2019

Intercom

Unitarian Universalist Church of the North Hills
UPCOMING SERVICES

**January 6, 2019**
**“DEATH AND DYING FOR THE UNINITIATED”**
*Don Rollins*

A few congregations back, a member of a UU congregation asked Don to speak to younger folks about losing their families and friends to death. What’s it like when you haven’t gone through it? No matter if you’ve lost many loved ones or none at all, it’s a question worth revisiting.

**January 13, 2019**
**THE "GOOD WHITE FOLKS"**
*Carolyn Graetz Glass*

Our guest speaker Carolyn Graetz Glass, is the youngest daughter of Civil Rights Pioneers Rev. Robert and Jeannie Graetz, who have devoted their lives to working for social justice for all people. During the Montgomery Bus Boycott, they worked closely with Dr. Martin Luther King, Jr., their friend and neighbor Mrs. Rosa Parks, and other civil rights leaders. Bob became the only white person to serve on the Montgomery Improvement Association, the group that organized the boycott. The Graetzes lived their talk: their home was bombed three times, and their lives and the lives of their young children were continually in danger. Bob and Jeannie have continued their fight for justice on many different fronts, whenever and wherever they have seen oppression and discrimination, for in the words of Martin Luther King, “Injustice anywhere is an affront to justice everywhere.” Carolyn will talk about her life growing up in this extraordinary family and how she and her siblings have attempted to carry on their parents’ legacy.

**January 20, 2019**
**“KING ON THE ISSUES”**
*Don Rollins*

Dr. King would have turned 90 this month. While he left behind no organized list of teachings on the issues of his day, they can be gleaned from his many writings and speeches. Don will lift up in direct quotes, just how broad King’s vision really was.

**January 27, 2019**
**“AN (ALTERNATIVE) LIBERAL RELIGIOUS THEOLOGY OF EVIL”**
*Don Rollins*

The case has often been made that liberal religion’s view of evil is that of the privileged - that the full impact of emotional, mental or physical violence is blunted when not experienced firsthand and over time. Don will suggest, with the help of Dr. King and a former president of our denomination, another way religious liberals might account for evil.
If you’ve been around a UU congregation for any length of time, chances are these lyrics from Carolyn McDade’s “Come Sing a Song with Me” are familiar. The song has always struck me as a “comfort” song, something we sing when our hearts are troubled.

And there is much to trouble our hearts in this era of political chaos, if not doom. Each news cycle is a reminder the values we seek to live and model - tolerance, diversity, justice - are directly or indirectly under siege, causing us to wonder aloud what kind of nation we’ve become. All of which conspires to relegate religious liberals to lives of constant pessimism, bordering on hopelessness.

Yet in this time of both metaphorical and literal wintertime, here comes Carolyn McDade with her gentle counter-message: *I’ll bring you hope when hope is hard to find, and I’ll bring a song of love and a rose in the wintertime.*

By what right does she point us back to hope in an era of moral dilapidation? The answer is, of course, tolerance, diversity and justice have no agents save for human beings willing to feel the pangs of pessimism, and choose hope. Not wait for it to choose them.

So as we begin another new year, you and I have the capacity to decide for ourselves how much we’ll add to the misery index in this world: as has been quoted so many times by so many orators, we’re the ones we’re waiting for.

And when hope is hard to find? Well, that’s when Carolyn McDade’s familiar chestnut becomes more promise to one another than mere comfort. It’s our promise to prop up one another. To bring one another hope. To blend our voices in a song of love. And lavish one another with a rose in the wintertime.

In hope,

*Don*

---

**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.
It is almost 2019 – where did 2018 go? Oh yes - we have been improving our building and its systems, getting our new sexton up to speed on our needs, standing wide-eyed in front of the new technology in Friendship Hall and the West Room and feeling the energy as all our teams work tirelessly to support and expand our church capabilities. I have to say THANK YOU to our Safety Preparedness team. In this time of elevated emotions and stark political divisions, I feel the Safety Preparedness team is thoughtfully and purposefully working to keep us safe while honoring our UU values.

