the quiet and still winter months, these mentors engaged the children to build an awareness of life sustaining, and life enriching needs outside of our own and to find a way to reach out with compassion and caring.

Spring is now the perfect atmosphere for YouthSpirit to stretch, breathe, and deepen awareness. We welcome the spring mentoring team: K-1st Grade mentors Gene Kiley and Be Young, 2nd-3rd Grade mentors Lynn Adler and Phyllis Ballester, 4th-5th Grade mentors Tiffany Edwards and Mick McAndrews, and 6th Grade-Teen mentors Kristen McDevitt and Andrea Tollison. For our Spring session, YouthSpirit classes are practicing "Listening to Our Lives," from the adult Springboard of the same name. Using age-appropriate stories and activities, each group is focused on the weekly themes of inspiration, giving and receiving, spiritual practice and what it means, beloved community, →



trouble and sadness, letting go and change, God and helping each other and ourselves. At the early Sunday service, all children gather in one place with Magda Rooney and Becky McAndrews for stories and activities that sustain the same experiences as the YouthSpirit classes that meet at 11:00AM. And, of course, we celebrated spring on Easter Sunday when Our Whole Lives 7th-9th Grade class took a break and joined YouthSpirit in the annual Easter egg hunt!

In Nursery and Pre-School, childcare is open from 9:00 AM – 12:15 PM for WellSprings families with children pre-school age and younger. Magda Rooney, assisted by a WellSprings member, provides nurturing care, playtime, stories, and activities in a comfortable and family-friendly setting.

YouthSpirit groups continue to grow, change and engage in fun, age-appropriate lessons with an element of spiritual awareness. A meaningful time of fellowship and friendship is open for children who come to WellSprings anytime throughout each season of the year.

As a community, WellSprings' members offer a variety of well-developed and practiced spiritual gifts, and YouthSpirit provides the means for adults to share their hearts' passions with our youth. WellSprings' members with an interest to serve as a YouthSpirit mentor, or assist in the nursery once a month, can contact Becky McAndrews, YouthSpirit Director (becky@wellspringsuu.org).

Join a Springboard and Become Happier

Year after year, we've heard from folks in our community about how much they love getting to know others in our small groups for spiritual growth. Springboards are at the heart of our congregational life here at WellSprings. Over the course of ten weeks we connect with each other, learn something new, go deeper in our spiritual explorations, and laugh together. It may seem obvious, but a new study, published in the *Journal of Psychological Science* and commented on in this [New York Times article](#), has found "that the happy life is social rather than solitary, and conversationally deep rather than superficial." We ALWAYS have deep conversations in our small groups! And the gift keeps on giving. One of the best things about Springboards after they are over is that when we walk into services on Sunday, we spend time celebrating with others in our beloved community who we really know, who care about us, and are happy to see us and welcome us with open arms—friends with whom we can share real "meaning of life conversations." So when sign-ups for our summer Springboards begin in June, jump in and find more happiness!



Fun and Fellowship Team

It's been a long winter, one filled with a record breaking amount of snow. Since we spent so much time indoors, we were blessed with the gift of quality time with our families. If your household is anything like mine, that's something that sometimes we find ourselves running short on. Now that we've deepened those ties, it's time to come back together with the members of our beloved community.

Our congregation continues to grow and new faces turn up every Sunday. Fun and Fellowship gatherings offer us an opportunity to stay connected. As Ken says during the service, hospitality is the basis of all we do. And that warm feeling that flows between us as we greet each other need not be confined to two hours every week. We can feel that same joy when we gather for good, old-fashioned fun.

The Fun and Fellowship Team is working to plan spring and summer events aimed at gathering us together. There will be the return of some past favorites like the Annual Picnic as well as the Phillies Night Out. Plus some new things like Ice Cream Sundaes. All the while, we will continue to hold the monthly Lunch after Recharging and Potlucks.

While the members who serve on the team work hard to come up with new and exciting ideas, we know that we can't think of everything. And that's where you come in. Maybe you have a passion that you'd like to share with the greater community, like Yoga or Rock Climbing. Perhaps you would like to host a gathering. Or maybe you feel called to serve with us. Whatever level of service is appealing, we'd love to hear from you. You can fill out the Connection Card, then drop in the hat as it passes or place it in the box on the back table.

