

East Suburban Unitarian Universalist Church



Sunday Services - 10:30 AM
Religious Education - 10:30 AM

Telephone
(724) 327-5872

*Now in our new home at
4326 Sardis Road, Murrysville!*

Website
<http://www.esuuc.org>

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Editor, Andy Manhardt
newsletter@esuuc.org

ESUUC Monthly Forums

The forums have been changed to the 2nd and 4th Sundays of the month. If anyone has a topic that they would like to have discussed, please contact a member of the forum planning committee.

Sunday, October 12, 9-10 AM - "Don't Ask, Don't Tell"

We will have a discussion of "Don't ask, Don't tell" policies in the military and in companies.

Sunday, October 26, 9-10 AM. "Election Discussion"

We will have an open discussion of the issues and candidates involved in the upcoming election in November. Please come and share your information with the rest of us.

Sunday, November 9, 9-10 AM "The Patriot Act"

The Patriot Act, passed to improve our safety and security in the face of the threat of terrorism has been very controversial, with many civil libertarians claiming that sections of the law infringe on our basic freedoms as Americans. The administration is now proposing additions to the act to give law enforcement even more power to investigate potential terrorism while others are advocating the repeal of certain provisions of the law. We will examine these issues in our discussion.

ESUUC Sunday Services

Sunday, October 5, 10:30 AM - "Saying 'I Do'- Gay or Straight"

For the past year our Welcoming Congregation Committee has been studying issues of inclusion of gay, lesbian, bisexual and transgendered persons in the church, with the goal of creating a fully welcoming environment here at ESUUC. Dr. Waun was asked to present this program exploring the idea of "gay marriage" in our culture. It happens to coincide with local International Gandhi Day events. Sunday School teachers will also be dedicated on this Sunday.

Sunday, October 12, 10:30 AM- "Coming Out"

Join us for a fascinating program, where Dr. Rita Drapkin, a Professor in the Center for Counseling & Psychology at IUP discusses secrets, and a panel shares their personal coming out experiences. Take this opportunity to learn more about National Coming Out Day, Oct. 11th!

Sunday, October 19, 10:30 AM- “ Five Faces of Fear”

Fear activates our body, mind, and emotions to solve problems either constructively or destructively. Learn how to recognize and respond to fear with a life enhancing reaction that increases interpersonal harmony and expands spiritual awareness. Dr. William Culp is a Licensed Psychologist and Certified Transpersonal Psychologist..

Sunday, October 26, 10:30 AM

Healthy Disagreements: How to Encourage Diverse Opinions Without Attacks or Avoidance.

Too often differences of opinion cause unhappy situations, such as personal attacks, entrenchment, or one party simply "giving in" and then resenting the outcome. This discussion will focus on ways to assert differing opinions forcefully, while maintaining the dignity and goodwill of all involved. This results in the full expression of ideas, decision-making based on merit, and maintenance of healthy relationships.

Sunday, November 2, 10:30 AM- "Bring a Friend Sunday”

For updates on programs, or questions, check www.esuuc.org, or call (724) 327-5872

Religious Education News

RE Schedules for October:

Nursery:

Oct 5 Irene Begg
Oct 12 Gayle Pamerleau
Oct 19 Kate Zingarelli
Oct 26 Mary Kukura-Straw
Nov 2 Irene Begg
Nov 9 Kate Zingarelli

Lower Elementary:

Oct 5 A Time for Forgiveness - Yom Kippur - Marianne Jew
Kids will attend the first part of the service today
Oct 12 A Time for Worship - Shabbat and Sabbath - Kathy Begg
Oct 19 A Time for Harvest - Sukkot - Kathy Ruffing
Oct 26 A Time for Learning - Simhat Torah - Lew Ruffing
Nov 2 A Time for Heroes - All Saints Day - Marianne Jew
Children will attend the first part of the service today
Nov 9 A Time to Remember Those Who Have died - All souls Day - Kathy Begg

Upper Elementary:

Oct 5 Introducing Travel in Time, Part 2 - Maria Luczkow
Kids will attend the first part of the service today
Oct 12 The Time Machine - Part 1 - Karen Katilius
Oct 19 The Time Machine -Part 1 - Karen Katilius
Oct 26 The Time Machine - Part 2 - Dan Begg
Nov 2 The Time Machine - Part 2 - Dan Begg
Kids will attend the first part of the service today
Nov 9 - Back to the Beginning - Maria Luczkow

