It’s important to stop now and then, just to revisit the history of our movement. This is the first of a two-part series on UUism. Don will offer his take on where we’ve been, where we are, and where we’re headed.

What sermon topics are important to us? What are our feelings about growth? What qualities are we looking for in a new minister? Who are we? What are we looking for? What’s next? What goes into a ministerial search packet? And just what happens in those search team meetings anyway? These and other questions will be answered when you get a sneak peek at what we’ll be telling potential ministers.

Today, as we approach the American celebration of Thanksgiving, we break bread together to celebrate the abundance of the harvest, the hard work of all who make our lives possible, and the community that gathers here to worship together. Join Dana and Don as they celebrate these days of gratitude with a multigenerational service. All are invited to bring a special loaf of bread to share.

This will be Don’s follow up on our denomination’s development, significant figures, and trends.
PASSIN THRU

Although it’s often credited to various Native American sources, the origins aren’t 100% certain. But as I received the tale, when members of the tribe had been apart for a period of time, they renewed their bonds with a question: “Tell me, how is it with the children?”

I thought of that question back in August as Dana (your new Director of Lifespan Faith Development) and I attended the startup for the 2018-19 youth group. Gathering on the benches surrounding the new fire pit (thanks again, Reid Suddaby and helpers), youths and their advisers plotted the covenants that would guide their being together - promises about how to treat themselves and one another in healthy and meaningful ways.

As the evening wore on, it occurred to me, imagine what our congregations would look like if every major decision were made with our young in mind. What if our budgets, programs, lay leaders and staffs were future, not past or present oriented? How would putting our kids and youth first impact the way we - all of us - approach Sunday morning? And what if our strategic plans, short- and long-term, were made according to their consequences for those babies (and their caregivers) back in the nursery?

If you’re thinking that such a shift would rock your world (and mine), you’re right. Rare is the congregation (and minister) that weighs large matters per the impact for the youngest Unitarian Universalists. But, tough as it may be, perhaps that paradigm shift is exactly what’s needed for the grownups, too.

So, please join me in the effort to keep our young in the foreground, not the background. Maybe, small steps to start. Maybe just a pledge to keep coming back to that simple but profound question, “How is it with the children?”

Blessings,

Don

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PASTORAL SCHEDULE

REV. DON’S SCHEDULE

Rev. Don Rollins’ Schedule – Office hours are 9 am - 1 pm Tuesday, Wednesday, Thursday and by appointment. Please call 740-988-7834, text, or email (minister@uucnh.org) before coming in – sometimes he has off-campus meetings. Mondays are his “weekend” and Fridays are reserved for writing.
“A VIEW FROM MY CUSHION”

Mother Nature sends us so many signals and one of my favorites is the changing of the leaves. Fall has arrived and the leaves are getting vibrant. Some crunchy leaves are already whirling around my front door in the chilly crisp morning. I am happy curled up under a blanket breathing in the cool air and knowing things are really changing up. Somehow the change in season and weather makes me feel like I have to hurry and get things done before winter sets in. I start to act as if I somehow will run out of time. But I know there is plenty of time. I love this time of year so much that my final inclination is to slow way down. I do not want to miss a single second of the seasonal beauty. I want to make sure to take time to soak in all the wonderful scents and sounds of the fall days.

The change of season is a time to really take a look at priorities and decide which things are truly important for the short and long runs. The past year and a half has been one of tremendous change here at UUCNH. Anxiety and concerns about the future resulting from our transition from a settled to an interim ministry and other changes have frazzled a few and led to upset, harsh feelings and sharp sometimes hurtful words. When the Board met at our retreat in late August, the Board developed three goals to focus on for the remainder of the year. One of our goals is to instill a culture of kindness and generosity throughout our congregation.

Initially that goal sounded so wonderful and, frankly, easy – we are a church, right? This should be a slam-dunk, right? But when we sat down to talk about HOW to do this, there was a good deal of thinking and some silence. One of our Board members says he has been practicing kindness and generosity by stopping in the kitchen every Sunday to thank each person there who is making coffee hour happen. I think his action is a wonderful practice that our church might adopt. What if everyone in our congregation thanked someone at church who is helping our community or the greater community? What if we made time to pitch in when we see an opportunity? What if kindness and generosity was a part of each conversation we had as we do our work at a church? What if we lived our lives with kindness and generosity as one of our core practices and actively looked for ways to extend and expand our kindness and generosity? It seems to me that the consistent practice of kindness and generosity certainly is aligned with our mission “to nourish the spirit” and also is a direct demonstration of our Among End Statement to “sustain and encourage each other in love”.

Will you join me and the Board of Trustees in working to make our goal of instilling a culture of kindness and generosity a reality at UUCNH? If you have a great idea about how we can make this worthy goal more of a reality, please let me know (wood.susie@gmail.com). And thank you, Don, for your example and leadership in kindness and generosity within our beloved community.

In gratitude,

Susie Wood
ONLINE GIVING IS AVAILABLE

Visit our website www.UUCNH.org and click on the Giving tab. This will take you to a secure page to make your contributions with instructions on how to get started. You can make one-time gifts or you can create a profile to make recurring contributions.

Another way to access our donation page - download the GivePlus app. Once downloaded you can search for our church and make a donation through the app similar to our website. Remember you can also make one time and recurring contributions by using online banking. All banks allow you to set up online banking for your checking account. The advantage to this method is it is FREE for you and the church.

