

# *East Suburban Unitarian Universalist Church*



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

*Telephone*  
**(724) 327-5872**

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

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## *ESUUC Sunday Services*

**Sunday, November 6, 10:30am-** *“Are You Awake?”* If you have had a chance to learn a bit about Buddhism, you will know that awakening is a key concept. What does it mean to be awake? How do we find our truth? How do we maneuver when others sometimes want to be in charge of our truth—or vice versa? **Dr. Waun**’s reflections are meant to help us in our own awakening. We will also have a Child Dedication on this day.

**Sunday, November 13, 10:30am-** *“Global Warming”* - The UUA General Assembly voted in 2004 to make global warming the Study/Action Issue for the next two years. Join **Michael Mendik, Jerry Lilly,** and **George Ratliff** in a program covering this topic.

**Sunday, November 20, 10:30am-** *“Cross-Cultural Understanding of Islam”* --**Riffat Chughtai** will explain how the philosophy of Islam has changed over the years geographically, and how it has come to a crossroads within the Muslim World. Riffat came to the U. S. from Pakistan in 1981 and is President of Phyzbiz Inc, a Healthcare Information Technology Company. She also teaches Islamic Studies at the Sunday School of the Muslim Community Center in Monroeville.

**Sunday, November 27, 10:30am-** *“Inter-Generational Service Project”* – Join the **ESUUC RE students and Youth Group** in making hats, scarves, and mittens for our neighbors who may need some help warming up this winter. Completed items will be donated to Westmoreland County Children's and Youth Services. Please bring portable sewing machines, if you have any, as well as rotary cutters and mats.

**Sunday, December 4, 10:30am-** *“Of Pandas, People and Plausibility”*-We have been seeing a lot of polarity between the creationists and the evolutionists in the current debate about “intelligent design”. How do we make sense out of the arguments as UUs? What is the appropriate response by the courts? What is at stake here? **Dr. Waun** will take a look at this timely and controversial topic.



## *Pastor's Column:*

*by Rev. Renee Waun*

## *Our UU Connections*

Our congregation is getting more and more invitations to join with other UUs for meaningful events and opportunities to be visible and make a difference. The UUs United for Faith in Action (UUs from the five Pittsburgh area congregations) have been busy taking part in parades, programs, public actions and presentations. They also staffed a display table at the recent Spiritual Day Out for GLBTQ concerns where 150 people were in attendance.

On November 5 and 6 we have a chance to gather for some outstanding programming provided by the area clergy and top name national speakers and preachers Forrest Church and Mark Belletini (see related article *UU Palooza*).

Soon our new interim District Executive the Rev. Tom Chulac will be coming to meet folks in our area. Tom comes with a strong sense of vision and re-designing for the Ohio Meadville District, of which we are a part, and we look forward to dialoguing with him about this.

Then we continue to attract persons who are interested in our summer 2006 Transylvania trip where we will enlarge our UU connection to include villages in Romania and Hungary.

It is a good feeling to know that we are connected in so many ways at these levels to other, like-minded people who share our values and principles. It makes work at the congregational level seem even more important, seen in the context of a larger vision.

See you in church!



## *mUUsings from the President:*

*by Maureen McHugh*

## *Celebrate Community, Celebrate the Season*

We are blessed by being here together.

All religious communities celebrate both the Harvest and the winter season. We are blessed in that we can choose to join in a variety of such rituals, customs and celebrations. In November, we can join our neighbors in giving thanks for the harvest. I like to attend the ecumenical Thanksgiving service of the Monroeville Interfaith Ministerium. Celebrated on a weekday evening before thanksgiving, the service typically attracts a disproportionate number of ESUUC members as our denomination encourages such explorations to a greater extent than do other churches. Maybe I will see you there this year!

The earth-based traditions celebrate the seasons of the earth and they cycle of life. In the wheel of the year, we are settling in for the dark and cold of winter. Like other religious communities, we will begin to prepare to celebrate Light in midwinter. Here at ESUUC we will build an outdoor light labyrinth and hold meditation and rituals in it throughout the Holiday Season. Solstice, Christmas, Hanukkah—each of these celebrations is a midwinter festival of lights. These activities are outlined in other articles in this newsletter.

