

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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Editor: Mary Warwick
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ESUUC Sunday Services

Sunday, November 2, 10:30 am – *"North, South, East, West"*- How has geography affected culture? In her many travels, **Dr. Waun** has made some purely speculative observations about people from the different hemispheres and regions and how cultural habits may have developed simply because of weather, location and topography.

Sunday, November 9, 10:30 am – *"My Cup Overflows—Chanting for Abundance"*-Experience Hebrew Chant! **David Goldstein** uses sacred texts, and simple, repetitive melodies to dive deeply into prayerful intentions. Drumming and the Indian shruti box heighten the experience. David is a composer of Hebrew chant and sacred choral works and the leader of the Tikkun Chant Circle in PGH and a graduate of Kol Zimra Chant Leadership training.

Sunday, November 16, 10:30 am – *"The Slave Ship: A Human History"*-- Marcus Rediker, Professor and Chair of the History Department at Pitt, will review his award-winning book, a tale of tragedy and terror but also an epic of resilience and survival and a still haunting history of race, class, and modern capitalism.

Sunday, November 23, 10:30 am – *"Stone Soup Sunday"*- Please bring a non-meat item to go into our Stone Soup pot. While Melissa Alcorn-Ferry and Mary Kukura-Straw (along with anyone else who'd like to help) prepare a delicious Stone Soup Lunch, join us at service where we'll see Brenda Shiring's original Stone Soup play, "A Legend of the West," performed by a talented ESUUC cast. After service we'll share fellowship, community, and – of course – Stone Soup! The price of your lunch is a cash (or check) contribution to the Westmoreland County Food Bank.

Sunday, November 30, 10:30 am -- *"Miracles, Mysteries and Mindbenders"*- What constitutes a miracle? Do you believe in them? It depends on your definition. There are people who have experienced things that others would consider to be true miracles: healings, etc. Sometimes the most ordinary things can be understood as miracles. How have miracles, mysteries and mindbenders affected your life? **Dr. Waun** will offer thoughts on this topic.



Pastor's Column: An Attitude of Gratitude

by Rev. Renee Waun

In the month of November, our thoughts turn to how thankful we are for the abundance we experience in our lives. In spite of the severe economic hardships we are having right now, we can still be thankful for all that is going right in each of our lives.

It happens that for the past eight weeks I have been filling in for an ill colleague of mine, teaching World Religions in a private high school in Pittsburgh. It is a school that believes poverty should not be a barrier to going to college, so it's quite a satisfying (albeit time consuming) venture for me.

What I am struck with is that most of the 12 eleventh graders in my class have had very little exposure to other worldviews and religions, and so getting presentations on differing points of view and belief systems is quite foreign to them. I come away feeling very grateful for the youth in our church who are exposed, through Sunday school and other programs to a variety of theological perspectives.

As UUs, we have a leg up on most people who find it difficult to empathize or understand other faith groups, even though the 21st century demands this of us, as never before. The Monroeville Interfaith Ministerium's annual Thanksgiving Gathering provides a time when we can follow our principles honoring the inherent worth and dignity of every human being and the interdependent web of existence of which we are all a part.

I hope that you will find that "attitude of gratitude" (I know, cliché, cliché, cliché) but nevertheless a worthy concept as we celebrate all that is right with the world and with our shared co-existence as people of faith. I hope you will join us on Monday, Nov. 24 at 7pm at the Church of the Brethren, 481 Center Road, Monroeville, 15146. If you have any questions, I would be happy to answer them for you.

Religious Education

Class Calendar for November:

Elementary

Nov 2	Children's Chapel	Julia Begg
9	Sodom & Gomorrah	Natalie Mendik
16	Moses and the Burning Bush	Wendy Noe
23	NO RE CLASSES - STONE SOUP SUNDAY	
30	THANKSGIVING WEEK-END, NO RE CLASSES	

Middle

Nov 2	Children's Chapel	Julia Begg
9	Joseph and His Brothers	Kate Zingarelli

- 16 Joseph and His Dreams Tabitha
- 23 NO RE CLASSES - STONE SOUP SUNDAY
- 30 THANKSGIVING WEEK-END, NO RE CLASSES

COA

- Nov 2 Youth prepare lunch for Bring a Friend Sunday
- 9 Scientology Dan Begg
- 16 Scientology Mary Kukura-Straw
- 23 NO RE CLASSES - STONE SOUP SUNDAY
- 30 THANKSGIVING WEEK-END, NO RE CLASSES

Annual Thanksgiving Gathering

Those of you who have attended this evocative service in the past have experienced a true coming together of different faith groups with appreciation and respect for one another. Notice that this year we are calling it a “Thanksgiving Gathering” instead of a Thanksgiving Service. This was changed in deference to those in the Monroeville Interfaith Ministerium who find it difficult to relate to the idea of a “service”.