As I look ahead to 2019, I am filled with excitement and a bit of awe. Our Ministerial Search team has taken the information they have gathered from our community and created our ministerial search packet. The next few months will be filled with activities for the Search team as they review candidates and evaluate the best candidates to partner with us for our future. I know we are in such capable hands with this amazing Search team – THANK YOU! And what might the future hold for UUCNH? Rev. Sunshine Wolfe from the Central East Regional staff led us in a workshop and service to start the conversation about church growth. I must admit that I thought of growth as a “numbers game” – more people + more pledges = more programs. Wow, was I wrong. Rev. Wolfe encouraged us to change our reference to thinking of growth in terms of practicing a new level of acceptance. They asked us to expand our idea of welcoming to include more people with different ideas, backgrounds and expectations and then to “grow” our community to include these new ideas, backgrounds and live up to these new expectations.

Another thing I learned from Rev. Wolfe was that one way to increase the welcoming posture of the church is to change things up on Sunday morning. One suggestion was to add an activities table for all ages to take part in a craft or other community activity. This coffee hour add allows folks a place to interact while “doing something” – which may be less intimidating than talking to strangers or standing alone in a huge unfamiliar room. Another interesting idea was to have Sunday morning have 3 “tracks” – social justice activity, adult religious education or Sunday worship service. Again – WOW! How exciting would a change like that be – the option to take our faith “on the road” on Sunday morning.

Rev. Wolfe suggested that a church with 70% of the seats filled on Sunday “looks packed” to visitors and therefore is not welcoming. Oops, how long have we been 70% full on Sunday? Should we add a service? What kind of service would be welcoming? How would we do it? Who would do it?

I know that all of these ideas sound radical and hard – I feel that too. I am also concerned about missing friends at church as we add options and programs. I value the community here so much. I trust that we can continue to find ways to keep connected to each other as we change and grow. I think growth in welcoming, growth in hospitality, growth in acceptance are the ways of the future. I think we must be willing to try and try and try again if we are to realize the bright future before us.

The Board of Trustees will be discussing what our next steps are as we think about growth. What are your ideas for increased acceptance, hospitality and welcoming? How can you help us grow?

Let me know your amazing ideas at wood.susie@gmail.com.

Thank you for all you do to make our church strong and vital and our future BRIGHT!

In gratitude - Susie Wood

I want to let you know of a wonderful gift the Church has just received. By way of background, in 2008, when UUCNH was planning a building project to complete the second floor and Friendship Hall, we were not able to raise enough money to fund the entire project.

Anonymous people stepped forward and loaned the church $100,000 on a note that was due in 30 years. This generosity allowed us to complete our dream project. That $100,000 note was forgiven this month and UUCNH is now debt free! Since we cannot personally thank people who remain anonymous, I suggest we all try to pay it forward. Say thank you more often, help when you see someone needs it and volunteer. Let’s make UUCNH a place of even more generosity and gratitude.

Susie Wood - President, Board of Trustees
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) – lynnbeeslar@gmail.com
Mark Swihart - 412-369-9321 (h) – mswihart@spang.com
In the Room Where It Happens

"No one else was in
The room where it happened
The room where it happened
The room where it happened
No one else was in
The room where it happened
The room where it happened
The room where it happened
No one really knows how the game is played
The art of the trade
How the sausage gets made
We just assume that it happens
But no one else is in
The room where it happens"

The East Room, the West Room, Rev. Rollins' office, Friendship hall, the parking lot, your car, your home, the coffee shop, Facebook, Instagram, Reddit, Youtube, Google Hangouts, chat. These are all rooms where it happens: where we meet, decide, talk, deliberate, make, learn, worship, complain, hope. Thanksgiving 2018 has come and gone, and we're still giving thanks. Christmas 2018 is upon us, New Years 2019 is in the wind, and we're about to celebrate new beginnings.

When we celebrate new beginnings, we feel hope, trepidation, anticipation, and joy. Let's each remember how our home of worship says goodbye to this year and greets the New Year: by keeping the lights on, the heating/cooling going, fixtures repaired, video screens lit, food cold and coffee hot. Theses do not happen without your help. We need your energy, but also your dollars. While Stewardship Season 2019-2020 is nearly upon us, we must think daily of how we can apportion some of our currency to the needs of UUCNH. Put a dollar or twenty into that weekly basket, but also pledge every year, use the Vanco service on the website to pay weekly, monthly, or annually, or use your bank to send periodic payments from your checking/savings account. We thank you for your generosity and hopes for our collective future.