Another UU approach to the Holidays is to celebrate the seasons “simply.” Over the past decade I have attended numerous Sunday UU programs that encouraged me to celebrate family and community at this time of year, and to not get caught up in the materialistic and commercialized aspects of Christmas. I think it is a good idea to spend more time in valued activities with family and friends, and less time and money shopping for presents. However, I also think there is value in sending greetings to friends-- some with whom I have a lasting bond, but who I rarely see, others here in the Pittsburgh area who I especially value this time of year. And I like to give gifts to express affection and appreciation to friends and family. So I prefer the reduced and intentional consumption approach. I try to cut down on the time and money I spend shopping. I take seriously the advice that my checkbook should be an indication and a reflection of my values. I try to make generous contributions to community agencies that are working for social justice or serving the community. I try to make some gifts. I also spend my money as if it were votes. I never vote for Walmart, and rarely for Target, Kohl’s or Penney’s. Rather, I consume products that support local and international artists, and gifts that represent the human spirit of creativity. For example, shopping at One Thousand Villages in Squirrel Hill supports art co-operatives around the globe. Similar networks can be found online. To assist you in such efforts, we are offering for sale a selection of “alternative” greeting cards and peace calendars for sale after services each Sunday in November. The cards are from the Syracuse Cultural workers and include multicultural, global, peace, and eco images. We will also be featuring an artist exhibit and market on Sunday, November 13 after church (12:15- 3:15). Each of these activities is seen as furthering the mission of our congregation, while at the same time raising some funds for our other activities.

Please consider spending some of your holiday time and money here at ESUUC.

### *Split the (Collection) Plate*

Split the Plate Collection for November: Westmoreland County Foodbank

Our Split the Plate Collection is program is in full swing. In September, we collected \$550 dollars from the collection plate and an additional \$400 in individual contributions for Hurricane Katrina Relief. In October, we have been collecting money for the Blackburn Center. For November, half of the money from the Sunday collection will go to support the Westmoreland County Foodbank (<http://www.wcfb.net/index1.htm>). These collections will coordinate with other programs at ESUUC during the month of November, such as a volunteer day at the Food Bank and Stone Soup Sunday.

Thanks to everyone who has been contributing to these efforts for helping ESUUC become a positive, more visible, force in the Community. If you have any questions, please contact Cathy Serventi at [treasurer@esuuc.org](mailto:treasurer@esuuc.org) or at (724) 387-1155.

### *Have you ever thought about volunteering in RE?*

#### *- Children's Chapel*

If you have ever thought about volunteering in the RE program, this could be your perfect opportunity! Children's Chapel is the first Sunday of most months. The kids start out in the congregation, then move to the community room for their own Chapel. All grade levels participate. We have been following a format similar to the format we use in the greater congregation, and have a 'template' available to make it easier - plus lots of resources. We need volunteers to help lead these kid-friendly worship services - and would love to bring the diversity of our congregation in to share. If you are interested, please let Kathy or Dan know. We can be reached at [REdirector@esuuc.org](mailto:REdirector@esuuc.org), or in person on Sundays.

## *ESUUC Seasonal Greeting Cards – on sale*

We will be selling cards with our own tapestry images after church each Sunday in November. We will also offer for sale cards distributed by the Syracuse Cultural Workers. These cards are earth friendly and produced by union labor. The cards offer multicultural, international, global, and eco images and messages. These are welcome alternatives to commercial and traditional Holiday cards. In addition to forwarding our agenda for global and multicultural understanding and peace, these cards are a fund-raiser. We will also have a limited number of peace calendars and posters. Please stop by our table and consider purchasing some cards. To volunteer to help with the card sale table, please call or email Maureen McHugh [mcmchugh@IUP.edu](mailto:mcmchugh@IUP.edu).

## *Choir and Music Notes*

We have a wonderful choir that is small but growing. Would you like to join us? We sing in the service about once every month, with practice **at 9:30am**, before the service on that same Sunday. Our next appearance will be on Sunday, **November 6**. If you are interested or would like more information, please contact Dr. Waun [revmom@pitt.edu](mailto:revmom@pitt.edu) 412-731-2834.

MUSICIANS are invited to contact Brian Ogle our Music Director [brianwilliamogle@yahoo.com](mailto:brianwilliamogle@yahoo.com) 724-387-1190. We would like to find people who play a variety of instruments, or who sing and would find it rewarding to do so during an occasional service.

## *Visit Transylvania*

It's time for UU Heritage Trip registrations! We continue to receive registrations for our UU Heritage Trip to Transylvania. Note that in order to get the price that was quoted to us, we need to have trip deposits of \$300 per person by the end of October. Registrations can be made after that, but the price of the airfares will go up considerably, so get your name on the list before the deadline. It's going to be a great trip with fellow UUs, so why not jump in with both feet and join the adventure! See flyer at the end of this newsletter, and see the September newsletter or pick up a brochure in the church foyer for more details.

## *Do You Have a Sewing Machine?*

On November 27, we will work together as a congregation during Sunday service time to complete the Service Project begun by our RE students in October. We plan to make hats, scarves, and (hopefully) mittens out of fleece that will be donated to Westmoreland County Children's and Youth Services. To support this project, we need to borrow sewing machines on Sunday, November 27. Does anyone have a machine they can bring to church on those days?!!! We are also looking for rotary cutters and mats. We have fleece, but are still in need of elastic and other notions. Please contact [RE@esuuc.org](mailto:RE@esuuc.org) or phone Kate Begg if you can help out.