We will gather on **Monday, Nov. 24 at 7pm at the Monroeville Church of the Brethren**, 481 Center Road, Monroeville, 15146. Choir members, be alert for an announcement of how we might join together with others in the group to form a combined choir. Ordinarily, the “gathering” includes several different faith groups such as Sikh, Moslem, Jewish, Christian and UU, and there is always a time of refreshment and fellowship following the gathering. Please plan to join us. Dr. Waun will again be representing our church at this meaningful event.

Party Hearty!

Save the date for our annual holiday party. Adults only ☺. Pot luck dinner, gag gift exchange. December 13th at 6:00 p.m. at ESUUC.

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. It works out, on average, to about one turn per person/couple per year. We also have Sharing Sundays, on which anyone who desires can bring in a goody or goodies to share.

To ensure fairness, we assign each adult member/couple a date on which to bring refreshments. These don’t have to be homemade or fancy; 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 or 724-334-1507. If I’m at the service and you want a hand, just come and get me. The only thing I WON’T do is let you off the hook – we need your participation to keep this fun tradition alive (and everybody fed)!

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

Nov. 2	Coming of Age Class
Nov. 9	Wendy Noe
Nov. 16	Gayle Pamerleau
Nov. 23	Stone Soup Sunday
Nov. 30	Sharing Sunday

Dec. 7	Mary Kukura-Straw
Dec. 14	Mike Pasipanki
Dec. 21	Sharing Sunday
Dec. 28	Sharing Sunday

Stone Soup Sunday Contributions

As part of our Stone Soup Sunday (November 23) donation to the Westmoreland County Food Bank, we're asking every member or family to fill a paper bag with contributions to the Food Bank pantry. You can use your own bag or take one of the bags available in the church lobby, and fill it with any combination of the items listed below. Bring it to service on Stone Soup Sunday and it will be taken to the Food Bank along with the cash contributions collected at our Stone Soup lunch.

Because of the hard economic times, the Food Bank is reporting a shortfall in the donations they need to feed the poor and hungry in Westmoreland County. Your contribution will make a real difference to someone right here in our own community. Please be as generous as you can.

Some Needed Items

Nonperishable food items, including but not limited to: canned fruits, vegetables, soups, or meats; boxed or bagged cereals; prepackaged dry goods such as beans or rice; boxed side dishes; peanut butter; nonrefrigerated juices; baby food or formula.

Household items, including but not limited to: cleaning products, laundry supplies, toilet paper, disposable diapers.

Personal care products such as soap, shampoo, toothbrushes, toothpaste, deoderant.

News from the Treasurer

By Chris Priano

Liquid assets, 7/1/08: \$ 16,638 (correction)

Liquid assets, 9/30/08: \$ 15,641
Increase (decrease) in liquid assets: (\$ 997)
Net inflows: (\$ 997)
Pledge payments through 9/30/08: \$ 8,531
Mortgage balance as of 9/30/08: \$ 32,595

Annual UU Palooza

We are all urged to attend a cluster-wide event...actually the fourth annual UU Palooza, to be held at the First Unitarian Church in Pittsburgh on Saturday, Nov. 15 from 10-4pm. This year's topic is "*Public Witness: Promoting Unitarian Universalist Values in the Larger Community*", with the main speaker Adam Gerhardstein coming from the UU Advocacy office in Washington D.C. (See the accompanying flyer for more details). We are hoping to have a large representation from each congregation in the greater cluster area attend this important strategy event. Here is where you can find the registration form. Please come and add your synergy to the day!

https://fs18.formsite.com/FirstUnitarianChurch/form090867078/secure_index.html

Caring and Concerns Committee

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." - Leo Bucaglia

Happy Birthday! **Happy Anniversary**
Karen Katilius Dan & Kate Begg
Brendan Straw
Caitlyn Mendik

As a Community, we share our positive energies to help those who are having difficult times...

