UPCOMING SERVICES

December 2, 2018
THE FUTURE OF RELIGION
Rev. Sunshine Wolfe

In this ever-changing world, is there a future for religion? What will it look like? What are some of the innovative responses to our changing world in religious communities? What will our congregations be like 10, 20, or even 50 years from now? Rev. Wolfe will respond to these questions and more in this interactive worship service.

December 9, 2018
“WOULD YOU LIKE TO HOLD THE BABY”
MULTIGENERATIONAL HOLIDAY PAGEANT
Kathi Finch & UUCNH Children & Youth

The Christmas story reminds us that each new life is a gift. It is an invitation to nurture, care for, delight in, and take responsibility for, another human being. Through the rich imagery of the beautiful nativity story, we discover truths that are still relevant today.

December 16, 2018
FIND THE SPIRIT IN WINTER
Rev. Don Rollins

Hanukah, Yule and Christmas share a mystical bent: How do almost empty lamps last for eight days? How does a refugee child become a rabbi and prophet? How did the goddesses and gods mingle with the Christmas myth? Part of Don’s service will be interactive - do some thinking about a transcendent experience in your own, and be ready to briefly share it with us.

December 23, 2018
TIME FLIES LIKE AN EAGLE, FRUIT FLIES LIKE A BANANA
Rev. Don Rollins

This service on humor was postponed due to the horrendous shootings at Tree of Life. Let’s take a break from the holiday hubbub to have some belly laughs. Oh, and Don invites your short jokes or funny stories. Send them to minister@uucnh.org no later than Thursday, December 20th.

December 24, 2018
CHRISTMAS EVE AT UUCNH
Rev. Don Rollins

Be sure to join Dana and Don for our multi-generational potluck and service. The potluck starts at 5:30, with the service at 7:00.

December 30, 2018
AN HOUR OF CALM: TAIZÉ MUSIC AND MEDITATION
Julie Kant

This morning’s Taizé service is based on the worship services of the Taizé community, an ecumenical monastic order founded in France after World War II. The service focuses on quiet reflection and music to instill a sense of inner peace. Visit www.taise.fr to learn more.
One of my recent holiday rituals is to slow down, and take/make a little time before the hype and hurry kick in. I sit down, breathe and then reread UU minister Jane Rzepka’s “The Christmas Spirit”. She never fails to remind me my only true task each December is to be more or less who I am the rest of the year: a complicated, falling self-human on a journey sometimes glorious, and sometimes maddening.

So I invite you to give it a try. Find the quiet...be called back to the unique and holy self you’re here to be. “Newsletters from other churches arrive in the mail every day. So I read them, and they get me thinking. For example: Ministers’ columns this time of year say one of two things: “The holiday season is a happy time,” or “The holidays are depressing.” The “happy time” school of thought makes a case for generosity, good cheer, and a deepening spirituality, whereas the “depression” advocates cite studies that prove the winter holidays are difficult. At the moment, the “happy holidays” group has a slight edge, the freshest crop of Ph.D.s having studied our December moods and finding them to be merry after all.

I beg to differ. With no empirical work at all to back me up, I’d like to make a case for people being regular people even when December rolls around. Sure, Mom is frantic after Thanksgiving, but she is a frantic person in general. Brother John is nonchalant about the holidays, but he’s always been the laid-back type. Aunt Martha gears up for a family squabble, but remember, she set up a round or two in July. Uncle John is a natural Santa, but he’s a sweetie all year long.

In our family, we will incessantly exclaim, “Where’s your Christmas spirit?” from Thanksgiving until the twenty-fifth. This phrase, at our house, has always been an obnoxious code for “Lighten up, it’s Christmastime, act merry, not human.”

I’m changing the code. This year “Christmas spirit” will refer to the fact that we are who we are, merry or depressed, and we love each other anyway.”

Blessings on you, good people of UUCNH,

Don
“A VIEW FROM MY CUSHION”

Being with my Mom and family at Thanksgiving in California, I have plenty to be thankful for. Mom is far enough south that she is safe from the devastating fires. The hazy and smoky skies are a constant reminder of those who are suffering unbelievable losses. We have gotten together with old family friends and will see more friends later this week. We laugh, catch up and talk about the good old days. We also hear of upcoming events and share each person’s plans for the future. All of these interactions invite me to use my past as a springboard to imagine what I want to see and work for in the future.