## *Support SSN when Shopping Amazon.com*

The STRAIGHT SPOUSE NETWORK is for straight spouse or partners, current or former, of gay, lesbian, bi-sexual or transgender mates with the mission to reach out, heal and build bridges. Whenever you buy anything through Amazon online AND access it from the homepage of [www.straightspouse.org](http://www.straightspouse.org), SSN will receive a small percentage donation automatically. Get the habit side door habit and expand support to those who often go into the closet at the time their loved ones are coming out. Nancy F. who facilitates a Pittsburgh straight spouse group thanks you!

Go to [www.staightspouse.org](http://www.staightspouse.org) to get to Amazon.com!

## *"Eastern Religions" Exhibit at IUP*

An exhibit entitled "Eastern Religions Come to Western Pennsylvania" is being shown all semester in the Sutton Hall Museum and in Kipp Art Gallery at Indiana University of PA (IUP).

## *Yummy Pie Sale*

It is time for the Allegheny Unitarian Universalist Church's annual Thanksgiving *yummy pie* sale! Please order online at [www.alleghenyuu.org](http://www.alleghenyuu.org) by November 13th. Each *yummy pie* costs only \$10.

For all who wish to help our less fortunate neighbors, we also accept orders for pies that the church will donate on your behalf to someone in need. Since pies freeze well, consider getting a few extra to pop in the freezer for those holiday gatherings next month too.

There are two types of *yummy pie* this year:

- Heavenly Sweet Potato Pie
- Yum Yum Pumpkin Pie

*Yummy pies* may be picked up at any of the Unitarian Universalist churches in the Pittsburgh area on Sunday November 20th.

Order online at [www.alleghenyuu.org](http://www.alleghenyuu.org) Payments by check can be made out to Allegheny Unitarian Universalist Church and sent to the attention of Yummy Pie Sale, 1110 Resaca Ave. Pittsburgh, PA 15212 or pay by cash and checks when you pick up your pies. Questions about the Yummy Pie Sale can be directed to Linda Deafenbaugh 412-915-6382 or email: [piesale@alleghenyuu.org](mailto:piesale@alleghenyuu.org)

## *Kids' Halloween Costume Party*

**Date:** Saturday October 29, 2005 at church

**Time:** 5:30 to 8:30PM

**Ages:** 4 and older

Activities: *pizza, snacks, costume parade, games, crafts*

Cost is \$5 per child.

Cost is \$2 per parent for those staying and sharing in the pizza.

Sign up in the community room.

Parents interested in helping the night of the party can call Kate Codd-Palmer at 724-325-3903

## *Teen (and pre-Teen) Book Club*

The book club for teens (and pre-teens) is newly founded and would like to gain more members. Our first meeting will be held on **Thursday, November 3 at 7 pm** in the cafe' part of Borders bookstore in Monroeville. Our first book is "Redwall" by Brian Jacques. Hope to see you there! If you have any questions, contact: [REdirector@esuuc.org](mailto:REdirector@esuuc.org)

## *Attend UU Palooza: "A Vision for our World"*

Two extraordinarily gifted and nationally known UU "stars" are coming to Pittsburgh **November 4-6**, and we are all invited to join in a weekend of UU meeting, sharing, worship and inspiration, plus the installation of the new minister at Allegheny UU Church, the Rev. David McFarland. This is the first event of this kind ever in Pittsburgh.

The two “stars” of the weekend are:

-the **Rev. Dr. Forrest Church**, senior pastor for 27 years of All Souls UU Church in Manhattan, who authored the book *Our Chosen Faith* and dozens of other theological and historical books and articles and

-the **Rev. Dr. Mark Belletini**, social justice advocate and senior pastor at the First UU Church of Columbus Ohio who chaired the committee that edited our hymnal, *Singing the Living Tradition*.

Schedule:      Friday, November 4, Allegheny UU  
                         Reception for North Side guests

Saturday, November 5, First Unitarian Church of Pittsburgh  
Cluster Events for All Area UUs

Noon to 1:00pm- Lunch for all area UU leaders

1:00-2:00pm- Forrest Church and Mark Belletini, panel

2:15-3:15pm- Small groups continue the conversation

3:30-5:00pm-Major Presentation by Church and Belletini:

“UU Values: A Vision for Our World”, with Q and A

5:00-6:15pm- Dinner

6:60-7:00pm-Hymn Sing

7:00-8:30pm Worship, Forrest Church preaching

Sunday, November 6, Allegheny UU Church

2:00pm- Installation of Rev. David McFarland as Minister

Mark Belletini preaching

We would like to have East Suburban Church well represented on the Saturday and Sunday activities, as this really is a marvelous opportunity to see and hear the best of UU national leadership in our midst.