Condolences
Mary Warwick & family for the loss of Mary's mother

"Life is not a brief candle... It is a splendid torch that must be made to burn as brightly as possible before it is handed on to the next generation."

Each month, we will post this column for birthdays, anniversaries, honors, illnesses, or memorials. Please contact Susan Goodis at Caring@ESUUC.org or call 412-609-1232 with events you wish to have included in our newsletter. Thank-you.

Thank You

Dear Members of East Suburban UU,

I am sending this small note to say a "Big Thanks" for sharing the service flowers with me recently. It was a pleasure meeting everyone. We always meet the nicest people through Justin's music—thank you for making Justin and our family feel so welcomed. Best, Diana Markel

Daytime Book Club

The November selection is "The Killer Angels" by Michael Shaara. The bookclub will meet on Wed., Nov 5 at 1:00 p.m. at the Panera Bread in Wilkins Twp. The December selection is "The Post American World" by Fareed Zakaria. The group will convene on Wed., Dec. 3 at 1:00 p.m. at Panera Bread.

Evening Book Club

This month's selection is "God Is Red" a native view of religion by Vine Deloria, Jr. The club will meet at Jen Halperin's home. Time & Date: TBD

Armchair Adventure

Renee Waun will be presenting an Armchair Adventure program about Uganda at the Monroeville Public Library on Mon. Nov. 3 from 7-8:30 pm.

Order Holiday Gift Cards

Buy Holiday Gift Cards and help raise funds for the Coming of Age program at the same time!
Order scrip by November 16 for delivery November 23, in time for shopping the day after Thanksgiving.

We are now selling scrip (gift cards for a huge assortment of retailers, grocery stores, restaurants, gas stations, etc). You buy scrip for stores that you already buy from and ESUUC gets a "rebate"! For example, if you buy a \$100 Giant Eagle gift card, you pay ESUUC \$100 and get a card worth \$100. We raise funds because we get the cards at a discount, which varies from store to store.

GREAT GIFT IDEA: if you give holiday gifts, order, buy, and give gift cards from ESUUC instead of buying gifts or gift cards from the retailers directly. Saves on shipping costs, and less stress on you :-).

If you do like to brave the malls or order "real" gifts from catalogs, they buy a scrip card from those vendors and use the scrip card to pay for your purchases.

Please try to participate - you don't have to buy anything "useless", and there are hundreds of stores to

choose from. Almost everyone buys groceries and gasoline on a regular basis, and if you would buy scrip from our church, it would help raise funds "painlessly".

Order online or use an order form (see this newsletter, church foyer, or email scrip@esuuc.org). Make checks payable to ESUUC. Last day to order and pre-pay is Sunday, November 16, so we can distribute the cards to you on Sunday, November 23. Contact Marianne (email scrip@esuuc.org or 724-325-1548) for more details. This newsletter includes an order form with a PARTIAL list of scrip that you can order. To see the full list of current stores online: <https://www.glscrip.com/retailerlist/index.aspx>

Save Coupons for Intergenerational Service Project

During service time on Sunday, November 30, we will be clipping coupons to send to service people and military families overseas. With the world economy and the decline of the dollar, prices are high and many soldiers and military families in Europe find making ends meet difficult. To help, individuals and groups have banded together to send retail coupons, which can be used in PX stores. Even expired coupons can be useful, as manufacturers have agreed to redeem expired coupons (up to six months) from PX stores.

To help with the project, and give aid to our soldiers and military families, please bring in your Sunday newspaper coupon supplements, and place them in the box in the Community Room. (Of course it's okay if you clip coupons for yourself first; there will still be many left.) Then on November 30, bring your scissors and be ready to clip!

Adult RE: "Spriritualism" Led by Jay Powell

Those of you who remember Dr. Powell's Sunday presentation last April will recall that there was quite a bit of interest in his coming back to do an in-depth workshop with us. So now we have this on the calendar:

On Saturday, Dec. 6, from 10am-4pm, Dr. Powell will lead us in a morning devoted to the concept of Spirituality as a "non-local" phenomenon, and an afternoon filled with a series of activities such as sharing personal stories among the group and some focus activities on how to reach into our deeper consciousness.