Text giving is also available for making contributions to the general fund. Text your contribution amount to 412-218-3380. You will need to register your personal information on your first text but once you are set up it’s an easy and quick method for donations. Need more information or have questions, contact Tom Yeh, Lindsay Scott, or Mary Ellen Johnson.

LAY PASTORAL CARE TEAM

The Lay Pastoral Care Team members are available to provide support within an atmosphere of safety and compassion and are a visible reminder of UUCNH’s care, concern and connections. You are encouraged to contact any Team member, at the addresses or numbers below, if they might be of help or comfort with your pastoral care needs or those of another in our UUCNH community:

If you are ever in need of pastoral care, or know of someone who might, please contact our minister or one of the LPCT team members.

Rev. Don Rollins - 740-988-7834 (c) – minister@uucnh.org
Marsha Albright - 412-487-4565 (h) – mkalbright@gmail.com
Bernita Clover - 412-367-2088 (c) – jnc312@mail2world.com
Chris Hill- 412-366-9553 (h) – chill613@comcast.net
Joyce Kepner - 412-996-9778 (c) – kepnerie@gmail.com
Lynn Richards - 724-776-4183 (h) – lynnbeissar@gmail.com
Mark Swihart - 412-369-9321 (h) – mswihart@spang.com

SPECIAL NOTE

THANKS FROM JOHN BERNHARD’S FAMILY –

John Bernhard’s, daughter Jaylan Pinto, thanked the congregation for its loving care of their family and told how John’s life was blessed by his church community in recent correspondence with Irene Dinning, Chair of the Memorial Garden Committee. John died last year on November 14. Jaylan has given permission to print her message in this Intercom.
STEWARDSHIP IS ELECTRIFYING

How do we electrify this stewardship process? Let’s use potatoes!

We all pull out a potato or two, push a copper plate in one end and a zinc plate in the other, hook up leads to each and connect them to your DC to AC transformer, powering up your whole house, thereby saving money you can redirect to your annual UUCNH Pledge.

Okay, maybe not one potato, but several hundred....uh, this idea doesn’t scale well.

We can look to history to electrify us, looking to Selma, Martin Luther King, or examples from these two stewardship campaigns launched in 1919:

“Plans are being perfected for conducting a five days’ campaign beginning Feb. 3 to raise $100,000 for purchasing a new property for East Liberty Y. W. C. A.”

Or: “In the afternoon of [Feb. 9] a survey of the district is to be made by more than 500 canvassers.”

—The Continent, circa 1919

We may not use the canvassing method for UUCNH’s 2018-2019 Pledge - this decision may electrify our fellow congregants, and probably drive actual requests to join the Stewardship team, as they learn what party anim....uh...what a courageously determined team of pledge encouragers we are!

Any questions about UUCNH stewardship, our 500 canvassers, or potato batteries, please send an email to Stewardship@uucnh.org.

Alex Landefeld
Stewardship Chair

SPECIAL REQUEST

I am looking for people who might have known either Kay Thorsteinson or Brenda Lee Green. Kay was a member about 1985 and Brenda, about 2002. Please contact Irene Dinning at dinning1@comcast.net if you can help. Thank you.
MEET THE CHURCH

If you're new and want to find out more about the Unitarian Universalist Church of the North Hills and Unitarian Universalism, Meet the Church is for you! **Sunday at noon, November 18th** - an hour-long program in the West Room (where the service was held.) A chance to learn, ask and share with other newcomers.

The next step toward joining our loving religious community is Exploring Path to Membership: a longer workshop (with lunch!). A November, Saturday is anticipated.

Questions? Contact Tassi Bisers tbisers@yahoo.com or Beverly Wise at docbevcatmom@gmail.com.

SAFETY PREPAREDNESS TEAM

There is now a new Safety Preparedness Team for UUCNH. While the team will initially address situations of intentional physical violence aimed at UUCNH, we will eventually also tackle topics like fire safety and evacuation procedures, medical and other emergencies. The Team is currently gathering information from various resources in order to add building improvements and develop a formal UUCNH Safety Preparedness Plan which we will present to the board for approval. If you wish to participate or have questions, please reach out to team members Jan Hoeter, Randy Minnich, Barb Draa, John Ritzert, Jody Clark, or Ellen Saksen.
FAITH DEVELOPMENT

CHILDREN AND YOUTH FAITH DEVELOPMENT

Registration Forms Due for Children and Youth

- It's time to register your children and youth for Faith Development classes. We ask that you register your child(ren) every year, although you need not be a member to register: REGISTER ONLINE HERE

CLASS NOTES:

PREK/KINDERGARTEN – SPIRIT PLAY - A UU Montessori Method of religious education.
   Class coordinator: Amy Terrizzi. With Elizabeth Erbrecht, Zach Erbrecht, and Mark Swihart

FIRST/SECOND GRADE -- MORAL TALES - Moral Tales uses stories that teach a lesson to provide children with the spiritual and ethical tools they will need to make choices and take actions reflective of their Unitarian Universalist beliefs and values.
   Class coordinator: Lara Patton and Erin Terrizzi. With Vanessa Picard, Denise Haver, and Kip Ruefle