Please plan to come. Use the registration form at the end of this newsletter to indicate which events you will be attending. Carpools can be arranged.

### *Movie Night*

Our next movie night will be on **Friday, Nov. 4**. Doors open at **7:30 pm** and we'll show the movie at **8 pm**.

Feel free to bring snacks. Adults are welcome to bring adult beverages. Kids can bring sleeping bags and pillows if they'd like.

For November we have two movies. This first, for the adults, is "**Crash**". This movie carries an R rating and is 113 minutes long.

A Brentwood housewife and her DA husband. A Persian store owner. Two police detectives who are also lovers. An African-American television director and his wife. A Mexican locksmith. Two car-jackers. A rookie con. A middle-aged Korean couple.

They all live in Los Angeles. And during the next 36 hours, they will all collide.

"If you haven't done so already go see the movie "Crash".

The title may not be great but the movie is. It's about how we crash into each other in life. It's about how, just as the Course in Miracles says, everything boomerangs. It's about how what goes around comes around. It's about how all of our choices bring interesting results our way. It's about how hitting bottom can bring you back up again. It's about

prejudice and it's devastating consequence. There are 3 clear miracles in the movie on the order of what ACIM means by a miracle, namely the change of mind that someone must go through in order to start seeing things more clearly."

For the kids we are planning to show "**The Point**" - a great movie for everyone! (I love it!) This movie is 74 minutes long. We will show some short cartoons to fill in while the adult movie is still running.

The animated tale about the round-headed child, Oblio, born into a world where everything and everyone has a point, and his faithful dog Arrow, narrated by Ringo Starr and featuring the Harry Nilsson song "Me and My Arrow."

Singer/songwriter Harry Nilsson wrote and produced this touching animated tale in 1971, and contributed some classic songs for the soundtrack. The soft Liverpudlian lilt of ex-Beatle Ringo Starr narrates the tale, telling the story of Oblio: A sad outcast from the village of "Point." largely eschewed by the local villagers due to his round head. The adventures of Oblio and his trusty sidekick dog Arrow subsequently take shape in the "Pointless Forest," a wonderland filled with colorful characters and some enchanting secrets.

Hope to see you all there!

### *Family Drumming Circle*

Saturday, **November 12 at 4:00 pm** - Come one, come all and join in the FUN! Drum along with other people of ALL ages and ability levels. Bring your drums or use ours - we have plenty to share. Snack foods are welcome, too. Your kids will LOVE it and you will, too!

### *Artists Marketplace*

Please join us for an "Artist Marketplace" **Sunday, November 13, 2005, 12:30-3:30 pm** following services at ESUUC. Featuring the work of Local artists, including

Sandy Kephardt, fabric artist &  
Darlene Richardson, FIMO artist

### *Drumming Circle*

Sunday, **November 13 at 7:30 pm** - Drum, chant, meditate and groove with new and old friends as we relax and rejuvenate in the power of creating music together. No experience necessary and no skill required. Bring your drums or use ours. Why not give it a try? If you just can't get enough drumming, check out the drumming events at [www.thegreenbough.com](http://www.thegreenbough.com).

### *"Arts in the Autumn" Festival – North Hills UU*

**FREE admission to arts and entertainment Friday, Nov. 11 through Sunday, Nov. 13!**  
*Exhibit of ORIGINAL ART with live MUSIC, crafts for KIDS, and good FOOD.*

The art exhibit opens Friday, Nov. 11, at 1:00 p.m. at the Unitarian Universalist Church in Ingomar. Located at 2359 West Ingomar Rd., the church is not visible from the street, so look for our sign. Come and "Meet the Artists" on Friday evening from 7:00 to 9:00 p.m.

On Saturday, Nov. 12, the art exhibit is open from 10 a.m. to 10 p.m. with crafts for kids during the day. At 1:00 p.m. "The Good Company Players" will play music on recorders (wooden flutes of the medieval period). At 3:00 p.m. Maurice Rickard will perform music for belly dancing from his latest CD, "Music for Dance", electronically altered ukulele and guitar sounds that are both rhythmic and reflective, and we will

be treated to belly dancing by Baya. At 5:00 p.m. Saturday the Greater Harmony Chorus of "Sweet Adelines" will sing those wonderful old barbershop songs. Saturday evening the Carl Arter Quartet will play jazz in a relaxed cabaret atmosphere from 8:00 to 10:00 p.m.

On Sunday, Nov. 13, the art exhibit is open from 12:00 noon to 5:00 p.m. At noon Todd Mussman, the 2004 Guitarmageddon district champion, will perform on his unusual 8-string guitar, simultaneously handling both the bass and lead in his own creations from his new CD "File Under Jazz". Caricatures will be drawn by "toonbrian" from 12:15 to 4:15 p.m. At 3:00 p.m. Ballet Baroque will perform. If you saw them in Offenbach's "Gaiete Parisienne" at last year's "Arts in the Autumn" Festival, you won't want to miss this!