Here at church we have quite a few things in process – some are moving along quite well. The failure of our aged West Room air conditioner was fixed relatively quickly, as well as dozens of other small repairs and improvements that, if we are doing our jobs right, you may never even notice! Besides the building, we have committees of volunteers redesigning our Memorial Garden, developing Sunday services, assessing and improving our safety and security, taking care of our financial health and so many other things. And let’s not forget the Ministerial Search Team - giving a HUGE amount of time and effort (you may not realize just how much) to take our church ministry into the future.

Other efforts are going slower than we would like. For instance, there are A/V updates underway that have taken longer than we’d hoped and the aftermath of the water main break has been a real disappointment. While we quickly took care of the immediate problem of lack of water, we still have to repair and possibly replace the water main pit walls and access door. Several dedicated volunteers have contacted multiple vendors including the water company, contractors, prefabricators, and access door manufacturers for proposals and bids. Joe Meier has drafted preliminary engineering plans to repair the walls of the water main pit with reinforcements to prevent this kind of damage in the future. We truly appreciate everyone’s patience as we work hard to catch up with our expectations.

Why do I mention this? Our church is made up of wonderful people willing to donate their precious-little time to make our fellowship a wonderful and welcoming place for us, for visitors, and, soon, a wonderful new minister. You may not realize the literally thousands of hours freely given by those of us who love our community and want to see it improve and flourish. Many hands may make light work, but we have a lot of work!

Or, as I learned in Sunday School growing up, “the church is not a building; the church is not a steeple, the church is not a resting place; the church is the PEOPLE.” So, let us take care of our people as well as our building (we don’t have a steeple, but we do have two silos!). Much of this volunteer work goes on invisibly behind the scenes, but when you spot someone giving their time or talent doing good work for our community, let them know how much you appreciate their effort. When you have ideas or concerns and are unable to offer a hand, remember that almost all of us “working” here are volunteers. Please share your thoughts with patience, kindness, and the trust that volunteers are all working with the very best of our church—and our people—in mind. And know that each word of support, caring, kindness and generosity is truly appreciated, often shared and its impact magnified. Encouraging and supportive comments are so appreciated especially when we feel that our very best efforts are not meeting anyone’s expectations.

In gratitude for all the helpers and leaders who step up each day as well as those blessed kind souls who encourage and hold us up.

In gratitude,

Susie Wood
FINANCE COMMITTEE

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 (LPC)

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) – kepnerje@gmail.com
Lynn Richards - 724-776-4183 (h) – lynnbesar@gmail.com
Mark Swihart - 412-369-9321 (h) – mswihart@spang.com
STEWARDSHIP – IT’S COMPLICATED

I read a blog post on the UUA website about the different ways different people coming together to create a family view and celebrate Thanksgiving. Some have a mental picture of pies and birds, some think of football, and others think of family walks in local parks. The blog post focused on the different pies people liked: should it be pumpkin, cherry, lemon meringue, sweet potato, apple, rhubarb, strawberry, or even pecan pie? Everyone has different childhood memories that coalesce and create tension and messy feelings, especially when those memories clash with the childhood experiences of spouses, siblings, parents.

Now that I've succeeded in making you salivate over the whole pie idea (wanna piece? :-), let's discuss other pies. Childhood and adult experiences dictate to a large degree how we spend our money, and more importantly how we donate to causes, if we donate at all. This is the time of year of the United Way fund drive, encouraging people to designate United Way agencies to which they'll give their money via paycheck deduction. Here at North Hills Community Outreach (NHCO) we have created an incentive to donate en masse: if we have 100% participation, we all get an extra day off, so I not only give to United Way annually, but I make sure that this piece of my pie goes to NHCO.

The amount I give to United Way/NHCO is far smaller than my pledge to the Unitarian Universalist Church of the North Hills, but it is not insignificant in my family's budget - that amount I give to UW could help fund my daughter's swim lessons, my son's soccer tuition, or our home heating bills. But instead I carve it off the block of family finances and give it willingly to others.