THIRD/FOURTH GRADE – WINDOWS AND MIRRORS - Windows and Mirrors nurtures children's ability to identify their own experiences and perspectives and to seek out, care about, and respect those of others. The program teaches that there are always multiple viewpoints and everyone's viewpoint matters.
   Class coordinator: Justin Weinbaum. With Jenny DeMann, Alison Smith, Brian Sullivan, and Kelly Sullivan

FIFTH/SIXTH GRADE – AMAZING GRACE - Amazing Grace helps fifth and sixth graders understand right and wrong and act on their new understanding. It equips them for moving safely and productively through the middle- and high school years, when they will be continually tugged toward both ends of the ethics continuum.
   Class coordinator: Allyson Zadnik. With Andy Zadnik, Tony Palermo, and Ed Patton, and Bill McAdams

YOUTH GROUP – GRADES 7 AND UP - This group meets the third Sunday of the month 6:15 – 8:00 pm, as well as during the service on the fourth Sunday of the month and for special events. Learning, Fellowship, Leadership Development, Social Action, Worship, Congregational Involvement are the components of a healthy youth group. The group generates ideas and together with their advisors work to make them happen.
   Advisors: Alex Saksen, Rachael Smart, Robyn Travers, Chris Vaughn

We will also offer OUR WHOLE LIVES, a comprehensive sexuality education class with a strong values component, for grades 5th – 6th and 7th – 8th beginning this winter on Sunday mornings. More information will be forthcoming.

CHILDREN AND YOUTH CALENDAR

Families begin in the service together each Sunday morning at 10:30 am. Children are dismissed to their Faith Development classes after the Time for All Ages. Caregivers are asked to pick up their children in their classroom after the service.

- November 4th – Regular classes
- November 11th – Regular classes
- November 18th – Thanksgiving multi-generational service. Expanded childcare in nursery for Prek - 2nd grades only. 3rd grade and up stay in service.
- November 25th – Multi-age social justice activity TBD
LOOKING AHEAD

THANKSGIVING AT EVERY TABLE FOOD COLLECTION - Please help our children and youth collect food items for North Hills Community Outreach’s Thanksgiving at Every Table. Each of the following classes will have boxes in their classrooms to collect the following items. We will be collecting November 5th and 12th. Thank You!

- **Nursery** – package of turkey gravy mix/napkins
- **Preschool/Kindergarten** – large box stuffing mix/large box instant mashed potatoes
- **1st/2nd grades** – 15-oz can cranberry sauce/16-oz can vegetable
- **3rd/4th grades** – box pie crust mix/29-oz can “easy” pumpkin pie mix – Justice room
- **5th/6th grades** – 12-oz can evaporated milk/box muffin mix – Growth room
- **Youth** - $10 grocery card (to purchase turkey)

WOULD YOU LIKE TO HOLD THE BABY?

Our intergenerational worship service on December 9th celebrates the spiritual truths and metaphorical beauty found in the Nativity story. We begin preparing for our pageant in November and the CYFD committee is looking key players to help us. We are also looking to fill parts for the pageant. If you are interested in helping, would like to be in the pageant, or would like to sign your child up, please contact Dana Poss at dffd@uucnh.org or sign up on Sunday mornings during coffee hour.

FAMILIES GROUP

UUCNH Contact: Dawn Lindsay at northparkmom@gmail.com. Please email her to join the Facebook Group. You will see events when they are posted and folks can contribute ideas for activities.

ADULT FAITH DEVELOPMENT

The Adult Faith Development (AFD) team coordinates all adult Faith Development courses and discussion groups. Whether you are a newcomer or a long-time member, our goal is to meet the needs of UUCNH adults who wish to enrich their spiritual lives.
COVENANT CIRCLES

Facilitator:  Rev. Don Rollins, Dana Poss - DLFD
When:          TBD
Where:         TBD

Monthly Small Group gatherings explore religious topics deeply in a covenanted group.

HUMANIST DISCUSSION GROUP

Facilitator:  Dick Myers – dmyers.rlm@gmail.com
When:         November 25th at Noon– 1:15 pm
Where:        Justice Room

Plastics are a local, regional, and international problem linking climate change, geopolitics, regional development, ocean contamination, and human development. Right now, the Pittsburgh region is facing a fork-in-the-road decision about its future economic development strategies: does it continue cleaning up its polluted past and pursue a sustainable future, or does it turn to a path based on petrochemical plastics manufacturing plants and a hub of auxiliary plastic-making industries and businesses?

According to a report in National Geographic, “Planet or Plastic,” 40 percent of all plastic produced is packaging, used just once and discarded. A report by the Center for International Environmental Law (CIEL) reveals that “99% of plastics are produced from chemicals sourced from fossil fuels.” The United Nations Intergovernmental Panel on Climate Change (IPCC) recently stated that the world must achieve a 45% greenhouse gas reduction below 2010 levels by the year 2030. What does building out a petrochemical industry mean for reducing our region’s contributions to greenhouse gas emissions? On November 25, at noon in the Justice Room, Matt Mehalik will facilitate a discussion to share ideas about navigating these issues as our culture comes to terms with its plastics problems.

If you wish to be added to the email distribution list that gets additional information about upcoming meetings, please contact dmyers.rlm@gmail.com.