Check the North Hills UU church website, [www.uucnh.org](http://www.uucnh.org), or call 412-366-0244 for more information.

### *Wal-Mart: The High Cost of Low Price*

Come find out why Wal-Mart needs to be held accountable for unjust practices that impoverish workers and threaten communities. The controversial new film, *Wal-Mart: The High Cost of Low Price*, by director and producer Robert Greenwald (*Outfoxed* and *Uncovered: the War on Iraq*), will debut in Pittsburgh in November as part of Wal-Mart Premiere Week, an unprecedented grassroots effort that will see over 3,000 screenings across the nation from November 13-19, 2005.

We will have a special movie night on **Friday, Nov. 18**, to air this movie in conjunction with UU churches across the country. The ESUUC showing will be at **8 pm**, followed by talk-back discussion. (Doors open at 7:30). Please join us for this very special event.

The film takes the viewer on a deeply personal journey into the every day lives of families struggling to fight against a Goliath. From a small business owner in Missouri to a preacher in California, from workers in Florida to a poet in Mexico, dozens of film crews on three continents bring the story of an assault on families and American values. Current and former employees, managers and executives will tell all about the corporation's inner-workings. *Wal-Mart* is based on individual human beings, all over the world, at all levels of society, telling their story in very personal terms.

UUs United for Faith in Action (UUUFIA) is concurrently hosting a public showing on November 18 at First Unitarian Church in Shady Side, which will include a brief presentation by two local groups and a discussion about the effect Wal-Mart is having on Pittsburgh and the entire nation. The event at First Church is open to the media. You can get additional information from <http://www.walmartmovie.com/find.php>. This listing includes the other screenings in Pittsburgh on other evenings.

### *ESUUC Volunteers at the Food Bank*

Date: **Saturday November 19, 2005**

Time: **9am (sharp) until 12 noon**

Place: Westmoreland County Food Bank

100 Devonshire Drive, Delmont, PA 15626

Sign Up: in the community room

Age: due to safety concerns and OSHA regulations, volunteers must be a minimum of 14 years of age.



Ever wonder where our donated canned goods and money go from Stone Soup Sunday? Consider helping out at ESUUC volunteer day at the Westmoreland County Food Bank to find out. We will be helping to sort, repack and label grocery products for senior citizens in need.

Dress in layers and wear clothes suitable for warehouse work. Oh yeah, just in case you might be a sandal wearer in the winter, no open-toed shoes are permitted! Hope to see you! We had lots of fun last year and for a bit of advice....the pudding is the hardest to pack.

Directions:

Travel east on Route 22 through Murrysville into Delmont.

You will pass a McDonald's on the left and a movie theater on the right.

You will come to a light where there is a Giant Eagle Get Go Gas station on the left—this is Cloverleaf Rd.

Make a right on Cloverleaf Rd.

Travel a short distance

Make a left on Devonshire Drive (you will see a sign for the Westmoreland County Food Bank)

Park in the rear parking lot

### *Stone Soup Lunch*

**Sunday November 20th** immediately following service is our traditional Stone Soup Lunch. It is an opportunity to enjoy friendship and conversation while eating a mysteriously delicious bowl of soup.

Please bring something already chopped to add to the pot of soup. The soup will simmer while service is being held. Some suggestions are: potatoes, noodles, carrots, onions, carrots—whatever you think would be a tasty addition to the pot. In an attempt to share a “simple” meal together the soup stocks will be vegetarian. Please do not bring meat to add to the pot.

**Items will also be collected this Sunday for donation to the Westmoreland County Food Bank emergency pantry.** Some suggestions include: peanut butter (in plastic containers), tuna, soap, deodorant, shampoo, and canned goods. There will be a box inside the front entrance of church for your donations.

If you have any questions call Kate Codd-Palmer (724) 325-3903. See you for lunch on November 20th!

### *“Jesus Christ Superstar”*

Our December movie night will feature “Jesus Christ Superstar”. Date will be either **Friday December 2** or **December 9**. Keep your eyes open for updates!

### *Labyrinth Creation and Meditation – Dec 3*

December is a month of many holidays including Bodhi day, Our Lady of Guadalupe, Saint Lucia, the Winter Solstice, Hanukah, and Christmas. Many of these are based around light. In preparation for a series of mediations, celebrations and other ESUUC events celebrating the importance of light in mid winter, we will conduct a labyrinth workshop and create an outdoor light labyrinth, on **Saturday, December 3**. The workshop will be held **12:00 to 4:30**, followed by light refreshments. We will conduct our first lit meditation that evening after dark (**5:30?**). Maureen McHugh is facilitating this event. She has attended workshops on labyrinth and labyrinth construction, and she previously created a labyrinth for ESUUC. We hope to enlist the help of an additional speaker and expert. Please sign up to participate at the church, or email Maureen at [mcmchugh@IUP.edu](mailto:mcmchugh@IUP.edu).

