

# *East Suburban Unitarian Universalist Church*



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

**Telephone  
(724) 327-5872**

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

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## *ESUUC Sunday Services*

**Sunday, September 2, 10:30 am** – “*ESUUC Picnic in the Park*” – Come one, come all to ESUUC's annual Potluck Picnic! We will again be at Bear Hollow Park in Heather Highlands. From our regular service time until whenever, bring something yummy to share, whatever you wish to grill, and plates and utensils for your family. There will be electricity for those who wish to use crockpots. Charcoal will be provided.

There is playground equipment for the children, as well as a stream for playing in. Water shoes of some sort are highly recommended.

Directions: Take best route to Sardis Road, then--

From the south: Turn left onto Heather Drive, 0.9 miles from the Sardis/Old 22 intersection.

From the north: Turn right onto Heather Drive, 1.4 miles from School Road.

From Heather Drive, turn right at the Stop Sign onto Forbes Trail Drive.

Take the first left onto Truthaven Drive. Park gate is on the right near the top of the hill. If you reach a stop sign, you've gone one house too far.

There are small brown signs for the park all along the route once you've reached Heather Drive.

**Sunday, September 9, 10:30 am** – “*I Am Part of Everyone I Have Met*” — Dr. Waun will briefly reflect upon the idea of how relationships change us as she recalls special people she has met over the summer. This is **Water Communion Sunday**. Please bring a small vessel of water from one or more of your summer adventures to mingle with others, as we share stories with each other.

**Sunday, September 16, 10:30 am** – “*UU Sin*”-- Universalists believe that God is too good to damn us for our sins, and Unitarians believe that we are too good to sin. Guest speaker Andrew Weber explores the idea of sin from a UU perspective.

**Sunday, September 23, 10:30 am** – “*Everything That Is Wrong with Me Is in My Head!*”- Join ESUUC member Frank Nemeth as he discusses the myths that sabotage our contentment, well-being and true spiritual growth. It is well documented that we are formed and conditioned by the people closest to us; our

parents, significant other, our immediate society and the larger culture around us. And most of us have assimilated various beliefs from outside of us that actually influence our lives in both positive and negative ways. Frank will explore several popular myths/beliefs during the program and then have a brief discussion about them and how they may personally have influenced each of us. Is it true that if we change our thoughts that we can change our lives?

**Sunday, September 30, 10:30 am** – “*Unraveling Revelation*” -- Revelation is perhaps the most misunderstood book of the Bible, and yet its influence extends way beyond its own time. Guest speaker Sue Lau will attempt to understand this New Testament book by examining some of its powerful symbolism and also by examining its rather unique theological and literary nature.

**Sunday, October 7, 2007, 10:30 am** — “*Extraordinary Knowing*”- How do we know what we know? There is a Gestalt that has been identified that might encourage us to stretch our comfort zone a bit, as we explore the limits of our perception. **Dr. Waun** will help us to understand this concept and then invite us to use it in our everyday lives to expand our conscious awareness.



*Pastor's Column: Lessons from  
by Rev. Renee Waun Geese*

I was saddened to learn of the capture and euthanizing of 272 geese in North Park recently, because they were said to be a public nuisance and health hazard. I remember once lazing by the little lake at North Park and watching as several dozen of these geese paddled over to the shore, shook off their feathers and started marching up the grassy hill to cross the busy street that encircles the lake.

Suddenly worried, I hurried over and started directing traffic so the honking parade could waddle across to safety. I'm embarrassed now when I think of it, because they probably did that same trek every day and managed just fine without me! I guess I must have had some unchecked control needs, or perhaps an exaggerated sense of self-importance at the time.

Geese can teach us many things, says an inspirational poster I once had on my wall. For example, by flying in a “V” formation a flock of geese adds 71% greater flying uplift than if each bird flew alone. Lesson: people who share a common direction and sense of community get where they are going quicker and easier because they are traveling on the thrust of one another. If we happen to fall out of formation, it benefits us to get back into the “V”, in a spirit of interdependence.

When the lead goose gets tired it rotates back and another goose flies to the point position. Lesson for a church: is that it pays to take turns doing the hard task and sharing of leadership, relying on one another's skills and abilities.