JESUS DISCUSSION GROUP

Facilitator:  Tony Palermo – tpalermo@consolidated.net
When:         November 18th, from noon – 1:15 pm
Where:        Upstairs, follow the yellow signs

Jesus Discussion Group [3rd Sunday, Nov. 18th, after the service, noon – 1:15, upstairs, follow the yellow signs]. From Judas to Thomas to Peter, the gospels that missed the New Testament tell stories of a Jesus often at odds with Matthew, Mark, Luke and John. Why were they written? Why were they buried? We’ll continue the discussion in our next session. See Tony Palermo for details or email him at tpalermo@consolidated.net.
MEDITATION WITH FRIENDS

Facilitator: Sue Luebbert – luebbert.unicorn@gmail.com or call 412-366-9553
When: Tuesdays, November 13th and 27th at 7:00 – 8:30 pm
       Tuesday, December 11th at 7:00 – 8:30 pm
Where: West Room/Sanctuary

In November we will meet on Tuesday the 13th and Tuesday the 27th. Meetings are from 7:00 to 8:30 in the sanctuary. Our usual pattern is to meet on the second and fourth Tuesdays of the month, and you can always check by going to: http://uucnh.org/calendar/. We welcome anyone interested in mindful meditation, whether you have little or no experience in meditation, or you have practiced for years. At each meeting we practice silent meditation, and walking or another form of movement meditation. Other offerings vary meeting to meeting. Examples are: guided meditation, loving-kindness meditation, readings or talks (audio or video) from wise teachers, deep relaxation, and sound meditation with crystal bowls.

I send updates and a reminder of each meeting the day before to anyone on the meditation email list. To add your name to the list, or if you have any questions please contact Sue Luebbert at luebbert.unicorn@gmail.com or call her at 412-366-9553.

PSI [PHILOSOPHICAL, SPIRITUAL INSIGHTS)

Facilitator: Tony Palermo – tpalermo@consolidated.net
When: November 4th, from noon – 1:15 pm
Where: Upstairs (follow the signs)

PSI Group [Philosophical, Spiritual Insights – 1st Sunday, Nov. 4th, after the service, noon – 1:15 pm, upstairs, follow the yellow signs]. Is Spirituality an awareness of a true higher realm, or the product of sufficiently complex wiring in the brain? We’ll begin our discussion of Thomas Jefferson University neurologist Andrew Newberg’s research into the phenomenon in our next session. See Tony Palermo for details. tpalermo@consolidated.net

SISTERS-IN-SPIRIT

Facilitators: Rachael Smart and Michelle Broge-Connor
Contacts: thesmartfamily3@yahoo.com, brogemm@gmail.com
When: November 14th, 2018 @ 6:30 pm – 8:30 pm
Where: East Room

Sisters in Spirit is an ongoing self-guided women’s group (all women are welcome regardless of sex assigned at birth). We meet once a month on the second Wednesday of the month. The group is focused on spiritual, intellectual, and emotional growth as well as creating ties with other women. Group members take turns leading the monthly sessions, resulting in a wide variety of topics and styles of presentation.

The group welcomes new members twice a year. In order to be more in sync with the church year, we have decided to change our new member months to October and April. To learn more about the group or to find out how to join up with us come October, contact either Rachael Smart at thesmartfamily3@yahoo.com or Michelle Broge-Connor at brogemm@gmail.com.
UU CHRISTIAN PERSPECTIVES

Facilitator: Edie Swihart – edie.claire@verizon.net
Facilitator: Joe Meier – meierke@msn.com
When: November 11th at 9:15 – 10:30 am
Where: Youth Room

Do you self-identify as Christian, but struggle with issues of doctrine? Or have you parted ways with the label, but still hold some aspects of the tradition dear? Come and share with us as we explore our feelings about the Christian faith and its role in shaping our spiritual lives. Longtime members and first-time UU visitors alike are welcome to drop in and join this ongoing, positive discussion!

UUCNH COFFEEHOUSE!

The next Coffeehouse will take place Friday, November 2nd at 7:30 - 9:00 PM. Come share a talent, or just enjoy a really good time with UUCNH friends and their friends. (Note that we’ll be lifting the second of two coffeehouse offerings to defray the fines/court costs of the three UUs who were arrested while peacefully protesting Rep. Turzai’s lack of action on voting district reform. Your support will be greatly appreciated.)

WONDERFUL WEDNESDAYS

You’re invited to join us for a potluck supper and some quiet time. Our next Wonderful Wednesday had to be pushed back a little due to scheduling conflicts and therefore will be held November 7th. Potluck starts at 6:00 pm and vespers led by Don, at 6:45 pm. Help with the potluck setup/cleanup is appreciated.
BOOK DISCUSSION GROUP

Facilitator: Ruth Horwitz – rah8184@gmail.com
When: December 14th at 7:30 pm – 9:00 pm
Where: East Room

The UUCNH book group has been reorganized and will hold its next meeting at 7:30 (note the time change) on December 14 in the East Room. The title for the meeting will be announced in upcoming newsletters and via the email distribution list. To have your name added to the email distribution list, email the group organizer, Ruth Horwitz at rah8184@gmail.com.

BREAKFORTH ENSEMBLE

Facilitator: David Miles – miles@ohiou.edu
When: November 11th & November 18th at 9:00 am – 10:00 pm

Break Forth Ensemble plays music from various sources on occasional services at UUCNH (second & third Sundays). The present group includes folks who have been playing a year to those who haven't played for 30 years. Generally rehearsals occur on the second and third Sunday mornings at 9:00 AM, with schedule reminders by email. For more information, please see David Miles or send a note to miles@ohiou.edu.