We hope that we see many, if not all of you, participating in the upcoming planned events. Come out, have fun, and make a new friend or two.

Peace and Blessings, Tonie Scullion

Retreats

June Retreat—Nature and Spirituality

Take a step back from your frenetic life. Take a breath of fresh air.

Join fellow nature lovers at WellSprings' 4th retreat, "**Looking at the World in Different Ways: Macro to Micro.**" We will meet on **June 19th** at Hibernia Park to explore and appreciate the often overlooked sounds and beauty of nature. Through activities, discussions and nature journaling, we will explore the place of nature in our spiritual practice and take this next step in our spiritual journey together. This is a rain or shine event. Please bring appropriate clothing/gear. Fun will reign even in the rain.

For registration information sign the Connection Card on Sunday, or go directly to this link and register/pay (\$20) for the retreat:

https://secure.accessacs.com/access/nonmemberlogin.aspx?ReturnUrl=events%2fwz_people.aspx&ChurchID=3157&EventID=13098&sn=145778.

October Retreat—Silent

Our second annual Silent Retreat will be held at Temenos Retreat Center outside of West Chester the weekend of October 1-2. Those who attended last year found it to be a profound and peaceful experience, bringing a new dimension to their spiritual practice. Registration will be limited to 18 participants. Additional information will be available in late spring. →



Retreats...(Cont'd)

Men's Retreat—2011

Planning has begun for a WellSprings Men's Retreat to be held in the February/March 2011 time period. In order to develop the plan for the retreat and consider as many ideas as we can for what it will contain, a Men's Retreat Team is being formed to work on the project. Anyone that would be interested in joining the team, please contact John Mason at 610-547-4246 or jmm27@psu.edu.



Sunday Set Up and Support Team



The Sunday Set-up and Support Team believes in creating a welcoming environment to all who come to WellSprings. The team has gone through a transition this year with a new leader and new members joining the ranks. The team is responsible for providing a space for people to explore the events going on at WellSprings, as well as provide a space for fellowship after service. Our goal is to create an atmosphere that allows people to feel charged full with the charge of the soul.

Blessings, Rachael Levitan

Hospitality Team

You might think WellSprings' Hospitality Team is simply about greeting people Sunday mornings, handing out orders of service and saying hello. What we try to do is more than that. We try to connect with people, both visitors and long-term members, in a way that opens opportunities for community.

As we welcome more and more people into WellSprings, we realize it becomes more difficult for us to know every single person. When we began, it was easy to know everyone. Now, the challenge is to help everyone coming through the door get connected to others through social events like pot luck dinners or canoeing..., and through participation in Springboards where participating for ten weeks with a group encourages and establishes personal connections.

Everyone at WellSprings is in some way part of the Hospitality Team, and we witness this every Sunday and at other events. You can do your thing by walking up to someone you don't know and letting them know they are welcome. Ask if they enjoyed the service. Share a little story of your own about what is meaningful to you about being part of WellSprings. And invite them back.

We don't have to worry about more people coming to our services. We just need to make room for all who wish to share in our spiritual community and help them find a way to get what we got when we walked through the door.

Namaste and peace be with you,
Carole Hovis



Our Teams Team Leaders and Ministry Statements

MANAGEMENT and STEWARDSHIP

Carl Bader (President), Chris Chepel (Stewardship), Frank Zinni, Robyn Evans, Amy O'Leary

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

Carole Hovis, 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

Marianne Mallon, 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

Tonie Scullion, 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, 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, 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. For pastoral emergencies, please call his cell.

Becky is in the office Monday and Friday. Her cell is 610-659-8170 and her email is becky@wellspringsuu.org.

Maria is in the office Monday afternoon. Her cell is 610-308-2377 and her email is maria@wellspringsuu.org.

Carol is in the office Monday – Friday. Her cell is 610-304-7342 and her email is carol@wellspringsuu.org.

WellSprings Contacts

OFFICE/MAILING ADDRESS

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Maria Jacobs, Springboard Coordinator:
maria@wellspringsuu.org

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