Our congregation has been described as a herd of cats, and now perhaps, a flock of geese. But whatever image we use, we are a group that does indeed know and appreciate the value of sharing and relying on one another's skills and abilities. This fall, when we happen to see geese formations flying overhead, let's remember the lessons of interdependence they model for us, and as we reconvene on September 9, let us soar our way into another marvelous program year of interdependent, shared ministry! See you in church!



## *mU Usings from the President:*

*by Matt Mathis*

*UU University*

September always feels to me like the real start of the New Year. School starts again, and we have to get back into our regular routines. Even though we don't all have students at home, the change of season affects everyone. There is more traffic, and most people hurry more, and the days are likely to be too full of things to do. For the students, this is an exciting, anxious time. New friends and teachers to meet, old friends to reconnect and fresh starts on old challenges.

It is pretty much the same for us, here at ESUUC. Sunday September 9th will be the start of our regular church year, and for many of us, a time to reconnect with our spiritual community. It will also be the start of what promises to be a very busy year. We are already working on our two newest activities: fund raising for a new stained glass window and green sanctuary certification. Maureen Lilly is kicking off the window fund raising with a "Ladies' Tea" on September 16th. We have also applied for a Chalice Lighters grant, and hope to be well on our way by the end of the month.

This summer we also started incorporating green ideas and philosophy into our regular programs. Laurie Montgomery led a fantastic tour of our garden, or perhaps I should say a tour of our fantastic garden. George Ratliff and Jerry Lilly tackled the daunting problem of global climate change with their presentation on the technical and political obstacles that must be overcome.

There are also some past challenges, or projects, that we supported as a congregation, but have failed to implement. It seems like we are all in complete agreement that somebody else should take charge and get them started (lots of people have volunteered to help, as long as someone else organizes it). Two that come to mind are building a permanent labyrinth in the lawn and installing picture-hanging devices in the sanctuary. If anyone has the energy to take charge, I can provide some hints to get you started. Please feel free to contact me about anything church related. Matt Mathis, 412.654.7529, mathis@psc.edu or president@esuuc.org.

### *The Return of Religious Education!*

Yes! It is that time of year again . . .

The Religious Education Department will make its 2007 to 2008 debut on Sunday Sept. 16. The class schedule for September follows. We are continuing the Way Cool Sunday School approach we adopted a couple of years ago, and will have Children's Chapel on the first Sunday of the Month, classes on the 2nd and 3rd Sundays of the Month, Service Project on the 4th Sunday of the month, and either an Arts & Crafts project or a continuation of the Service Project when there is a 5th Sunday in a month.

We are still exploring Service Project ideas for this year. We would particularly like to find a project that would be easy for our youngest kids, and that would be in line with the Green Sanctuary project. If you know of something that would fit the bill, please contact me as soon as possible.

***Class Calendar for September:***

<b>Elementary:</b>	<b>Day</b>	<b>Class Description</b>
	Sep 2	Picnic: No RE class
	9	Water Communion: no RE class
	16	Inherent Worth: What does it mean?
	23	Fair to Everyone
	30	Service Project Sunday

<b>Middle:</b>	<b>Day</b>	<b>Class Description</b>
	Sep 2	No RE class
	9	Water Communion: no RE class
	16	Introductions (Lesson 1)
	23	Each & Every Person is Important
	30	Service Project Sunday

<b>Coming of Age:</b>	<b>Day</b>	<b>Class Description</b>
	Sep 2	No RE class
	9	Water Communion: no RE class
	16	Opening Sunday (Lesson 1)
	23	You!
	30	Service Project Sunday

***Nursery***

Over the course of the last two years we have had very limited use of the Nursery facility that we have been maintaining. Because of the limited use, the RE Committee has, after much discussion, concluded that the space would be better used as a classroom for one of the older classes. To help accommodate younger children who attend service with their parents, we will keep a small box of toys at the back of the sanctuary, and will make use of the lobby as an area for parents who may wish to take their kids out of the service. We are also looking into the cost of installing a baby-changing table in one of the bathrooms. To help facilitate this new style of handling what has traditionally been our nursery, we are asking for people to volunteer to act as Nursery helper, much the way we sign up to be Ushers. From time to time a sign up sheet will be passed around on Sunday mornings. The weekly provider will have a "Nursery Helper" name tag to wear on their designated Sunday and is asked to sit in the back of the church on their Sunday so that they are more visible to parents who may need their help. The RE Committee will be paying attention to how this is working and will make changes as necessary. Thank you for your help and cooperation in this endeavor.