LYME & CHRONIC DISEASES SUPPORT GROUP

Facilitator: Adam Rose – adamrosefire@gmail.com
When: November 20th (only once this month) at 7:00 – 8:30 pm
Where: Youth Room

If you have been impacted by Lyme or any other chronic disease, your presence is most welcome. This group will offer the opportunity to express ourselves freely in a relaxed setting, and feel our burdens lighten as we share them with others. It will also be a chance to build one another up by committing to goals, sharing helpful information, and hopefully being able to laugh together. This group is open to anyone with a chronic condition which has had a considerable impact on their quality of life and ability to function. A medical diagnosis is not necessary to participate. We'll meet the 1st and 3rd Tuesdays of the month, except in November there will only be one meeting. Any questions, contact Adam Rose adamrosefire@gmail.com.
RECOVERY SUPPORT GROUP

Facilitator: Rev. Don Rollins  
When: November 18th at 6:30 – 8:00 pm  
Where: East Room

Just about everyone is affected by addiction, ours or others'. From substances to ways of behaving and thinking, it can be a lonely journey to a better life. Starting on November 18th from 6:30 – 8:00 pm, and continuing on each third Sunday through May, Don will facilitate an open support group based on recovery-related topics. The group is open to those outside UUCNH, too.

THE CRAFT GROUP

Facilitator: Irene Dinning - dinning1@comcast.net or call 412-741-6463  
When: Every Thursday, 10:00 am  
Where: East Room

We are a long-time UUCNH group that welcomes other crafters: those who want to learn needlework, perfect a craft, or just want to come and visit with interesting people. Come when you can or every week, but try us out!

THE QUILTERS GROUP

Facilitator: Peggy Trevanion - birdies4@comcast.net or 412-366-4348  
When: November 13th at 10:00 am – 2:00 pm  
Where: East Room

Second Tuesday of the month. What are we trying to finish for the holidays? Bring your new techniques, questions and let the group try to solve your dilemmas! Remember to bring lunch if you are staying.
THE UKE GROUP

**Facilitator:** Sandy Faulkner – [sfaulk50@aol.com](mailto:sfaulk50@aol.com) or 412-366-5973
**When:** Monday, November 5\(^{th}\) & 19\(^{th}\) at 7:00 – 9:00 pm
**Where:** East Room

We meet the first and third Monday of the month. Beginners are very welcome. Come have fun. For more information, call Sandy Faulkner at 412-366-5973 or contact her by email: [sfaulk50@aol.com](mailto:sfaulk50@aol.com).

YOGA

**Facilitator:** Amy Wilks – [akwilks@gmail.com](mailto:akwilks@gmail.com)
**When:**
- November 2\(^{nd}\), Friday @ 12:00 – 1:00 pm
- November 14\(^{th}\), Wednesday @ 6:30 – 7:30 pm
**Where:** Justice Room

Amy Wilks is offering free yoga classes twice a month at UUCNH, plus her classes are open to anyone as well as UUCNH members. These classes will be slower flow/stretch classes that can be modified for all ability levels. Please dress in comfortable clothing and bring water and a yoga mat. A block and strap are also nice to have but not necessary. Please contact Amy with any questions: [akwilks@gmail.com](mailto:akwilks@gmail.com).

Amy has been practicing yoga for ten years. In August of 2016, she received her certification to teach children's yoga through Yoga in Schools. In June 2018, she completed her 200-hour teacher training through The Yoga Hive. Amy teaches a variety of classes through Baierl YMCA, Cranberry Township Parks and Recreation, and The Yoga Hive. She also has worked with her son's high school lacrosse team, teaches in a corporate setting for a local business, and has worked with private clients. Amy is up to date on her First Aid/CPR and all of her clearances.

CHAIR YOGA

**Facilitator:** Barbara Pane – [barb@pane.net](mailto:barb@pane.net)
**When:** November 18\(^{th}\), Sunday @ 6:30 – 7:30 pm
**Where:** Justice Room

Chair Yoga is a beautiful yoga practice for everyBODY!

Join Barbara Pane, certified yoga instructor, for this gentle, satisfying yoga practice incorporating mindful breath and movement while seated in a chair. Looking for a slower, more relaxing practice to balance out other intensity...or maybe you are taking care of an injury or have some mobility issues...or just want to try something different? This class is for any person of any age, body type or fitness level. Yoga from a chair has all of the benefits of yoga including developing balance, flexibility and strength both in our physical body as well as our emotional body. As some wise people have said, “If you can breathe you can do yoga.” Feel free to contact Barbara with any questions at [barb@pane.net](mailto:barb@pane.net). Hope to see you there, and bring a friend! This class is free.
HUNGER GARDEN

The garden is sleeping for the winter. Thank you to all the helpers!

Dick Myers.

UU CLUSTER NEWS

Check out our local Cluster Website at www.uupittsburgh.org to see what is happening with other UU’s in our area, and for UU events that are open to all.

UU PLAN

Feeling politically frustrated? Overwhelmed?
Join UUPLAN - Unitarian Universalist Pennsylvania Legislative Advocacy Network!

We are a group of Pennsylvanian UU’s connected via email and conference phone call, meeting monthly on issues, learning how to advocate for the issues that concern us the most. Choose an issue team and sit in on a monthly phone call: issue teams include Immigration, Gerrymandering (Good Government), Environmental Justice, Gun Violence, Economic Justice, Reproductive Justice, and Anti-Mass Incarceration.