Alex Landefeld,

Stewardship Team Chair
stewardship@uucnh.org

***Hamilton - https://www.youtube.com/watch?v=WySzEXKUSZw
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. Watch for signs for the next Meet the Church to take place.

EXPLORING PATH TO MEMBERSHIP

Want to be able to vote for our new minister? Become a member (with so many other additional benefits!) by Sunday, March 3. The best way to prepare is our Exploring Path to Membership. Join Kathy Ke and Rev. Don for a workshop and lunch Saturday, January 5, 2019, 10:00 am - 2:00 pm. Childcare available upon request. Any questions, please contact Tassi Bisers at tbisers@yahoo.com or Beverly Wise at docbevcatmom@gmail.com.

MINISTERIAL SEARCH

UPDATE FROM SEARCH TEAM

Ministers interested in being called to our community will submit their information right after the New Year. As mentioned in a prior update, the Search Team will spend most of January sorting through applications and setting up interviews. If we appear to be "silent", with fewer updates after the holidays, please take no offense. Happy holidays!

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

CYFD Registration Forms

- Is your family new to UUCNH? If your children have attended 3 or more faith development sessions, we ask that you register so that we have emergency contact and medical information on file: 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, Kristen 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.

CHILDREN AND YOUTH CALENDAR

- January 5th – Youth Group sleepover
- January 6th – Children’s Chapel (PreK - 6th)
- January 13th – Regular classes
- January 20th – Regular classes and Congregational meeting after service; Youth Group at 6:15
- January 27th – Regular classes; Youth Group Soup Sale
LOOKING AHEAD

GUEST AT YOUR TABLE BOXES DUE JANUARY 6

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.

You are invited 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 and then bring it back to church on January 6th or drop it in the mail it to the UUSC. 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/.

MYSTERY PALS BEGINNING IN JANUARY

This popular multi-generational activity provides an opportunity for youth and adults in the congregation to get to know one another and form new relationships. Pals exchange clues about themselves via code names over six weeks and eventually reveal themselves at a fun party. Do you have a CLUE? It’s Mystery Pal Sign-up Time! Are you interested in getting to know a UUCNH member of a different generation?? Do you have a secret code name? Here is your chance to give clues to try to get someone to guess who you really are and try to figure out another’s secret code name. On January 20, children will sign up to participate in their classrooms. On January 27, there will be a table set up in Friendship Hall where adults can sign-up and where you’ll receive your secret pal's code name. For the next 4 Sundays, turn in a letter to the mail folder (in the upstairs hallway) of your secret pal that gives clues to your (real) identity. On March 3, we will have our big reveal mystery pal party and Ice Cream Social, where you will exchange a small gift. Sound like fun? It is. Come join us!

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. If you have event ideas or would be willing to help host an event, please talk to Kristen Clarke or email her at kclarke717@gmail.com. Check out our Facebook page for details at!

FAMILIES GROUP YOGA

Amy Wilks will lead us in a Families Group yoga session on Saturday, January 26th from 2:00 – 3:00 pm upstairs in the Justice room. The class will be at a level 1-2. If you are able, please bring a mat and a block (I found mine at Five Below). You may also want to bring a towel and water. Kids are not required to attend a Families Group event!
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:** January 27th @ 12:00 – 1:15  
**Where:** East Room

Connie Ritzert will facilitate a completely interactive group discussion on the general topic “Deep Thoughts & Good Intentions for the New Year: BYO”. As always, for additional information and/or to be added to the email list for this group, email dmyers.rlm@gmail.com.

**JESUS DISCUSSION GROUP**

**Facilitator:** Tony Palermo – tpalermo@consolidated.net  
**When:** January 20th @ noon – 1:15 pm (follow the yellow signs)  
**Where:** Upstairs, follow the yellow signs

Jesus Discussion Group meets the 3rd Sunday of the month. Beyond Thomas and Peter, other gospels fleshed out the diversity of early Jesus People thinking. We’ll examine the feminist gospel of Mary and the recently discovered gospel of Judas in this session. See Tony Palermo for details or email him at tpalermo@consolidated.net.
MEDITATION WITH FRIENDS

Facilitator: Sue Luebert – luebert.unicorn@gmail.com or call 412-366-9553
When: Tuesday, January 8th & January 22nd @ 7:00 – 8:30 pm
Where: West Room/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 out updates and a reminder of each meeting the day before to anyone on the meditation email list. Please contact Sue Luebert at luebert.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: January 6th @ noon – 1:15 pm
Where: Justice Room or follow the yellow signs

PSI Group meets the 1st Sunday of the month. How does one design an experiment to detect the brain's part in Spirituality? How does an atheist brain differ from a spiritual one? And does brain development allow for spiritual growth? We'll begin delving into these ideas in this session. See Tony Palermo for details or email him at tpalermo@consolidated.net.