Middle School:

Oct 5 What is Religious? Part 1 - Leona Dunnett

Kids will attend the first part of the service today

Oct 12 What is Religious? Part 2 - Leona Dunnett

Oct 19 Middle School Class will attend the service today

Oct 26 What Faiths do We Want to Learn About? Part 1 - Ken Noble

Nov 2 What Faiths do We Want to Learn About? Part 2 - Ken Noble

Kids will attend the first part of the service today

Nov 9 Exploration of a Chosen Faith - Cathy Servanti

RE News:

We had our opening day of RE classes on Sept 21. One of the most gratifying things for us as Directors is to see the program grow, and grow it has! When we purchased this church a year and a half ago we had 6 kids who attended Sunday school regularly. Last year that number grew to 15. This year, as of Sept 21, we had 33 children registered in the program!!! That is fantastic! Let's hope the pattern continues next year too!

On October 17 and 18 we will be having a camp out and ceremony for the kids involved in the Coming of Age ceremony. The entire event will be taking place at the church. If you happen to drive by on the 17th and see us, please send your good wishes.

We will have a movie night sometime in October, but the date has not been finalized as of newsletter deadline. We will make announcements during service and send out an e-mail when this is firmed up. The movie this month will be "Billie Elliott", as per the request of the Welcoming Congregation committee. Please let us know your suggestions for future movie nights - we don't have any planned right now, but maybe the Second Lord of the Rings movie?? .

Stay tuned for future RE events. We plan to do a lot this year.

Kathy and Dan Begg

RE Directors

New Member Recognition - November 2

We are excited to be a vital, growing congregation in the eastern suburbs! Joining the church is as easy as signing the membership book, indicating a commitment to participate in our community of faith and to support it with our talents and gifts. From time to time we introduce those persons who have most recently signed the membership book by recognizing them in worship. The next time we plan to do this is on Sunday, November 2. If you have been considering joining our church, you may wish to chat with the pastor Rev. Renee Waun, Commissioned Lay Leader Nancy Fitzgerald, a greeter or a Board member. They can give you more information, answer your questions, or show you where the membership book is kept. We hope you will consider making East Suburban UUC your church home.

Bring a Friend - Sunday, November 2

Please think of a friend who may be interested in knowing more about Unitarian Universalism. Mention to that friend that your church is having a special program for newcomers, then bring them along on Sunday, November 2. We are making careful plans to welcome folks who may not know about this "uncommon denomination". We will have several greeters on hand that day. We will have a visitor friendly program. We will recognize our newest members. We will have displays and photos showing who we are and what we do. We will have special refreshments. It will be a great time to bring in folks you think would love to know more about us. This is the Sunday set aside especially for them. Ask early so they will set the date aside. And....thanks. Personal invitation is proven to be the most effective way for a church to grow. Your part in this is critical.

ESUUC Work Event Announcement

The Building and Facilities Committee, which subsumes the Aesthetics Committee, the Landscaping Committee, the Building Maintenance Committee, and the Signs and Symbols Committee, would like to invite all ESUUC members and friends to participate in a Work Event at our church. The dates are Saturday, October 11th and Sunday, October 12th. The rain dates for the outside work are Saturday October 25th and Sunday October 26th.

The outside work that we would like to do includes:

- Parking lot maintenance
- Roof inspection and minor repair
- Landscaping – prepare for winter, etc
- Repair/replace attic door, and secure with lock
- Paint where needed
- Other stuff TBD

The inside work consists of:

- Cleanout/reorganize closets/storage space in the large RE room, the furnace room, and the kitchen
- Touch up painting (and more, if we're ambitious)
- Hang white board (that's now in the furnace room)
- Other stuff TBD

Most of this work can be done in any order. The exception is the parking lot maintenance. It would be a good idea to finish with that early on so that we can provide parking space for the throngs of people who will be coming to help us on those days (unless you don't mind parking across the road over by the dogs). So, we've scheduled that to begin at 8:30 AM. Probably two hours should be enough time to move some gravel around.

So, by around 10:30 AM, others can show up to pitch in. Of course, people can come and go as schedules permit. We're still trying to decide if we should make this into a food event – for a pot luck lunch. (That could be fun.)