***Request to Last Year's RE Volunteers***

If anyone is still holding curriculum from last year, please return it at your earliest convenience. Thank you!

## *Jr. High OWL Classes*

We are pleased to announce that the Our Whole Lives (OWL) Sexuality Education Series for 8th and 9th graders will be offered here at ESUUC this year. Using a comprehensive approach, this program helps youth gain the knowledge, life principles and skills they need to make decisions about their sexuality in positive, life enhancing ways. Although the Unitarian Universalist Association and the United Church of Christ developed this curriculum, 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 are holding an important parent orientation and organizational meeting at 7:30 Thursday Sep 6, to introduce parents to the curriculum and to plan the schedule. As written, the program is designed to be taught in 27 ninety-minute sessions. Most congregations adapt the schedule, for instance by combining sessions or holding weekend retreats. We would really like to get as much parental input as possible before we plan the schedule. Given the number of sessions, we hope to start the classes soon after the orientation.

The parent orientation will include an overview of the material and a discussion about program values, assumptions and goals.

We are due to run 4-6 OWL again some time soon, either late this year or next year. We also hope to run 10-12 OWL next year. Coming of age and the OWL program fit together in a 2 year repeating schedule.

For questions or additional information, please contact our certified instructors Matt Mathis (mathis@psc.edu, 412--654--7529) or Susan Goodis (sgoodis@hotmail.com, 724--325--8048).

## *October 3 Ministerium Lunch Helpers Needed*

Can you help with a lovely lunch? Since 2002 when we moved into our building, we have hosted the October luncheon meeting of the Monroeville Interfaith Ministerium of which Rev. Waun is an active member (currently President). We need a few people who can bring and/or prepare food for around 18 people, with at least one egg free vegetarian dish for our Sikh, Hindu and Jain friends. The clergy meet in the sanctuary at 10:30am, then lunch is served in the Community Room at noon.

Please contact Rev. Waun 412-731-2834, revmom@pitt.edu if you are willing to help out in any way. It's a wonderful opportunity to show our hospitality and visibility in the greater community.

## *Pastoral Notes*

To our family of friends at ESUUC- Thank you sincerely for sharing our sorrow. Your thoughtfulness is appreciated and will always be remembered. Love, Mark, Kate, Jessie, Zea and Bella Zingarelli.

## *Sunday Refreshments*

One of the most popular Unitarian traditions is the social hour after each service. At ESUUC, each adult member (or couple) takes a turn bringing refreshments – on average, about one turn a year. That way, everyone has one week to share their refreshment-making skills, and the rest of the year to enjoy!

To ensure fairness, we assign each adult member or couple a date on which to bring refreshments. These don't have to be anything homemade or fancy, though such extra-nice treats are always welcome! Store-bought treats work well, too. If you haven't brought refreshments before, or are unfamiliar with how things are set up, you may want to come in the weekend before your turn to see how it's done. There are also instructions in the kitchen on how to use the coffeemaker and hot water pot. If you are still confused, or need assistance, contact Brenda Shiring at [brennyren@yahoo.com](mailto:brennyren@yahoo.com). Don't think she'll let you off the hook, though, as we all seem to like to eat!

Thanks to all of our members who brought refreshments for summer services: Bob & Jean Robl, Jane Longdon, Glenn Klepac, Natalie Mendik, Marianne Jew, Gerard Lilly, Chris Clifton, and Mary Kukura-Straw.

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

Sep 2	Labor Day Church Picnic
Sep 9	Nancy Fitzgerald
Sep 16	Susan Goodis & Matt Mathis
Sep 23	Alan & Jennifer Halperin
Sep 30	Kimberly & Tim Jumper

Oct 7	Gerard & Karen Katilius
Oct 14	Twila Katilius
Oct 21	Bill & Helen Kavalkovich
Oct 28	Mehernosh Khan

## *The Return of Movie Night!!!!!!!!!!!!!!*

After a lengthy hiatus, we will have our next movie night on Saturday, October 13. Doors will open at 7:30, and we will show the movie at 8PM. The main movie will be Practical Magic, and we will also be showing a yet to be determined movie for kids (and anyone else who prefers to see it!) Feel free to bring beverages, snacks to share, sleeping bags and pillows for comfort. Hope to see everyone there!