**PLEASE SAVE PLASTIC HALF-GALLON JUGS (from milk or juice) and bring them to church for the labyrinth construction.**

### *Adult RE Series: "Unraveling the Gender Knot"*

"Unraveling the Gender Knot", a new course in our adult RE program, continues this month. This adult education series is held from **7:00 to 9:00 pm** Monday evenings, snacks provided. For more course details, see the details in the October newsletter, and/or contact Maureen McHugh ([mcmchugh@IUP.edu](mailto:mcmchugh@IUP.edu)), 724-733-3620, or Gerard Katilius ([KarenLGerard@aol.com](mailto:KarenLGerard@aol.com)), 724-327-6321.

### *Sunday Refreshments*

A time-honored tradition among Unitarian Churches is to gather for "social hour" immediately following Sunday service. At ESUUC we gather in the community room for coffee, juice, something tasty to eat and spirited conversation. It is a wonderful opportunity to catch up with old friends and meet some new friends at church. Each member is asked to take a turn throughout the year providing, serving and cleaning up refreshments. With everyone taking a turn it is usually once a year that we are called upon. The schedule tends to go alphabetically so you can get a rough idea when your name may come up.

Don't worry if you are not a cook---store-bought treats work quite well. There is a "guide to setting up refreshments" posted in the kitchen and at the end of the September 2005 newsletter. If this is your first time you may want to review it a couple of weeks before you take your turn to get an idea of the flow. If you have any questions or are daunted by the thought of serving refreshments, please call Kate Codd-Palmer at (724) 325-3903. Don't think she will let you off the hook, however, we all seem to like to eat.

The refreshment table is located in the far corner of the community room. This area also serves as a religious education room for the children during service. You may consider preparing the table before service starts, so the children are not interrupted during class time. There is also a cart in the kitchen that can be used to place food items on and be wheeled into the community room after service.

### *Refreshments Roster*

If the week you are assigned doesn't work with your schedule, please switch with someone else for that month.

Nov 6	Nancy Fitzgerald
Nov 13	Susan Goodis/Matt Mathis
Nov 20	Stone Soup Sunday (details in this Newsletter)
Nov 27	Sharing Sunday (bring something to share)

Dec 4	Alan Halperin
Dec 11	Marianne Jew
Dec 18	Kimberly Jumper
Dec 25	Sharing Sunday (bring something to share)
Jan 1	Sharing Sunday

### *RE Class Schedule*

<b>Nursery:</b>	<b>Day</b>	<b>Teacher</b>
	Nov 6	Maria Luczkow
	13	Cathy Serventi
	20	No Nursery Today
	27	No Nursery Today

<b>Lower Elementary:</b>	<b>Day</b>	<b>Class Description</b>	<b>Teacher</b>
	Nov 6	Kids Attend First Part of Service, followed by Children's Chapel	Marianne Jew/ Gayle Pamerleau
	13	Peaceful & Hurtful Experiences	Mary Kukura-Straw
	20	Caring & Uncaring for Others	Gayle Pamerleau
	27	Service Project	Youth Group

<b>Upper Elementary:</b>	<b>Day</b>	<b>Class Description</b>	<b>Teacher</b>
	Nov 6	Kids Attend First Part of Service, followed by Children's Chapel	Marianne Jew/ Gayle Pamerleau
	13	Stories in a Drop of Water	Karen Katilius
	20	Stories in Rocks and Bones	Kathy Ruffing
	27	Service Project	Youth Group

<b>Middle School:</b>	<b>Day</b>	<b>Class Description</b>	<b>Teacher</b>
	Nov 6	Kids Attend First Part of Service, followed by Children's Chapel	Marianne Jew/ Gayle Pamerleau
	13	Citizenship	Laurie Montgomery
	20	Conservation	Tom Dunnett
	27	Service Project	Youth Group

## *Youth Group*

Youth Group meetings (all are **Sunday evenings**, from **6-8pm**): **November 6, 20**

Dates and times are subject to change, so please check for updates: contact Leona Dunnett, Youth Advisor (secretary@esuuc.org).

## *OWL Sexuality Education –non-Members invited also*

We are pleased to announce that the Our Whole Lives (OWL) Sexuality Education Series for grades 4 – 5 and grades 10 -- 12 will be conducted here early next year. Using a comprehensive approach, these programs help youth gain the knowledge, life principles and skills they need to make decisions about their sexuality in positive, life enhancing ways. Although this curriculum was developed by the Unitarian Universalist Association and the United Church of Christ, the text is completely secular and free of specific religious doctrine or reference. The underlying values of the programs reflect the justice-oriented traditions of both denominations.