As this is the season of pies, birds, and those few but brave eaters of seitan or mock duck, let us give thanks for the things in life that bring us together: a nation with jobs, with food, with highways, with a stable military that stays out of politics, with secondary and higher education, with clean water, disease control, and passable environmental laws. Without highways, higher ed, and plentiful jobs, I might still be where I grew up, cutting grass and unmarried. Without food, clean water and disease control, I might not have the wonderful children that Dawn and I have. Without all of you and UUCNH, I might not have good spiritual direction in my life. For you, I am thankful. For Dawn and my children, I am thankful. And for a chance to make a difference for others through my donations/pledges, I am thankful.

Happy Thanksgiving,

Alex Landefeld.
stewardship@uucnh.org
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! It’s an hour-long program that takes place in the West Room (where the service is held). There you have a chance to learn, ask and share with other newcomers. There will not be a Meet the Church held in December, but watch for signs for the next one to take place.

EXPLORING PATH TO MEMBERSHIP

Another step toward joining our loving religious community is Exploring Path to Membership: it’s a longer workshop (with lunch!). Watch for signs for an upcoming Exploring Path to Membership to be held. Any questions, please contact Tassi Bisers at tblers@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:

NURSERY - Our nursery is available for children four years old and younger. It is typically staffed from 10:15 am - noon on Sunday mornings and later for those who wish to attend the monthly Meet the Church session.
   Class coordinator: Amy Terrizzi, with Elizabeth Erbrecht, Zach Erbrecht, Mark Swihart

PREK/KINDERGARTEN – SPIRIT PLAY - A UU Montessori Method of religious education.
   Class coordinator: Jen Suehr, with Katie Smith, Becca Shreckengast, Kristin Clarke, Alexa & Sydney Nelson

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, 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, 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, Ed Patton, 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: Rachael Smart, Robyn Travers, Chris Vaughn, Alex Saksen

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

- Dec. 1st 3:00 – 6:00 pm - Holiday and tree trimming party
- Dec. 2nd 11:00 am – 1:00 pm - Pageant rehearsal for Dec. 9th
- Dec. 9th - No classes, Multigenerational Holiday Pageant. Youth and adults meet in the Sanctuary at 9:30 am; children meet in the Sanctuary at 10:00 am
- Dec. 16th - Regular classes; youth group meets at 6:15 pm
- Dec. 23rd - Winter Break. No RE classes; Nursery care provided.
- Dec. 30th – Winter Break. No RE classes; Nursery care provided.
LOOKING AHEAD

UUCNH MULTIGENERATIONAL HOLIDAY PAGEANT
December 9th, 2018 - The Christmas story reminds us that each new life is a gift. It is an invitation to nurture, care for, delight in, and take responsibility for, another human being. Through the rich imagery of the beautiful nativity story, we discover truths that are still relevant today.

HAS YOUR FAMILY WELcomed A NEW CHILD THIS YEAR?
This Christmas Eve, we would like to honor all the babies born during the past year in our evening service. If your family had a new baby or newly adopted child in 2018, please send her/his name, birth dates, and parents’ names to Dana Poss at dlfd@uucnh.org. We will light a candle for each child during our Christmas Eve evening service.

ALL ARE WELCOME!
On December 24th, UUCNH will hold its annual Christmas Eve potluck dinner. Sign up in Friendship Hall through December 23rd. You do not have to be a member to come! And last minute attendees are encouraged! Please bring your feastware for you and your party and a tasty potluck dish to share that will serve all of the people in your group plus eight more people. Please sign up to bring a salad, a main dish, a side dish or a dessert. Warm mulled apple cider, a child-friendly citrus fruit holiday punch, tea and coffee will be provided. Anyone who would like to volunteer to help may do so by signing up, calling or emailing. For more information, please call Dawn FitzGerald-Swidal at 412-366-2472 or contact her by email at rowan@octobermorning.com. Potluck begins at 5:30 pm; Christmas Eve service begins at 7:30 pm.

FAMILIES GROUP
UUCNH families are warmly invited to come to our monthly gatherings! We try to keep costs low, have fun and get to know one another, and include a service element. Please contact Families Group coordinator, Dawn Lindsay, for more information. Email her at northparkmom@gmail.com.