SISTERS-IN-SPRIT

Facilitators: Rachael Smart and Michelle Broge-Connor
Contacts: thesmartfamily3@yahoo.com, brogemm@gmail.com
When: January 9th @ 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: January 13th @ 9:15 – 10:30 am
Where: Youth Room

Did you grow up Christian, but struggle with issues of doctrine or tradition? Whether you’ve parted ways with the label entirely or still hold aspects of the religion dear, your perspective is welcome! Come and share with us as we explore our feelings about the Christian faith and its role in shaping our spiritual lives today. Longtime members and first-time UU visitors alike are encouraged to drop in and join this ongoing, positive discussion!

UUCNH COFFEEHOUSE!

The next Coffeehouse will take place Friday, January 4th 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 January 2nd. 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 or call 603-903-3566
When: January 11th at 7:30 pm – 9:00 pm
Where: East Room

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.

BREAKFORTH ENSEMBLE

Facilitator: David Miles – miles@ohiou.edu
When: January 13th & January 20th at 9:00 am – 10:00 pm
Where: Worth & Dignity Room

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: January 8th & January 22nd at 7:00 – 9:00 pm
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: January 15th @ 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.

THE RECOVERY SUPPORT GROUP

Facilitator: Rev. Don Rollins – minister@uucnh.org
When: January 17th @ 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 QUILTING GROUP

Facilitator: Peggy Trevanion - birdies4@comcast.net or 412-366-4348
When: January 8th @ 10:00 am – 2:00 pm
Where: East Room

We will be working on a special project for Dana Poss, DLFD. Please bring your basic sewing equipment as well as your design talents and nimble fingers. For more information contact, Peggy Trevanion at Birdies4@comcast.net or text her at 412-419-6825.
THE UKE GROUP

Facilitator: Sandy Faulkner – sfaulk50@aol.com or 412-366-5973
When: January 7th & 21st @ 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: January 6th @ 6:30 – 7:30 pm
Where: East Room

Starting in the New Year, Amy Wilks will be offering yoga on the first Sunday of each month at 6:30 pm (first class is January 6). These classes will be gentle and restorative, and suitable for all ages and abilities. Classes are free and open to members and non-members alike, so bring a friend! Please dress comfortably and bring a yoga mat and water. A yoga block and strap are nice to have but not essential. Any questions please contact Amy at akwilks@gmail.com. Namaste!

CHAIR YOGA

Facilitator: Barbara Pane – barb@pane.net
When: January 20th, 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.
MID-YEAR CONGREGATIONAL MEETING

UUCNH will hold a mid-year congregational meeting on **Sunday, January 20th, 2019 at noon**. We will meet in the West room. Lunch and childcare will be provided.

The Mid-year meeting agenda will be available at least 8 days prior as required by our Bylaws. Please save the date for this important meeting for our beloved community.

*Susie Wood*

UUCNH Board of Trustees

---

UU CLUSTER NEWS

Check out our local Cluster Website at [www.uupittsburgh.org](http://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](mailto:liz.f.perkins@gmail.com), or Carol Ballance, [cstbwexfor@gmail.com](mailto:cstbwexfor@gmail.com) or Stephen Fuegi, [sdfuegi@gmail.com](mailto:sdfuegi@gmail.com) or go to [www.uuplan.org](http://www.uuplan.org). We will help you affirm and promote the goal of world community with peace, liberty and justice for all.