The Aesthetics Committee, chaired by Jane Longdon, will be coordinating the work that the Aesthetics Committee would like to do. The Landscaping Committee, with Sue Mallick at the chair, will coordinate the landscaping work. And I will be working with the Building Maintenance Committee to coordinating the work not covered by the other committees. Please contact these folks if you would like to work on a particular project. Otherwise, please just come when you can, and we'll find something for you to work on. Hope to see y'all there.

Thanks,

Lew Ruffing, Building and Facilities Chairperson

Join the Choir!

Do you enjoy singing? Would you like to be part of small but mighty band of enthusiastic singers? Consider joining the choir. We practice about an hour before services on the first Sunday of every month, sometimes also on the third and/or fifth Sundays, as announced. If you would like to participate, just come. Or...if you would like to chat with someone about this, you may call **Rev. Waun** at 412-731-2834 or **Marylyn Devlin** at 412-372-6113.

Murrysville Summer Celebration

Thanks to everyone who made our booth at the Murrysville Summer Celebration a Success!!!

Much fun was had by all at the Murrysville Summer Celebration and it only rained a little bit. The kids from the neighborhood made over 100 macaroni necklaces. Our new banner looked great too! Special thanks goes to Laurie Montgomery for carting around the tables and chairs and setting and cleaning up; to Kathy Begg for setting up and Kate Codd-Palmer for cleaning up; and Kathy, Kate, Maureen McHugh, Sue Mallick and Marianne Jew for hanging out at the booth and making necklaces with the kids. Thanks also to everyone who stopped by the booth to lend support and spend a few minutes chatting.

We're looking forward to next year. Maybe it'll even be sunny.

Tai Chi at Church!

The cover article from last week's edition of Time magazine documented the health benefits of regular meditation; tai chi was listed as a movement meditation, and is also an exceptional self defense system. We have one of the best tai chi instructors in the world paying us rent to conduct beginner classes in our church building every week! New classes will begin Saturday evenings at 6PM in September, and we hope to have a free introductory session in early September. Call or contact Gerard Katilius for any questions or for instructor contact information. (724) 327-6321, karenlgerard@aol.com

Adult Drumming Circle

Please join us at 7:30PM in the Sanctuary on Sunday **October 12th at 7:30** for the drumming circle as we welcome in the Fall season. We drum for peace, love and fun!! We have extra drums for those who would like to try drumming. It's a relaxed, fun atmosphere! call Karen Katilius for any questions or to reserve a spot or drum. (724) 327-6321, karenlgerard@aol.com.

Welcoming Congregation

Our next meeting will be Sunday, October 5, 12:30 pm, at the church.

We'd like to have a Halloween costume party Saturday, November 1 and are looking for volunteers to coordinate the event, decorate, etc. If interested, please contact Chris Priano or Gerard Katilius.

Board Meeting

The ESUUC Board meeting will be held **October 2 at 7:15 PM**. All members are welcome to attend board Meetings.



Pastor's Column

by Rev. Renee Waun

October 5- A Special Invitation by Renee Waun

October always reminds me of emancipation. First there is **International Gandhi Day** (Oct. 2) which helps me to think about nonviolent principles and actions that many groups have used to gain freedom of some kind. Then there is **National Coming Out Day** (Oct. 11) which gets me thinking about all the folks of differing sexual orientations who may or may not feel free to be out at home, school or work. Later in the month there is **United Nations Day**, honoring the association of countries who work together for freedom, justice and world peace. Then, around Halloween time comes the **UNICEF** emphasis, looking to free little children from the pain of hunger and illness.

I want to especially draw your attention to Gandhi's birthday. It is the occasion for our church to join hands and hearts with our friends from the **Monroeville Interfaith Ministerium** (MIM) to reflect together on the principles and actions that have freed people and will continue to free people around the world.

On Sunday, October 5 we will gather at the Boyce Campus auditorium of CCAC from 7-9pm for an enlightening and educational event planned by an interfaith committee which includes Rev. Waun. There will be an opening by an elderly Hindu man who knew Mahatma Gandhi personally, then a **keynote speaker, K.L. Seshagiri Rao, Ph.D.**, Professor of Comparative Religion and Gandhian Scholar (his topic is "*Religious Pluralism and the Message of Mahatma Gandhi*"). An **interfaith panel moderated by Rev. Waun** will respond then invite questions from the audience. The program will end with words of blessing from three faith traditions.