We learn how to efficiently and effectively contact our legislators through email, phone call, and occasional visits to district offices. Be as involved as you have time for, or support us with your donation. For more information please feel welcome to contact Liz Perkins, liz.f.perkins@gmail.com or Carol Ballance, cstbwexfor@gmail.com or Stephen Fuegi, sdfuegi@gmail.com or go to www.uuplan.org. We will help you affirm and promote the goal of world community with peace, liberty and justice for all.
GET OUT THE VOTE

UUCNH has been awarded a $500.00 grant for our efforts to Get Out the Vote. This is awarded by the Fund for Unitarian Universalist Social Responsibility. The Systemic Change Team applied for it and we got it! If we do not spend the full amount we have to return the difference. If you drive someone to the polls or have any other expenses around helping with the election please turn in your receipts to Carol Ballance and you will be reimbursed. Thanks to Susie Wood and Mary Ellen Johnson for their help with the application. Thanks to Connie Hester, Sue Broughton, Julie Kant, Lynn Richards, Steve Fuegi, Midge Miles, John Ballance, Ellen Saksen, Tassi Bisers and Lindsay Scott for all your work and enthusiasm! (My apologies for whomever I forgot...)

2018 ANNUAL ASSEMBLY OF UU’S OF PA

What - Join fellow Unitarian Universalists for a day of camaraderie, connection, and collaboration!
When - Saturday, November 10th from 8:30 am to 3:00 pm
Where - Unitarian Universalist Church of the South Hills, also known as "Sunnyhill", in Mt. Lebanon

Keynote speaker Rev. Kathleen McTigue, director of the Unitarian Universalist College of Social Justice, on "The Faithful Resistance: Prophetic Witness in Dangerous Times".

REGISTER HERE
UU WORLD MAGAZINE

**UU CNH Members,** you have the option to receive a copy of the UU World Magazine that is sent out quarterly. As a **UU CNH Member,** if you are interested in having your name added to the master subscription list, want to know if you are currently on the list, or if you’ve recently moved and need your address updated then please send an email to office@uucnh.org. A reply email will be sent back to you once the addition, change, or request is made.

- Please be sure to send your current mailing address and email address with your request to be added to the list.
- Indicate as such if you've recently moved and include your new address and email address. Send your change AFTER you are currently residing in your new location. Please keep in mind depending on month the change is made, there’s a chance your magazine may still go to your old mailing address but hopefully will forward to your new one.
- Want to know if you are on the subscription list, send your question along with your current mailing address and email address....if you are not on the list you will immediately be added.
- Reminder, this applies only after you've become a UUCNH Member.
- Also, keep in mind that even though your name is added a certain month, there’s a chance you might have missed the distribution timing for receiving your quarterly magazine. Rest assured you will receive the next quarterly magazine in a timely manner thereafter.

**EQUAL EXCHANGE FOR YOU AND THE FARMERS**

When you buy a Fair Trade item, you’re supporting small farmers. That means they earn a fair amount for their work, allowing them to pay for healthcare, education and other basic necessities. Consider giving some:

- Organic Coffee-French Roast, Breakfast Blend, Mind, Body & Soul, or Decaf, available in whole bean or drip grind ($9/bag)
- Organic Dark Chocolate bars-with Almonds, With Mint, Caramel Crunch, and Very Dark (up to 80%!) plus Organic Milk Chocolate with a hint of hazelnu ($4 each, or 3 for $10)
- And we have a Chamomile, Ginger, Rooibos and Chai Teas ($4 each) to warm you up! (Note: we have some samples out with the tea if you want to try one during Coffee Hour!)
RECYCLING UUCNH STYLE

PAPER RECYCLING UPDATE

We recycle paper in the green & yellow bin by the overflow parking lot. Please remember for the PaperRetreiver bin: no cardboard/boxboard/waxed paper/telephone books allowed. And be sure the items are clean-no food, plastic, dirt, etc. on them. Recently we have had all these bad things and other items in the PaperRetreiver bin. These contaminate the stream and can lead to an entire load of paper being sent to the landfill. Please keep the quality up, so the recyclers can profitably sort and sell it.

And we no longer get paid for this paper, so there’s no advantage to bringing your paper to church if your local recycler takes it. Save the energy and effort and recycle close to home!

HARD TO RECYCLE COLLECTIONS

The PA Resources Council (PRC) is also sponsoring collection events this year for tires, electronic waste (computers, TVs, etc.), cell phones, batteries, etc. They will take Fluorescent Tubes-a hard to safely get rid of item! There are fees for this collection, although most electronics are free. Go to PRC’s Hard to Recycle page for a listing. The next collection will be on Saturday, October 6th from 9 AM to 1 PM at Settlers Cabin Park in Robinson. If you have any questions, contact Chris Hill at 412.366.9553 or chill613@comcast.net.

HOUSEHOLD CHEMICAL COLLECTION

The PA Resources Council (PRC) and other groups are sponsoring three collection events in Allegheny County this summer. The final one for this year will be at Bradys Run Park on Saturday, October 13th, from 9 AM to 1 PM. You can bring aerosol cans, batteries, most old liquids, like cleaning products, auto maintenance products, home environment and improvement supplies, hobby products, personal care & pharmaceuticals, and lawn & garden care products. The cost is $3/gallon-CASH ONLY. See the information on the Social Action bulletin board, PRC’s website, or talk to Chris Hill at coffee hour.
CRAFT GROUP HOLIDAY SALES

Our Holiday season begins early this year with the first Craft Group Sale on:

- **Sunday, November 18, 2018.**
- **Sunday, December 2, 2018,** is our second sale date.