UPCOMING EVENTS
• WINTER HOLIDAY AND TREE TRIMMING PARTY - On Saturday, December 1st from 3:00 – 6:00 pm, the Families Group will be hosting a tree trimming and winter holiday party. Activities will include trimming the tree, sharing snacks and appetizers, and a cookie exchange (if you would like to participate, please bring three dozen cookies.) Please bring an appetizer to share, if you would like. For more information, contact Dawn Lindsay at northparkmom@gmail.com.
• GUEST AT YOUR TABLE - Guest at Your Table (GaYT) is the Unitarian Universalist Service Committee’s (UUSC) annual intergenerational program to raise support for and awareness of their work to advance human rights. Since UUSC works in over 25 countries, with over 75 grassroots partners, there are thousands of individuals involved and who benefit from the work that our members make possible. GaYT is an opportunity to celebrate grassroots partnership, support human rights, and learn about just four of these individuals – the “guests” in Guest at Your Table. We will be launching this project on December 9th. The idea is to take a box home with you and put it near your kitchen table. “Invite” a guest to your table by putting coins in it for a month or so and then bring it back to church or donate it to the UUSC yourself. This is an affiliate organization of the Unitarian Universalist Association. If you’d like more information about its history and great work, please go to https://www.uusc.org/.

GIFT GIVING OPPORTUNITY – GIFTS FOR CHILDREN
North Hill Community Outreach is sponsoring a toy drive for families in need in Northern Allegheny County. UUCNH has committed to providing 50 gifts to children of different ages. There will be gifts tags on a tree in the West Room and if you are willing and able to help, please take a tag from the age group which you are interested in purchasing a gift for. Return the tag and unwrapped gift by December 9th. You can put the gifts under the tree in the West Room. Giving suggestions include: • Board Games • Puzzles • Books and/or movies • Stuffed animals • Bath/body items • Craft kits and Art Supplies • Sports equipment • Hooded sweatshirts • Gift cards for iTunes, clothing stores, etc.
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: December 23rd at Noon– 1:15 pm
Where: East Room

Food for Thought – or, Thoughts about Food - The Humanist Discussion Group will consider the general topic of “food”. There will be no presenter as such: instead, we will engage in a free-form discussion that can go in many directions. Why do we eat, other than for sustenance? Is our food, and the way that we grow it, safe for us and the environment? Do we know as much as we ought regarding how animals raised as a food source are treated? Can we feed eight million people without needing GMO’s and pesticides? What type of diet is optimal for personal health? If we choose an unhealthy diet, who should be responsible for any increases in healthcare costs? How do we implement a more just distribution of food?

To be added to the email list, to receive announcements and supplemental materials for upcoming meetings, email Dick Myers at dmyers.rlm@gmail.com. Also, if anyone planning to attend has any advance reading information regarding this subject, send that to dmyers.rlm@gmail.com and I will consolidate and distribute it.

JESUS DISCUSSION GROUP

Facilitator: Tony Palermo – tpalermo@consolidated.net
When: December 16th, from noon – 1:15 pm (follow the yellow signs)
Where: Upstairs, follow the yellow signs

Jesus Discussion Group meets the 3rd Sunday of the month. The swirl of extra-biblical gospels includes several that don’t tell a story; rather, they list the ideas of Jesus in seemingly random order. To see their development and their influences, one must look closer. This session, we’ll discuss the Gospel of Thomas, part primitive, part canonical, part Gnostic. See Tony Palermo for details or contact him at tpalermo@consolidated.net.
MEDITATION WITH FRIENDS

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

Our usual pattern is to meet on the second and fourth Tuesdays of the month, but we are going to make an exception for December since the fourth Tuesday is December 25th. 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 out updates and a reminder of each meeting the day before to anyone on the meditation email list. Please contact Sue Luebbert at luebbert.unicorn@gmail.com or call 412-366-9553 to add your name to the email list or to reach her with any questions.

PSI [PHILOSOPHICAL, SPIRITUAL INSIGHTS]

Facilitator: Tony Palermo – tpalermo@consolidated.net
When: December 2nd, from noon – 1:15 pm
Where: Justice Room or follow the yellow signs

PSI Group meets the 1st Sunday of the month. Why is the brain capable of Spirituality? And what parts of the brain engage in such activities? We’ll dive deeper in this next episode. See Tony Palermo for details or contact him at tpalermo@consolidated.net

SISTERS-IN-SPRIT

Facilitators: Rachael Smart and Michelle Broge-Connor
Contacts: thesmartfamily3@yahoo.com, brogemm@gmail.com
When: December 12th, 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, October and April. To learn more about the group, 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: December 9th 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, December 7th at 7:30 - 9:00 PM. Come share a talent, or just enjoy a really good time with UUCNH friends and their friends.