## *African Rural Schools Foundation Sends Thanks*

We recently received the following note of thanks from Hanan Bulime, updating us on the African Rural Schools Foundation's progress:

Dear supporters of African Rural Schools Foundation, more especially to the members of East Suburban Unitarian Universalist Church,

I, Hanan Bulime, on behalf of the board of directors and the entire stake holders of African Rural Schools Foundation, wish to extend our sincere appreciations to you for being there for us.

For the period of two years we have managed to achieve the following:

- A website, [www.africanruralschools.org](http://www.africanruralschools.org)
- We have been able to purchase 5 ( five ) acres of land to build a new school and campus
- We got a computer (laptop) and a printer, and the computer is now connected to the Internet
- We receive money for our Internet fees every month
- We now have a generator for electricity
- We now have market for our African crafts made by our children.
- We have been able to support the fundraising concerts of the children
- We have established over 100 pen pals
- We have been able to start a piggery farm.

We have been so much advised by Ken Noble and Rev.Waun.

We are so much grateful to Rev.Waun, Ken Noble and the entire congregation East Suburban Unitarian Universalist Church.

Without your support it would have been in fact impossible for African Rural Schools Foundation to reach the heights we are now. Thank you so much.

Sincerely,  
Hanan Bulime,  
Executive Director,  
African Rural Schools Foundation

### *Recycling Note*

It's okay to recycle newspapers in their plastic delivery bags. For instance, if you have a bunch of old daily papers you haven't read, just toss them as is into our Abitibi dumpster. They'll be sorted at Abitibi's recycling facility. Thanks for your continued participation!

### *From our Friends in Transylvania*

July 4, 2007

Dear friends in Pittsburgh,

Our thoughts are with you on the Independence Day and we are sending our best wishes. HAPPY HOLIDAY!!!

Things here are going well, I was very busy since Easter: several services, meetings, traveling etc. Besides we totally renewed the parish house /brand new roof, major reparation of the walls, repainting the walls etc./ It took a lot of time, energy and money and that is why I didn't write you in the last few months. [Note from



*Rev. Waun: the parish house building and maintenance expenses are cared for by a congregation in New Jersey who is partnered with the Barot congregation where the parish house is located.]*

Many thanks for your letter and questions. [*The South Hills Church had sent him some questions.*]

The students who are helping me occasionally are studying in Kolozsvár /Cluj/ where the Unitarian Theological seminary is. Their help actually is part of their training /practical work/ and on such occasions we are raising money and give the students.

When we have services in Kopec not only the Unitarians are attending them, but other people as well. Actually even Romano Catholics, Calvinists, Orthodox people join the services and communion. These services are ecumenical and we are glad when people from different denominations are present.

Unfortunately the Unitarians in Kopec are elder people but they are glad that they can communicate in a way through me.

The idea of sending a small present to Zsuzsana for her birthday is great, she would be very happy to get something -like a scarf, a card- from you. [*Zsuzsana is the elderly President of the Kopec congregation.*] ...I would deliver it on the 16th of September when we will have a small party in the nursing home.

My wife is going to visit our daughter- who lives in Roanoke, VA- next week and I will have a month vacation in August. I am going to visit my parents who live in Oradea/Nagyvarad and see some friends and relatives.

I wish you all a wonderful summer and in the meantime I am looking forward to your letter.

Kind regards and much love on behalf of our church members and people of the nursing home in Kopec:  
Rev. Alpar Kiss

### *Pgh Area UU Peace Palooza*

The Pittsburgh area UU churches are planning the third annual UU Palooza on November 2 and 3 at the First Unitarian Church of Pittsburgh. This year we are devoting the entire time to the UU Study Action issue of whether or not the UUA should become the fourth nationally recognized "Peace" denomination, along with the Friends (Quakers), Brethren and Mennonites. We must STUDY this issue before we know how to take ACTION.

This event will begin on Friday evening, Nov. 2 with a concert of peace music, presented by Emily Pinkerton, Director of the Folk Orchestra at First Church.

On Saturday, Nov. 3 we begin with opening worship followed by a Keynote Address given by The Rev. Paul Rasor, UU minister, director of the Center for the Study of Religious Freedom at Virginia Wesleyan College and author of *Faith Without Certainty*.