We will offer many new handcrafted and unusual items for your consideration. Bull Pine cones from California are larger than pineapples and can be used to decorate your home or as tree hangers for suet, peanut butter and bird seed for your back yard guests. Sock Snakes make soft, cute, safe toys for little ones. Sturdy bark wraps will grace your hearth or entry way.

Favorites which sold out last year - microwave cup and bowl holders are back! Soup in a jar for quick meals or for gift giving needs. Plus holiday breads and sweets will be in abundance.

We will show fresh supplies of hand knitted and crocheted items - shopping bags, aprons, warm scarves and hats for you or the UUCNH mitten tree.

A friend from Antiques on the Diamond, Ligonier has donated a stunning antique table which Craft Group will offer as a silent auction item.

Come join us for a taste of Holiday Cheer and to support our loving community. Our proceeds benefit UUCNH. For information on the many projects and items purchased or funded by Craft Group visit our website and/or UUCNH’s annual report.

Happy Holidays to you and yours.
NHCO ANNUAL THANKSGIVING FOOD COLLECTION CONTINUES THROUGH NOVEMBER 9 - NHCO is collecting food items to create complete Thanksgiving meals to distribute to hundreds of local families in need. Items that make a meal include: grocery store gift cards of $20 for turkey or other protein purchase, large boxes of stuffing mix, instant mashed potatoes, canned cranberry sauce, canned vegetables, dessert mix, muffin mix, turkey gravy mix and napkins. Donations are accepted through November 9. NHCO offices, including the main office at 1975 Ferguson Road, Hampton, are open weekdays, 9am-4pm. The pantry behind the main building in Hampton will be open for donations 9:00am-noon, Saturday, November 3. For more information, visit www.nhco.org or call 412-487-6316 opt. 1.

NHCO’S ANNUAL HOLIDAY GIFT COLLECTION BEGINS NOVEMBER 1 - NHCO is accepting new toys, games, sporting equipment, apparel and gift cards for children ages birth through 18, through December 12; earlier donations are encouraged! Gifts cards and gifts appropriate for teens are especially needed! NHCO offices, including the main office at 1975 Ferguson Road, Hampton, are open weekdays, 9am-4pm. The pantry behind the main building in Hampton will be open for donations 9:00am - noon, Saturday, November 3 and Saturday, December 1st. Alternate donation plans can be made by calling 412-487-6316 opt 1. For more information, visit www.nhco.org.

NHCO BOARD RAISES $38,000 TO MATCH DONATIONS - The board of directors of North Hills Community Outreach recently raised $38,000 to encourage matching donations from individuals in the community. The first $38,000 donated by individuals through December 31, 2018, will be matched dollar for dollar. Last year, North Hills Community Outreach assisted nearly 3,500 local families in hardship and poverty. This fiscal year began with flooding that has resulted in a significant increase in requests for help. Checks can be mailed to NHCO, 1975 Ferguson Road, Allison Park, PA 15101. Online donations can be made at www.nhco.org.

NHCO URGENTLY NEEDS VEHICLE DONATIONS TO FUND TRANSPORTATION ASSISTANCE PROGRAM *EDITOR NOTE: THE WORDING HAS CHANGED FROM PREVIOUS MONTHS - Unwanted cars, vans, trucks, boats, RVs, or motorcycles can help several low-income individuals or families. Transportation is the third most cited problem that people mention when coming to North Hills Community Outreach for help. Vehicles in any condition donated to NHCO's Transportation Assistance program are sold at auction; funds received help local people in need overcome transportation challenges including car repairs, inspection, car seats, bus passes and more. NHCO can accept vehicles from anywhere in the country, and there is FREE pickup or towing and a hassle-free donation process. Please visit www.nhco.org or call 412-408-3830 x 3225. Please note that Community Auto is no longer a program of NHCO.

APPLICATIONS FOR NHCO EDUCATION ASSISTANCE PROGRAM ARE DUE NOVEMBER 15 – NHCO provides grants, usually to non-traditional students, depending on financial need and availability of funds. Applicants must reside in or attend college or post-secondary trade school in northern Allegheny County north of the City of Pittsburgh and demonstrate financial need. Funds can usually be used for any expense related to attaining an education, including supplies, uniforms, tuition or even child care. Applications for the spring semester are due November 15. For more information contact Jackie at 412-408-3830 x 3217 or visit https://nhco.org/get-help/college-scholarships/.

NHCO URGENTLY SEeks ONE-TIME VOLUNTEERS TO CONDUCT HOME SAFETY ASSESSMENTS - NHCO seeks volunteer groups or individuals to do home safety assessments for seniors, either once or on a regular basis. Dozens of seniors are waiting to have assessments completed. Volunteers need to complete simple background checks. The volunteer session includes a brief training, and then volunteers pair up to visit homes of local seniors to do safety assessments for fire and fall hazards, and install smoke detectors. People wishing to volunteer or seniors who would like a safety assessment should contact Cathy Pschirer at 412-307-0069 x 3313 or cipschirer@nhco.org.