WONDERFUL WEDNESDAYS

You're invited to join us for a potluck supper and some quiet time. Our next Wonderful Wednesday will be held December 5th. 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
January 11th at 7:30 pm – 9:00 pm
Where: East Room

Book discussion group will discuss MIDDLESEX by Jeffrey Eugenides. Cal recounts how 5-alpha-reductase deficiency, a recessive condition, caused him to be born with female characteristics. Book is loosely based on aspects of Eugenide's life and Greek heritage. All are welcome, any questions, call Ruth Horwitz 603-903-3566.

January 11th Book Discussion - Fathers and Sons by Ivan Turgenev, 1862, fiction, 250pp., is considered to be first truly modern novel to come out of Russia. The basic plot: a land-owner father welcomes his son back from college, who brings with him to a young radical who describes himself as a nihilist, to whom the son has become a devoted disciple. But can a cynical nihilism compete with the basic human traits of sentiment, empathy, and love? This plot mirrors the overall generational divide that occurred in Russia in the 1860's, when serfs were being freed and liberal ideas were being attacked from two sides: from traditionalists and from a rising nihilist ideology. The book was originally attacked from both sides of that cultural divide, but has stood the test of time, and is widely considered to be Turgenev’s best. There are 15 available copies in the library system, and it is widely available free on-line. Dick and Marilyn Myers.

BREAKFORTH ENSEMBLE

Facilitator: David Miles – miles@ohiou.edu
When: December 9th & December 16th 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.

JAM SESSIONS

Facilitator: James Clarke – JamesClarke81@gmail.com
When: December 11th at 7:00 – 9:00 pm
January 8th and 22nd
Where: Worth & Dignity Room

Talented and/or aspiring musicians are invited to jam sessions to be held at UUCNH on the 2nd and 4th Tuesday of every month. The first jam session will be on Tuesday, December 11th from 7:00 – 9:00 pm in the Worth & Dignity room. We'll take turns choosing (easy) songs to play together, aided by projected Chordify.net chord transcriptions. A variety of foot and hand percussion instruments will be provided for public use. Pizza, snacks and drinks are welcome. Please email James Clarke at JamesClarke@gmail.com for further information.
LYME & CHRONIC DISEASES SUPPORT GROUP

Facilitator:  Adam Rose – adamrosefire@gmail.com
When:  December 4th and December 18th 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.

THE RECOVERY SUPPORT GROUP

Facilitator:  Rev. Don Rollins – minister@uucnh.org
When:  December 16th 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. Recovery Support Group meets 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 CRAFTERS 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:  December 11th at 10:00 am – 2:00 pm
Where:  East Room

Please bring any ideas for small projects for gifts or decorations for the holidays. Several great ideas were shared at the last meeting! Questions on quilting dilemmas are always welcome. Bring lunch if you plan to stay until 2 pm.
THE UKE GROUP

Facilitator: Sandy Faulkner – sfaulk50@aol.com or 412-366-5973
When: Monday, December 3rd & 17th 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.

YOGA WITH AMY

Facilitator: Amy Wilks – akwilks@gmail.com
When: Amy Wilks' yoga classes will be on hiatus until the New Year.

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.

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
When: December 16th, 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.” Please let Barbara know if you plan to attend and/or if you have questions email her at barb@pane.net or by replying to the UUCNH facebook reminder. Hope to see you there, and bring a friend! This class is free.
The garden is sleeping for the winter. Thank you to all the helpers!

Dick Myers

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.

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.

Our Future: Growth of Unitarian Universalism from Within

We live in turbulent times and Unitarian Universalist congregations have become a place for seekers of resilience and hope. How do we grow our communities to meet this need that exists within and beyond our congregations? What does growth mean - merely numbers, or is there something deeper?