---

SYSTEMIC CHANGE TEAM

Fair Districts PA will be holding a Southwest Region Brainstorming Event, **Saturday, Jan. 12, 2019, 10:00 am – 2:00 pm** at Crossroads Church, 2310 Haymaker Rd., Monroeville, PA 15146. There will be an update on the status of efforts in ending Pennsylvania's reputation as one of the most heavily gerrymandered states in America. There will also be small-group sessions to generate actions for continued outreach to citizens, social media, and legislators. RSVP to Alina Keebler [atfdpa.wpa@gmail.com](mailto:atfdpa.wpa@gmail.com) or contact Liz Perkins, [liz.f.perkins@gmail.com](mailto:liz.f.perkins@gmail.com).
UU WORLD MAGAZINE

UUCNH 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.
GREEN SANCTUARY

SIGN UP NOW FOR “OUR PLACE IN THE WEB” – ENVIRONMENTAL JUSTICE CLASS!

The Green Sanctuary (GS) team is offering the UU Ministry for the Earth program called “Our Place in the Web”. The purpose of this class is to learn about environmental justice, research local environmental issues and identify environmental justice issues that our congregation is passionate about. You can find more details about the curriculum by checking out: https://www.uumfe.org/?s=Our+place+in+the+web.

The Green Sanctuary accreditation process requires us to develop partnerships with local groups or communities and to work together on environmental justice issues. Here is an excerpt from the UU Ministry for the Earth list of outcomes from the “Our Place in the Web” classes:

- **Deepen your understanding of place**—where your congregation fits geographically, ecologically, socially, and economically in the complex set of interdependent relationships that comprise life on earth;
- **Explore and bring to a greater awareness your congregation’s impact** on your local community and beyond—how is your behavior unwittingly affecting groups of people and entire communities, as well as fragile ecosystems?
- **Develop a group consciousness and ethic** around your congregation’s relationships with front-line populations;
- **Reinforce your congregational identity** by engaging in discussion about what matters to you, what values you hold in common, and how you are willing to act on those values;
- **Do serious justice** work using lively and creative methods, having fun in the process.

The “Our Place in the Web” classes will help us identify local communities or groups that are adversely impacted by environmental issues and then narrow down our areas of interest. We expect the outcome of our sessions to be a “short list” of environmental justice issues and communities we are passionate about and excited to work on. The GS team has “tested” the curriculum and found the sessions to be interesting and fun. The classes will be offered twice a week on Thursday evening and Saturday morning. Attendees may attend either class each week as schedules allow. Class schedule (rooms to be determined):

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Time</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Thursday, January 24</td>
<td>7:00-9:00 pm</td>
<td>Saturday, January 26</td>
<td>9:30-11:30 am</td>
</tr>
<tr>
<td>Session 2</td>
<td>Thursday, January 31</td>
<td>7:00-9:00 pm</td>
<td>Saturday, February 2</td>
<td>9:30-11:30 am</td>
</tr>
<tr>
<td>Session 3</td>
<td>Thursday, February 7</td>
<td>7:00-9:00 pm</td>
<td>Saturday, February 9</td>
<td>9:30-11:30 am</td>
</tr>
<tr>
<td>Session 4</td>
<td>Thursday, February 28</td>
<td>7:00-9:00 pm</td>
<td>Saturday, March 2</td>
<td>9:30-11:30 am</td>
</tr>
<tr>
<td>Session 5</td>
<td>Thursday, March 7</td>
<td>7:00-9:00 pm</td>
<td>Saturday, March 9</td>
<td>9:30-11:30 am</td>
</tr>
</tbody>
</table>

Come join the fun and be a part of discovering our community environmental justice projects. We will post a sign-up sheet in Friendship Hall in January. Save the dates now! If you have any questions, you can talk to any of the Green Sanctuary team – we have a green sticker on our name tags.

UUCNH RECYCLING

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.
FROM UUCNH CRAFT GROUP

THANK YOU, THANK YOU, THANK YOU

Our two days of Holiday Sales produced community success and two colorful events. New donors, new vendors, new members and new customers, as well as our old, loyal folks came together to lift our spirits and our sales.

All of you have, once again, shown that scrubbies, cookies, wash cloths, earrings, greeting cards, hand painted tree decorations, wooden pens, catnip pouches, knitted hats & scarves & cowls, herbs & spices, lip balm & hand cream, pine cones, baby quilts and much more can amount to a Lot -- Not to mention antique wooden furniture, caned and buffed to a warm glow.