We think our students will have better discussions with slightly larger classes than are currently enrolled in the RE program. For this reason we are recruiting students from outside of our own congregation, from other UU churches and friends of congregation members, etc. If you know of any 10<sup>th</sup> thru 12<sup>th</sup> graders or 4<sup>th</sup> and 5<sup>th</sup> graders who would benefit from the OWL program, and whose parents' views are likely to be consistent with UU principles and attitudes on sexuality, please let the parents know about these classes and encourage them to contact the instructors for additional information (or pass information on to us).

For grades 4 and 5 the parents should attend an introductory parent meeting at 8:30 a.m., Saturday, December 3<sup>rd</sup> to learn about the curriculum and to understand why sexuality education is critically important at this age. At the parent meeting we will schedule one mandatory orientation for students and parents and 8 weekly classes (tentatively one Saturday AM and 8 Monday evenings, starting in January).

Please contact our certified instructors Matt Mathis ([mathis@psc.edu](mailto:mathis@psc.edu), 412--654--7529) or Susan Goodis ([sgoodis@hotmail.com](mailto:sgoodis@hotmail.com), 724--325--8048).

For grades 10 – 12 there is a mandatory orientation session for parents, tentatively scheduled for Sunday, December 11, 2005, from 4:00 to 6:00 p.m. Course materials and accompanying video will be reviewed, and written permission from the participant's parents is required prior to enrollment. At this point we're planning for the 12 sessions to be held basically every other Sunday, starting in January 2006, from 4:00 to 6:00 p.m. Please contact our certified instructors Maureen McHugh ([mcmchugh@IUP.edu](mailto:mcmchugh@IUP.edu), 724--733--3620) or Gerard Katilius ([KarenLGerard@aol.com](mailto:KarenLGerard@aol.com), 724--327--6321) to confirm your child's enrollment, or for any questions about the program.

All meetings and classes will be at the East Suburban Unitarian Universalist Church on Sardis Road in Murrysville.

Parents, educators, and communities all face the challenge of creating environments that support and nurture positive sexual health. Young people need sexuality education programs that model and teach caring, compassion, respect, and justice. Thank you for supporting this holistic program, that moves beyond the intellect to address attitudes, values, and feelings that youth have about themselves and the world.

### *Barter Board*

Reduce, Reuse, Recycle - words that could have been written by a UU! In support of Reuse and Recycle, we will be continuing the Barter Board this year.

The Board will be located in the RE hallway on the Community Bulletin Board we have installed. In an effort to improve its usefulness, we have made two columns - one for trade/sell and one for needs. Another change is that instead of having a sheet of paper tacked up for everyone to list their items, we have put together 'Cards' to use. Blanks will be available on the bulletin board itself. Fill one out and put it up in the appropriate column. If you'd like your item listed in the weekly updates, fill an extra card out and give it to Leona Dunnett, or put it in the Secretary's mailbox, or e-mail the information to her, and it will get done.

In order to keep the Board from getting overcrowded, we do ask that you take your note down once you have gotten rid of your item, or found what you need. We will take individual cards down after 30 days. If you would like to have your item stay up longer, use the date box on the card. We hope this proves to be a useful service for all of us. Please take advantage of it!

Want your item listed in the weekly newsletter? Fill out an extra copy of the card and give it to Leona Dunnett, put it in the Secretary's mailbox, or e-mail the info to Leona at [secretary@esuuc.org](mailto:secretary@esuuc.org).

If you trade/sell your item, or find what you need before the time limit, please take your card down and let Leona Dunnett know so she can remove it from the weekly newsletter. Thank you!

### *Congregational Committees*

#### **Committee – Chair (email)**

Aesthetics – Jean Robl and Maureen Lilly	Music – Alan Halperin
Building and Facilities – Jim Osborne	Religious Education – Kate Zingarelli
Caring & Concerns – Maria Luczkow ( <a href="mailto:caring@esuuc.org">caring@esuuc.org</a> )	Signs and Symbols – Leona Dunnett
Committee on Ministry – open	Social Enrichment – open
Community – Kate Codd-Palmer	Drumming – Jen Trout Osborne

Finance – Chris Priano Landscaping – Laurie Montgomery Membership – open	( <a href="mailto:drumming@esuuc.org">drumming@esuuc.org</a> ) Sunday Programs/Celebrations – Brian Ogle Welcoming Congregation – Matt Mathis
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### *Calendar*