This is an excellent opportunity to show our solidarity and appreciation for the diversity in the eastern suburbs, and to meet and greet folks who are as eager to learn about liberating principles as we are. Please join us.

Rev. Waun Nominated For Award

This past summer Rev. Waun had the honor of being nominated for the "Voice in the Wilderness" Award. It was part of the Witness Our Welcome (WOW) national convention, an ecumenical gathering of hundreds of people from about seven denominations who are working to make their national churches more inclusive of sexual minorities. The Voice in the Wilderness Award nominees are persons who have lived and worked in conservative areas of the country and have spoken out on behalf of gay, lesbian, bisexual and transgender issues, sometimes putting themselves at risk with their church hierarchies. The nomination of Rev. Waun recognized her advocacy during the time when she was a feminist, liberal pastor in the United Methodist Church. Here are excerpts from the printed program: "*...for 18 years she was in active ministry with the GLBT community. As a lonely but persistent voice in the region, people on both sides repeatedly relied on her to make the witness for inclusion. For many years she convened the Reconciling Task Force, sponsoring several events to open people's minds...Renee recounts some of her ministry experiences with GLBT persons in her book, "More Than Welcome"*". The winner of the award was United Methodist Bishop Wilke.



As the remnants of Hurricane Isabel pass through the area, it's a good time to reflect on the forces of nature. Each of us is a part of nature - it's intriguing that hurricanes are named after people! Makes one think of gods and goddesses - those, too, were named after people, and often represented a particular aspect of nature, or human emotion.

Even with our sophisticated weather prediction computers, and advanced building techniques, many people's houses and even lives were at risk this week from Isabel - no wonder ancient peoples named, respected and prayed to them!

What is the difference between praying to "one god", and "praying" to a particular aspect of the world we experience? Semantics!

Another interesting aspect of forces of nature is their duality - two dimensions. The destructive power of a hurricane is legend, but do you know the benefits hurricanes bring? They are the key way water is brought from the tropics to more northern latitudes, plus it is nature's way of rapidly replenishing low water tables!

It is good to consider the dual aspects of all forces. We should work at changing things to become better, but keep in mind the Zen saying "humans arise from nature, and get along most effectively by collaborating with nature, rather than trying to master it."

Have a great month!

International Gandhi Day Observance

We will be part of International Gandhi Day Observance, sponsored by Monroeville Interfaith Ministerium on October 5.

International Gandhi Day falls on October 2 and will be observed by the Monroeville Interfaith Ministerium of which we are a part. MIM is a gathering of 11 different faith groups, including Jewish, Moslem, Ba'hai, Hindu, Jain, Sikh, Orthodox, Protestant, Unitarian Universalist, and Roman Catholic. We have planned an interfaith program from 7-8:30pm at the Community College of Allegheny College, Boyce Park Campus. The program will include a keynote speaker on the subject of Gandhi's influence, plus a multifaith panel response, Q and A time with the audience and closing prayers.

Pittsburgh Interfaith Impact Network Public Action Meeting Oct. 9

The next PIIN public action meeting will be held on Thursday, Oct. 9 at the Monumental Baptist Church in Pittsburgh. At our February 20 Public Action meeting we had nearly 1000 people including several from our congregation, calling on public officials for commitments in specific areas. We succeeded in gaining some concessions and are using Oct. 9 as an accountability follow-up to these actions, to report on progress and to make sure the public officials are still on track with our negotiated projects. We are expecting at least 500 people to come to this meeting, so we hope that several people from ESUUC will want to car pool over.

- How have city officials provided for proper reporting of Police Department information to the public?
- What resources are being directed to our distressed urban core and inner suburbs?
- How much closer are we to providing first class education to ALL the children of the Pittsburgh region?
- How can we empower ourselves and our communities?

PIIN's Task Forces will present the status of these issues and other urgent questions of equity and justice in our communities. We will hold public officials and other community leaders accountable for the commitments they made to the people of the Pittsburgh region at PIIN's first public meeting in Feb 2003.