We are empty of stuff and full of your care! Thanks again for your support. You make so much possible.

The Craft Group

NHCO CITRUS SALE

UUCNH is helping support the mission of North Hills Community Outreach (NHCO) by participating in their 2019 Citrus Sale. NHCO provides services to families in Northern Allegheny County who are experiencing crisis, hardship, or poverty. Help a neighbor in need and treat yourself by purchasing fresh, high quality citrus fruit fresh off the plant:

- Large and small boxes of Naval Oranges or Florida Grapefruit;
- A Citrus Combo containing Navel Oranges and Florida Grapefruit;
- Green Anjou pears (box of 20-just pears!); and NEW: Strawberries.

Note: NHCO is still finalizing the pricing as the Intercom goes to press.

Order forms will be available beginning in January from Chris Hill or on the bulletin board in Friendship Hall.

Orders due by Sunday, February 3rd, with delivery the weekend of March 2nd and 3rd, 2019. All orders COD, so there’s no reason NOT to order some!
NORTH HILLS COMMUNITY OUTREACH SEEKS VOLUNTEERS TO SHOVEL SNOW FROM A SENIOR’S WALKWAY, STEPS AND OR DRIVEWAY - Often seniors are waiting for visiting nurses, or need to get out to the ACCESS vehicle that will take them to important medical appointments. ACCESS will not pick up seniors if snow is not cleared from the driveway. To help a senior in your community, please contact Cathy at 412-307-0069 or clpschirer@nhco.org. A volunteer registration and criminal clearance check are required. Teens are welcome. However, teens 16 and younger must be accompanied by an adult.

TICKETS ON SALE FOR NHCO’S NEIGHBORHOOD BLOCK PARTY FEATURING NO BAD JUJu - No Bad JuJu, one of the Pittsburgh region’s hottest bands, will perform at North Hills Community Outreach's Neighborhood Block Party Sunday, March 24 in The Chadwick in McCandless (Wexford). The event is 4:30-8pm. No Bad JuJu is a dynamic eight-piece powerhouse, blending an eclectic mix of classic r&b, rock and cutting edge contemporary music into their signature style. The whole family is welcome at this all-ages event, which includes food stations, live music, games, kids’ activities, a silent auction and much more. Tickets are all-inclusive. Early bird tickets through March 3 are $30 for adults, $14 for children. Tickets March 4 through 20 are $33 and $15. Proceeds support NHCO’s many programs that help local families in need. Purchase tickets online at https://nhco.org/neighborhood-block-party/ or by calling Cheryl at 412-487-6316 opt 1.

SENIORS NEED VOLUNTEER SNOW SHOVELERS - Seniors in all neighborhoods in northern Allegheny County need volunteers to keep their yards and sidewalks safe by shoveling snow. Please contact Cathy at North Hills Community Outreach at 412-307-0069 x 3313 or clpschirer@nhco.org to register to volunteer.

ASK THE ATTORNEY SESSIONS FOR LOW-INCOME FAMILIES - Free legal consultation for noncriminal 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 7:00pm except December. The next ATA sessions are: January 16 in Allison Park and February 20 in NHCO North Boroughs. Attendees MUST preregister for these sessions by contacting Jackie at mboggs@nhco.org or 412-408-3830 x 3217.

NHCO SEEKS FUNDS FOR SHARING WINTER WARMTH - Funds are urgently needed for North Hills Community Outreach’s Sharing Winter Warmth program so that families in need can receive one $50 credit toward a heat or light bill. Donations can be made online at https://nhco.org/donate/sww/ or by check, payable to NHCO, memo line Sharing Projects, and mail to NHCO, 1975 Ferguson Rd, Allison Park, PA 15101. For more information, please call 412-487-6316 opt 1.

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, you must register by the first week of January. Contact Jackie at NHCO at mboggs@nhco.org or 412-408-3830 x 3217.

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 nhco.org or call 412-408-3830 x 3225. Please note that Community Auto is no longer a program of NHCO.

NHCO URGENTLY NEEDS VEHICLE DONATIONS 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 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. For appointments, 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 mboggs@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](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](mailto:uucnhoffice@uucnh.org).
Intercom article submission Deadline for FEBRUARY Intercom will be due January 21st, 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 couple 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 submit a “lean” copy, proofread by you.

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