NHCO’S PATHWAYS PROGRAM OFFERS GOAL-SETTING HELP FOR THOSE WHO ARE STRUGGLING – NHCO's free Pathways program helps low-income people set goals such as employment or education. Our coordinators meet one on one with people to coach, set short- and long-term goals and provide free resources and support. Appointments are available. For information, call Abby in North Boroughs (Bellevue) at 412-307-0069, Nicole in Millvale at 412-408-3830 or Shela in McKees Rocks at 412-331-1685 ext. 233.

ASK THE ATTORNEY SESSIONS FOR LOW-INCOME FAMILIES - Free 30-minute legal consultation for non-criminal issues such as divorce, bankruptcy, credit issues, family matters, rent disputes and more is available for families in need at North Hills Community Outreach locations the third Wednesday of each month at 7:00 p.m. except December. The next ATA session is November 14 in NHCO North Boroughs. Attendees MUST preregister for these sessions by contacting Jackie at jmboggs@nhco.org or 412-408-3830 x 3217.

EMPLOYMENT HELP IS AVAILABLE AT NHCO – NHCO offers free help with career counseling, updating a resume, job search techniques and more. Please contact NHCO Resource Coordinator Jackie Boggs at jmboggs@nhco.org, or 412-408-3830 x 3217.
A GIANT EAGLE GIFT CARD

YOUR PORTAL TO SHOPPING AT MANY PLACES

- Did you know that Giant Eagle gift cards can be used to buy gas at GetGo stations or to purchase gift cards to a wide variety of stores and restaurants? But, more importantly, did you know that buying gift cards at UUCNH benefits our church AT NO EXTRA COST TO YOU? In other words, you pay $25 and you get a $25 gift card and UUCNH gets 5%!
- A Giant Eagle gift card can be used at the grocery store to buy a gift card for Kohl’s, Home Depot, Advance Auto Parts, Applebee’s restaurants and many other businesses.
- If, for example, you’re remodeling a room and you need to spend $1,000 at Home Depot, you can do that by buying $1,000 in Giant Eagle gift cards at UUCNH and then using the gift cards at Giant Eagle to buy $1,000 in Home Depot gift cards. You just raised $50 for UUCNH at no extra cost to you! Giant Eagle pays the $50.
- When you use a gift card to buy gas at GetGo, you still will receive any discount on the posted price of the gas that is due you.
- UUCNH uses the income from the sale of gift cards to help fund our budget.
- We also sell gift cards for Kuhn’s and Whole Foods. Look for us after the service each Sunday on the bench by the office window.

Gift cards: They’re not just for groceries anymore!

Thank you from the Gift Card Team

NOW YOU CAN SUPPORT UUCNH THROUGH AmazonSmile

YOU SHOP. AMAZON GIVES. UUCNH BENEFITS.

AmazonSmile is a simple and automatic way for you to support UUCNH every time you shop, at no cost to you. When you shop at AmazonSmile, you’ll find the exact same low prices, vast selection and convenient shopping experience as on Amazon.com. UUCNH has partnered with Bellwood Preschool to join AmazonSmile. The church and school will split the donations from AmazonSmile, which is 0.5% of all purchases made by everyone who has selected “Unitarian Universalist Church of the North Hills” as their designated charity.

Get started with these easy steps:
- Use AND BOOKMARK the UUCNH Link to AmazonSmile: https://smile.amazon.com/ch/23-7429191
- Sign in. Simply use your existing Amazon credentials, and then start shopping. It’s that easy!
- Please remember to shop our smile.amazon.com link every time. Purchases on the main Amazon.com site do not support UUCNH. To help remember, BOOKMARK OUR LINK.

Spread the word! Once you’ve checked out, Amazon makes it easy to spread the news with your friends and family by giving you an option to share on Facebook and Twitter. Please be sure to let everyone know you’ve supported UUCNH. Questions? Contact the AmazonSmile Administrator at uucnhoffice@uucnh.org.
Intercom article submission Deadline for DECEMBER Intercom will be on November 21st.

- All submissions are to be sent to office@uucnh.org.

- Format your submission in PLAIN TEXT in a Word or PDF document, single spacing, and CALIBRI 11 font (if possible). Also, if you send a picture or flyer please send each as a JIF, JPEG, or image file.

- Keeping the same blurb but dates change only, still send in the new date(s) for that month.

- Review and/or edit your submissions before sending and also confirm that the dates you list are correct. Submissions go to print as received.

PUBLICATIONS DEADLINE REMINDERS

Managing the UUCNH’s Intercom, E-News, Order of Service Announcements and any other periodic publication needs the timely support from everyone. Late or last minute requests cause undue stress and add to the delay of production. Here’s a few suggestions to help lighten the load and to keep the finalizing of these documents and reports on a timely schedule:

- Treat the deadlines as firm: the Intercom is the 21st of each month, the E-NEWS and OOS Announcements are due Tuesdays morning. Late submissions mean more work.
- Please note, due to Thanksgiving the office will be closed November 22nd & 23rd and the deadline for that week’s OOS Announcements and E-NEWS is Tuesday, November 13th (one week prior). Your cooperation is appreciated.
- Please submit a “lean” copy, proofread by you.
- Space in the OOS Announcements is limited, so please be patient if your event doesn’t always get listed.

Thank you in advance for your kind attention to our publications details and reminders!
November 4, 2018

Don't forget to fall back.

November 22, 2018

Happy Thanksgiving!