There is a limit of 15 registrants, with pre-registration required. We will be using Chapter 5 of Dr. Powell's book as the basis for discussion. (See the accompanying registration form.) Some folks already have the book, but others will need a copy. Cost is \$40 for those without the book; \$15 for those who already have the book. After you register, if you need the book, Dr. Powell will send it to you at least two weeks before the workshop.

PRE-REGISTRATION FOR DR. JAY POWELL WORKSHOP DECEMBER 6, 2008, 10am to 4pm at ESUUC

Name _____ / Phone Number _____

Address: where to send the book for those who need one.

The book will be sent out at least two weeks before the workshop.
Cost of the workshop (includes Dr. Powell's book) \$40.00

Cost of the workshop if you already have the book \$15.00

Dr. Powell will divide the proceeds so that \$10 goes to ESUUC, and the balance to Better Schooling Systems, which is his charity. A Tax Receipt will be given to all participants.

A simple soup lunch is included in the cost of the workshop.

Deadline to register is Wednesday, November 19. Make checks payable to ESUUC with the memo: Powell Workshop

Send this completed registration form with your check to:

Rev. Renee Waun

227 Oakview Avenue

Pittsburgh, PA 15218

Uganda Needs Help

A message from Rev. Waun:

The school I am working with in Uganda is experiencing a malaria outbreak. It is rainy season there, and the school is located in a high-risk area (actually the whole country is high-risk for malaria!)

We have sent money for medical expenses for the children, but now we are going a step further: providing insect repellent-treated mosquito bed nets for 400 children, staff and family members.

Just today I entered into a contractual partnership with an agency in London called the "Against Malaria Foundation" that has a large shipment of nets arriving in Uganda next month. They are reserving 1000 of these nets for our school (Divine Foundation Primary School), and they have set up a link on their website that connects to a page dedicated to our fundraising effort. Each net costs \$5.00. Our goal is to raise \$5000 by the end of January, 2009.

The link to our special page is <http://www.AgainstMalaria.com/AfricanRuralSchools>

They make it very easy to contribute, as they accept a variety of payment methods online. There is also a bonus called "Gift Aid" from the UK government, which is where they add an additional 28% to your contribution amount (what a great government charity effort!) And it costs nothing to the donor!

I will be going to Uganda at the end of January for two weeks with some volunteers. While there, we will oversee the bed net distribution ceremony involving local health officials, and we will do some basic malaria prevention training as well. The whole event will be documented with video footage and digital photos, so everyone can see how the project turned out.

Perhaps you would be willing to donate one or more nets to this effort. You might know others who would like to participate, so feel free to forward this email along. Some folks are going to give nets in honor of special people on their holiday gift list, so that their gift makes twice the impact.

A flyer is attached at the end of this newsletter that explains the whole process. If you have any questions, please let me know. And thank you ever so much for whatever help you can give to these kids. We want to do our best to keep those itchy mosquitoes from attacking the children!

Congregational Committees

Committee – Chair (email)

Aesthetics – Jean Robl and Maureen Lilly	Green Congregation – Merritt Bailey
Building and Facilities – open	Membership – Marylyn Devlin
Caring & Concerns – Susan Goodis	Music – Alan Halperin
Committee on Ministry – Gayle Pamerlou	Pastoral Care – Maria Luczkow
Community – Brenda Shiring	Religious Education – Kate Zingarelli
Drumming – Bill Dunham (drumming@esuuc.org)	Sunday Programs/Celebrations – Mary
Finance – Chris Priano	Kukura-Straw
Landscaping – Laurie Montgomery	Welcoming Congregation – Matt Mathis

Newsletter Deadlines

December 2008 newsletter deadline: **Sunday, November 16**

Please email your articles to 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.