The workshop will focus on the ways Unitarian Universalism is growing in general and how UUCNH can grow in specific. Through presentation, conversation, and activities, we will explore what growth means for your congregation in this day and age. This program is open to adults and youth 14 years old and older. Childcare will be provided. This workshop will be led by Rev. Sunshine Wolfe (they/their/their), the Central East Region Congregational Life Staff from the Unitarian Universalist Association.
SYSTEMIC CHANGE TEAM

Join the Systemic Change Team before and after service Sunday, December 9th to support BeadforLife! This non-profit works in Uganda and helps women lift themselves and their families out of extreme poverty. Money is raised through the sale of beaded jewelry made by the women and sold at Fair Trade prices.

The women are provided with training and assisted with starting sustainable businesses. We will have an event in the East Room to sell their beautiful jewelry and shea products. Buy beads and transform lives! For more information, see www.beadforlife.org. To volunteer your help with this event, contact Becky Ridgeway at Bridgeway61@gmail.com.

FAITH AND FAIRNESS

LIVESTREAM from Harrisburg – Fair Districts PA

Saturday, December 1st we will “join” the FDPA meeting via the Internet. We will be upstairs at UUCNH. Please RSVP to Ginny Walzer at ginny.75walzer@gmail.com.

- MORNING SESSION 10:00 - 11:30 am - Panel discussion and Q & A on democracy priorities that accompany redistricting reform (open primaries, citizen initiatives, campaign finance reform and others). Moderated by LWVPA Executive Director Jill Greene.
- LUNCH 11:30 -1:00 - Pack a lunch OR join order from Panera which will be delivered.
- AFTERNOON SESSIONS 1:00 TO 2:15: Panel discussion and Q & A on essential elements of effective redistricting reform legislation. Moderated by FDPA Legislative Director Pat Beaty with guest experts including Sam Wang of the Princeton Gerrymandering Project and Yuri Redensky of the Brennan Center for Justice.
- 2:30 to 3:45 - Panel discussion and Q & A on ways our PA legislative rules make it too easy for leaders to block reform, along with proposed rule changes that would ensure that bipartisan solutions are given a hearing and brought to a vote. Moderated by a past legislator; panelists will be past or present PA legislators.
- 3:45 to 4:00 - Thank you and next steps for Fair Districts PA.

Our apologies for the conflict with the workshop downstairs!
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 UUCNH 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 GIFTS FOR THE HOLIDAYS

To give a Fair Trade item for the holidays is way better than to receive! Consider giving a Fair Trade Item and remember you’ll be 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, with Lemon, Ginger, & Black Pepper (NEW!) and Very Dark (up to 80%) plus Organic Milk Chocolate with a hint of hazelnut ($4 each, or 3 for $10
- And we have a Chamomile, Rooibos and Chai Teas ($4 each) to warm you up!

If you have any questions, contact Chris Hill at 412.366.9553 or chill613@comcast.net.
HELP BRIGHTEN UP UUCNH FOR THE HOLIDAYS

Would you like to bring some color into the Sanctuary this holiday season? Order poinsettias! They’re $15 each or 2 for $25, and the proceeds go to the Minister’s Discretionary Fund. If you are interested, please contact Chris Hill during Coffee Hour, or email him at chill613@comcast.net with:

- How many plants would you like to order?
- Which color(s) would you like: They have Red, White, Speckled (White leaves with red specks), and Pink inside/white outer?
- Dedication: Flowers In Honor Of, or In Memory Of, or another reason?
- If you want to take them home after Christmas (If not, we’ll decorate Friendship Hall for January)?
- Orders are due by December 10th.

Thanks for brightening up the church and for your support of UUCNH!

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.
CRAFT GROUP HOLIDAY SALE

Our Holiday season began early this year with the first sale held in November and our second sale to be held:

- **Sunday, December 2, 2018**

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.

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Old, really Old Furniture Silent Auction Items will include:

Two Antique Cane Chairs an Antique Rocker in addition to a Victorian Lamp Table you may have seen two weeks ago.

~ Come have a look at our great new stuff. ~ Enter your name and $ bid on the bidding sheet placed close to the item you wish. ~ Check periodically to be sure your bid is current.

~ Successful bidder will be announced at 12:15 pm on Sunday December 2nd ~
NHCO’S ANNUAL HOLIDAY GIFT COLLECTION CONTINUES THROUGH DECEMBER 12 - North Hills Community Outreach 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! All 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, December 1. Alternative donation plans can be made by calling 412-487-6316 opt 1. For more information, visit [www.nhco.org](http://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](http://www.nhco.org).