Please contact Nancy Fitzgerald 412-731-2994 or Renee Waun 412-731-2834 for details. More information will be forthcoming. ESUUC has been a member of the grassroots community organization PIIN for three years.

CROP Walk, Sunday, October 19

Help CROP Stop Hunger at the CROP Walk, October 19. Some of you have heard about the CROP Walk. It happens every October throughout the country as an action step churches can take to help alleviate world hunger. It's very easy. Walkers take pledges from their local congregations, collecting the money when the walk is completed. Seventy-five percent of the money collected goes toward global hunger, the rest goes to local food banks.

CROP Walks are organized in almost every community. Our CROP Walk sponsor is the Murrysville Ministerium, to which Rev. Waun belongs. Walkers will gather for registration at the Murrysville United Methodist Church on Sunday, October 19 between 12:30 and 1:30pm, with step off at 1:30pm. The route goes along Old Route 22 as well as Tarr Hollow Road, a distance of 4 1/2 miles, ending at the Calvary Lutheran Church.

The CROP Walk itself is a wonderful social event, bringing together folks of all ages from many different congregations in our community. It is especially fun for children and youth, as many do participate.

Rev. Waun is hoping to have some individuals and families walking this year. If you are interested, please contact her at 412-731-2834. She has 10 pledge forms, but if we have more than ten volunteers, we can share the forms.

Please help CROP stop hunger!

Introduction to Wilderness Survival

Sunday October 19, 2003 1-4 p.m.

During this experiential workshop, participants will be actively engaged in the physical and awareness skills of wilderness survival. Together we will explore our place with in nature and discovery ways to connect more deeply with ourselves, with others, and the world in which we live.

Please phone to pre-register at 724-733-1971. Families are welcome; an adult must accompany children under 11.

Fee: Individual \$20

Family \$35

Refreshments

"Coffee and Conversation" is an integral part of Sundays at ESUUC. This time honored ritual takes place after every Sunday service and consists of coffee and other beverages, as well as a snack. Snacks are provided by congregational members and friends on a rotating basis, and the list of names is posted in each monthly newsletter. The duties of the assigned refreshment person(s) include setting up the coffee and hot water for tea and cocoa, setting out plates, cups, napkins, plastic cutlery and the food, as well as cleaning up when everyone is finished.

Oct. 5 - Gayle Pamerleau

Oct. 12 - Chris Priano

Oct. 19 - George Ratliff

Oct. 26 - Kathy and Lew Ruffing

If the Sunday assigned to you is inconvenient, please try to switch with another person on the list. Feel free to call me with questions. Maria Luczkow (724) 327-3352.

AUUC "Down Under" Coffee House

You are invited to attend the Down Under Coffeehouse on **Saturday, October 18 from 7:30-9:30** to hear the music of Brad Yoder. Brad has been accurately described as one of the area's more interesting and prolific songwriters. The Down Under Coffeehouse is held the third Saturday of every month in the basement of the Allegheny Unitarian Universalist Church, 416 West North Ave, North Side Suggested donation is \$5.00. Call 412-322-4261 or see <http://www.trfn.org/auuc> for more details.

The purpose of the Coffee House is to raise funds to sustain, maintain and renovate the church, as well as to offer a welcoming community meeting place where local performers can enjoy and be enjoyed within an intimate coffee house setting. The coffee house utilizes AUUC's newly renovated downstairs "Founder's Room". Coffee is free to all. Baked goods and soda will be for sale.

Newsletter Deadlines

The newsletter deadline for the November Newsletter will be Oct 19, etc. Please Email me with your articles at manhardt@adelphia.net or call me at (412) 373-3668 church and leave a message with your news, stories, and other information.

Andy Manhardt, editor

Calendar

(Sunday Services are listed on the first page)

Wednesday, October 1	Monroeville Interfaith Ministerium Meeting at the Church (see article)
Sunday, October 5th	International Ghandi Day Observance 7:00 to 8:30 PM at CCAC, Boyce campus (see article)
Thursday, October 9	Pittsburgh Interfaith Impact Network, Public Action Meeting (see article)
Saturday October 18	"Dow Under" coffee house – 7:30 to 9:30 PM, Allegheny UU church (see article)
Sunday, October 19	Crop Walk (See Article for details)
Sunday, October 19	Introduction to Wilderness Survival 1-4 p.m. (see article)