Calendar

Sunday, November 2

- 9:30am Choir Rehearsal for today's Service
- 10:30am Sunday Service
- 12:00pm Program Committee

Monday, November 3

- 7:00pm "Armchair Adventure": Uganda

Wednesday, November 5

- 1:00pm Wednesday Book Club

Sunday, November 9

- 10:30am Sunday Service: Chant

Wednesday, November 12

- 7:30pm ESUUC Board Meeting

Sunday, November 16

- 10:30am Sunday Service

11:00pm Newsletter Deadline

Wednesday, November 19

1:00pm Current Events Group

Sunday, November 23

10:30am Sunday Service

Sunday, November 30

10:30am Sunday Service

Wednesday, December 3

1:00pm Wednesday Book Club

Saturday, December 6

10:00am Adult RE: "Spiritualism"

Sunday, December 7

9:30am Choir Rehearsal for today's Service

10:30am Sunday Service

12:00pm Program Committee

Saturday, December 13

6:00pm Holiday party - adults only - gag gifts

Sunday, December 14

10:30am Sunday Service

Wednesday, December 17

1:00pm Current Events Group

7:30pm ESUUC Board Meeting

Sunday, December 21

10:30am Sunday Service

11:00pm Newsletter Deadline

Sunday, December 28

10:30am Sunday Service

Sunday, January 4

9:30am Choir Rehearsal for today's Service

10:30am Sunday Service

12:00pm Program Committee

Wednesday, January 7

1:00pm Wednesday Book Club

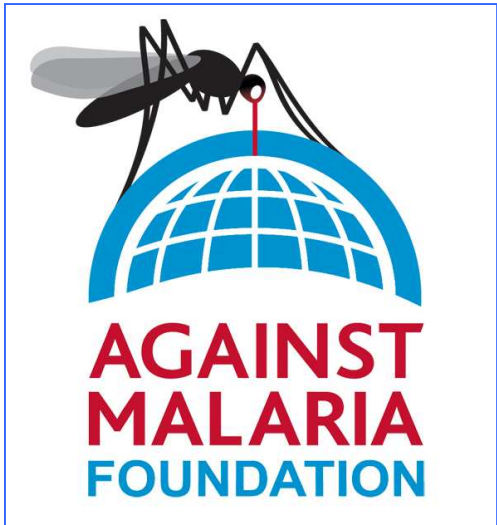
The Drum Beat



Newsletter of the African Rural Schools Foundat
P.O. Box 8328, Pittsburgh PA 15218 Volume 1, Number 4, October 2008
www.africanruralschools.org Thank you for your support!

Latest News: Malaria Outbreak, Bed Nets Needed!

As in many of the African nations now, Uganda is struggling to cope with the growing malaria crisis.



At the school, more and more students are coming down with malaria—a **disease that is preventable** with the use of insect-repellant-treated bed nets. We have partnered with an agency in London called **Against Malaria Foundation** which already has a large shipment of nets on its way to Uganda. Our goal is to purchase 1000 of these nets to protect the children and staff at the school, plus the people and families in the nearby village. For each \$5.00 you donate, one net will be provided to a child or family member who is especially vulnerable during this rainy season. Deadline for online net purchase: Jan. 22, 09. **GIFT IDEA:** You might consider purchasing one or more nets in honor of special people on your gift list. What a great way to express your love in two ways instead of just one!

<http://www.AgainstMalaria.com/AfricanRuralSchools>

To make your tax-deductible donation, you may either use the link above to the ARSF page on the Against Malaria website (that's the easy way because they accept several forms of payment) OR send your donation directly to us. Make your check out to ESUUC with the memo "Bed nets" and send to ESUUC, 4326 Sardis Rd., Murrysville, PA 15668. Each small gift can make such a HUGE difference!

ARSF DOCUMENTARY: Our 40 minute documentary about ARSF, produced by volunteer Will Delphia, is available for presentations to groups interested in what we are doing. If your group or church would like a presentation, please contact us! Also, see us on You Tube:

<http://www.youtube.com/watch?v=TBdub35ectA>

NEXT VOLUNTEER TRIP TO UGANDA IS JAN. 27-FEB. 13, 2009

If you are interested in having an amazing and life changing experience helping children and families in Uganda, contact us about volunteering. Tasks this time will include teaching computer skills, organizing bed net distribution, teaching basic malaria prevention, tutoring children, doing errands for the school, shopping for equipment, and welcoming parents during registration. See our website for volunteer costs, tips and blogs.

THANK YOU!!

OTHER UPDATES: The Trinity Campus has been registered as the Trinity Vocational and Training Institute, where secondary students will learn various trades. We are also getting more interest in our Classroom Pal project where students in the States exchange letters, photos and drawings with the ARSF children. Visit our website to look for the progress of both of these projects!