NHCO URGENTLY NEEDS VEHICLE DONATIONS TO FUND TRANSPORTATION ASSISTANCE PROGRAM - Transportation is the third most cited problem that people mention when coming to North Hills Community Outreach for help. Unwanted cars, vans, trucks, boats, RVs, or motorcycles can help several low-income individuals or families. 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](http://www.nhco.org) or call 412-408-3830 x 3225. Please note that Community Auto is no longer a program of NHCO.

NHCO SEeks BELL Ringers for NOVEMBER AND DECEMBER - North Hills Community Outreach, a Salvation Army unit, seeks volunteers to raise much-needed funds by ringing bells at kettles during shifts in November and December. Two-hour shifts are available at Kuhn’s Market in Hampton and Walmart in Gibsonia. This is a convenient opportunity for college students on break, retirees, or families. Please visit nhco.org/volunteer for registration links, or contact Harriet at [hzklatte@nhco.org](mailto:hzklatte@nhco.org) or 412-408-3830 x 3204.

NHCO SEeks Volunteer Tax Preparers to Help Low-wage families - NHCO is seeking volunteers to help families with basic tax returns. Many of our neighbors don’t have access to affordable tax help, fall victim to “rapid refund” loans, or are unaware of state and federal tax credits like the Earned Income Tax Credit (EITC) that can put money into their pockets for food, utility bills, gasoline or bus passes, rent payments or to eliminate personal debt. All required training is provided by the United Way and the IRS in January through a combination of in-class and online offerings. Volunteers who complete this training are IRS certified volunteer tax preparers and are eligible to receive Continuing Education Credits for their volunteer service if certified at the advanced level. NHCO tax prep sites (Millvale and Bellevue) will open mid-January, and continue through early April. A three-hour per week volunteer commitment is requested throughout tax season. If interested in volunteering, contact Jackie at NHCO at [jmboggs@nhco.org](mailto:jmboggs@nhco.org) or 412-408-3830 x 3217.

RUN FOR THE Hills! NHCO SEeks 5K runners, Relay Teams and Marathoners - North Hills Community Outreach invites runners of all abilities to run one of the races of the Dick’s Sporting Goods Pittsburgh Marathon May 5 and 6, 2018. Registration is FREE when you run for NHCO and help local families in need. Runners can choose the 5K, form a relay team, or run the half or full marathon. Visit [www.nhco.org](http://www.nhco.org) or [https://www.crowdrise.com/o/en/campaign/north-hills-community-outreach-pittsburgh-marathon-2019](https://www.crowdrise.com/o/en/campaign/north-hills-community-outreach-pittsburgh-marathon-2019) or contact Harriet at [hzklatte@nhco.org](mailto:hzklatte@nhco.org) or 412-408-3830 x 3204.

NHCO URGENTLY Needs Volunteer Drivers and On-board Dispatchers for our Senior shuttles - North Hills Community Outreach needs volunteer drivers and on-board dispatchers for its two Free Rides for Seniors shuttles, which transport seniors in the Route 28 communities to UPMC medical appointments and shopping during weekdays. No special license is needed and training is provided! Shifts are short. Please contact Kerry at [kkmulhern@nhco.org](mailto:kkmulhern@nhco.org) or 412-449-0151 for more information.

NHCO’S Pathways Program Offers Goal-setting help for Those Who Are Struggling - North Hills Community Outreach’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.

Employment Help is Available at NHCO - North Hills Community Outreach 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](mailto: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 SUBMISSION

INTERCOM

Intercom article submission Deadline for JANUARY Intercom will be due December 14th. Please note this deadline is a week earlier than usual, please don’t be late.

- 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, OOS 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: E-NEWS and OOS Announcements are due Tuesday morning (unless otherwise notified of a weekly change, such as December’s deadline shown below).

- Please note, due to Christmas the office will be closed December 24th and 25th and the Office Administrator will be away from the office thru January 2nd. The blurbs for the OOS Announcements and E-NEWS for December 22nd & 29th will be due Monday, November 17th. Your cooperation is greatly appreciated.

- Please submit a “lean” copy, proofread by you.

Thank you in advance for your kind attention to our publications details, reminders, and changes!
happy holidays!