Sat. Oct 29	Kids' Halloween Costume Party – 5:30 pm at the church
Sun. Nov 6	Choir Practice – 9:30 am at the church: "Find a Stillness" (#352)
Sun. Nov 6	Youth Group – 6 pm at the church
Fri. Nov 4	Movie Night: "Crash" and "The Point" – 8 pm at the church
Sat. Nov 12	Family Drumming – 4 pm at the church
Sun. Nov 13	Quartet Practice – 9:30 am at the church: "Home on the Range"
Sun. Nov 13	Artists Marketplace – 12:30 pm at the church
Sun. Nov 13	Drumming – 7:30 pm at the church
Fri. Nov 18	"Wal-Mart" screening & talk-back – 8 pm at the church
Sat. Nov 19	Food Bank volunteers – 9am at the Westmoreland Food Bank in Delmont
Sun. Nov 20	Stone Soup lunch and donations for Westmoreland Food Bank – at the church
Sun. Nov 20	Youth Group – 6 pm at the church
Sat. Dec 3	Labyrinth workshop – 12 noon at the church Labyrinth meditation – tentatively 5:30pm at the church

### *Newsletter Deadlines*

December newsletter deadline: **November 16**

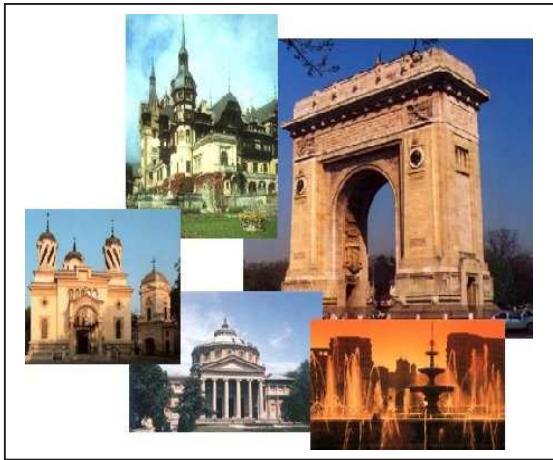
SPECIAL MID-WEEK due date, so newsletter editor can celebrate Thanksgiving :-)

Please email your articles to [newsletter@esuuc.org](mailto:newsletter@esuuc.org) or call Marianne at (724) 325-1548 and leave a message with your news, stories, and other information.

### *Get the Weekly Email News*

If you would like to receive a weekly email that includes items not in the newsletter and reminders of upcoming events for the week, please send an email from the address you would like subscribed to [esuuc\\_news@esuuc.org](mailto:esuuc_news@esuuc.org). You can also send a message to that address if you would like it included in the weekly email announcement to the congregation. If the message can't wait for the weekly announcement, please contact Leona at [secretary@esuuc.org](mailto:secretary@esuuc.org). No attachments please.

# *UU Heritage Trip: Transylvania, 2006*



**Join with other area UUs for the trip of a lifetime! July 30-August 10**

**Visit historic UU sites, the dramatic Carpathian Mountains, King John's Castle, Unitarian villages and more!**

- The group is limited to 20 people**
- A \$300 deposit will hold your place**
- Payment plans available-see below**

The total cost of the trip will be approximately \$2500, which includes:

- ~Air Fare from Pittsburgh to Bucharest and return from Budapest
- ~All land travel abroad ~Lodging in host homes ~Most meals



Make checks payable to ESUUC and marked "UU Heritage Trip". Send to 4326 Sardis Rd. Murrysville 15668. Questions? Call 412-731-2834 (Dr. Renee Waun, pastor, East Suburban UU Church, registrar and tour leader)

Payment Plan A: **\$300 deposit by Oct. 30** to confirm trip; balance due by June 1.

Payment Plan B: **\$300 deposit by Oct. 30**; \$500 payment by Dec. 1; \$500 payment by Feb. 1; \$500 payment; by April 1, \$500 payment by June 1; balance due NLT July 1.

# UNITARIAN UNIVERSALIST VALUES: A VISION FOR OUR WORLD

A Revival for Unitarian Universalists  
in Pittsburgh

Saturday, November 5, 2005  
At the First Unitarian Church of Pittsburgh  
Ellsworth and Morewood Avenues in Shadyside

## REGISTRATION FORM

*Please return this form to: David Herndon, First Unitarian Church,  
605 Morewood Avenue, Pittsburgh, PA 15213*

Names: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Congregation: \_\_\_\_\_

*Please indicate how many people from your home will be attending each of these events:*

_____	12:00 – 2:00 PM	Leaders' Lunch with a presentation by Rev. Forrest Church and Rev. Mark Belletini on the theme "Opportunities Facing Us: A Time for Leadership"
_____	2:15 – 3:15 PM	Conversations and Workshops
_____	3:30 – 5:00 PM	Presentation by Rev. Forrest Church and Rev. Mark Belletini on the theme "Unitarian Universalist Values: A Vision for Our World"
_____	5:00 – 6:15 PM	Dinner (\$6 for adults, \$4 for children)
_____	6:30 – 7:00 PM	Hymn Sing
_____	7:00 – 8:30 PM	Worship
_____	8:30 – 9:15 PM	Social Time and Refreshments