Other presenters on panels and workshops will be Ms. Scilla Wahrhaftig, an activist, community organizer and head of the American Friends Service Committee's state office, and Mr. Art Gish, civil rights advocate



for 40 years, leader of Christian Peacemaker Teams in Hebron, whose most recent book is *Hebron Journal: Stories of Nonviolent Peacemaking*.

What would it mean for UUs to be identified at a “Peace Church”? How would that change the way we speak and act and relate? Is this desirable and achievable? The issue may eventually become a resolution coming before the General Assembly. What feedback can we put forth from participating in this event? Please join us in this study!

Watch for full details in forthcoming newsletters.

### *UU Concert News*

David "Davy" Sturtevant, formerly of popular UU folk duo Armor & Sturtevant, will be performing in a double-header with BJ "Brenda Jean" Searcy, whom some of you may know through UU and social action circles. The show will take place on Thursday, September 13, at Square Cafe in Regent Square, Pittsburgh, 1137 South Braddock Ave, and will include new songs by Davy, originals and covers by Brenda Jean, and collaborative efforts by Brenda Jean and Davy. The cafe will provide food and desserts for sale--BYOB. No cover charge! Doors open at 6, music at 7. For more info and to hear demos by Brenda Jean, go to [brendajeans.com](http://brendajeans.com) or [myspace.com/bjsearcy](http://myspace.com/bjsearcy), or contact Square Cafe: [www.square-cafe.com](http://www.square-cafe.com) or 412.244.8002.

Also, Jim Scott, guitarist, writer and singer for the Paul Winter consort will be performing at First Unitarian Universalist Church on September 16 at 7:30 p.m. Admission is free.

### *Congregational Committees*

**Committee – Chair (email)**

Aesthetics – Jean Robl and Maureen Lilly Building and Facilities – open Caring & Concerns – Maria Luczkow <span style="float: right;"><a href="mailto:caring@esuuc.org">caring@esuuc.org</a></span> Committee on Ministry – open Community – Kate Codd-Palmer Drumming – Frank Nemeth ( <a href="mailto:drumming@esuuc.org">drumming@esuuc.org</a> ) Finance – Chris Priano Landscaping – Laurie Montgomery	Membership – Marylyn Devlin Music – Alan Halperin Pastoral Care – Maria Luczkow Religious Education – Kate Zingarelli Signs and Symbols – Leona Dunnett Social Enrichment – open Sunday Programs/Celebrations – Mary Kukura-Straw Welcoming Congregation – Matt Mathis
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### *Calendar*

Sun Sep 2, 2007

**9:30am** [Choir Rehearsal for today's Service](#)

**10:30am** [Potluck Picnic](#)

**8pm** \* [Spirit Progress Radio is an online streamed audio radio program](#)

Tue Sep 4, 2007

**7:30pm** ESUUC Book Club

Wed Sep 5, 2007

**7:30pm** Board Meeting

Thu Sep 6, 2007

**7pm** ACIM reading group

**7:30pm** OWL parent meeting

Sun Sep 9, 2007

**10:30am** Water Communion

**8pm** \* Spirit Progress Radio is an online streamed audio radio program

Thu Sep 13, 2007

**7pm** ACIM reading group

Sat Sep 15, 2007

**8am** \*Non-ESUUC Event

Sun Sep 16, 2007

**10:30am** Sunday Service

**12:30pm** Ladies Afternoon Tea

**6pm** Drumming Circle

**7pm** Sunday book club,

**8pm** \* Spirit Progress Radio is an online streamed audio radio program

**11pm** Newsletter Deadline

Thu Sep 20, 2007

**7pm** ACIM reading group

Sun Sep 23, 2007

**10:30am** Frank Nemeth: Everything That's Wrong Is In My Own Head (Myths that sabotage us)

**8pm** \* Spirit Progress Radio is an online streamed audio radio program

### *Newsletter Deadlines*

October 2006 newsletter deadline: **Sunday, September 16**

Please email your articles to [newsletter@esuuc.org](mailto:newsletter@esuuc.org) or call Mary Warwick (724) 327-3092 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**. You can also send a message to that address if you would like it included in the weekly email announcement to the congregation.