February 3, 2019
“A CHURCH IN A BARN?”
Don Rollins

Don will lead us as we take a look at UUCNH’s history, and its impact on the present and (maybe) future. Come hear more about our congregation’s development. Note: if there are stories/events from the church’s past you’d like included, send a brief note to Don.

February 10, 2019
“A MORE MATURE LOVE”
John Ballance

From the time I entered seminary, I have viewed love as the most important thing in life beyond life itself, and I have taken a fundamental stance that love will be reflected in some way, very small or as the central point, in every sermon I preach. In this sermon, I will talk about the evolution of my view of the role of love in a religious community.

February 17, 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.

February 24, 2019
“LIFE HAPPENS, WE MUST DEAL WITH IT”
Don Rollins

Accepting things beyond our control may be the most important spiritual discipline of them all. Borrowing from another UU minister, Don will lead this service on letting go.
As we enter the home stretch of our shared interim, I’m oddly thinking more about UUCNH’s past than present. No doubt, part of that has to do with the February 3rd service on just that topic; but it’s also because history is a powerful force in a congregation’s present and future. So, let me use this space to share some of the highlights gleaned from a workshop on UUCNH history last fall. The “chapters” were organized more or less by decades, and included external factors surrounding the church’s stages of development:

1950s: Even before UUCNH’s official status as a Unitarian (pre-merger with the Universalists) there were societal events affecting the congregation’s development: McCarthyism; national trauma of WWII and the Korean Conflict; increasing discussions between Unitarians and Universalists; development of the North Hills region.

1960s: Merger of the two denominations; creation of UUCNH as an intentional “satellite” of First UU; pioneers met in spaces (including a YMCA) before finding, leasing and buying the barn; beginning of professional ministry.

1970s: First openly gay UU minister is ordained; UUCNH is lay-led for much of decade; first professional religious educator is hired; Bellwood opens; barn is remodeled.

1980s: Seven Principles are adopted; first ¾ then full-time ministers are called; religious education program for children and youth expand; membership increases by end of decade.

1990s: UUA membership begins steep decline; both rocky and stable relationships with ministers/staff; ordination of Veil Weller; West Room and East Room added.

2000s: UUCNH joins Pittsburgh Interfaith Impact Network (PIIN); certified Welcoming Congregation; added upstairs classrooms; ministerial changes, interim ministry begun.

2010-present: UUA reorganizes and changes location; Black Lives UU is formed; Scott Rudolph is called and ordained; church marks 50th anniversary; development of mission statement, covenant and governance structure; Scott joins protest at Standing Rock; Scott resigns, and board hires Don Rollins as interim minister; new model for justice work is developed; monitors are installed in West Room; solar panels and new fire pit are installed; initial steps are taken toward strategic planning, and upgrade of grounds; Sona Kennedy is hired as administrator, and Dana as Director of Lifespan Faith Development; Tim Nutter is hired as facilities manager; Adam MacDougall is hired as co-pianist; a search committee is formed to select candidate for next settled minister.

These are, of course, just thumbnail sketches from the rich history of your congregation. Not listed according to exact dates, there’s the music ministry of Hal Dixler, Mary Doubleday and the many guest/volunteer musicians who’ve graced the barn. Add to those folks the scores of lay leaders without whose vision, efforts and giving UUCNH would be a shadow of its current self.

The narrative of UUCNH is a human one - church in the liberal religious tradition is not an easy undertaking, and perfection is a myth. Yet in the end, the world is a better place for who you are, and what you do. I know this firsthand.

Blessings,
Don

Postscript: I’ll weave some of these events and personalities into the February 3 service on UUCNH’s history, but wanted to use this space to reach those who can’t join us.
“A VIEW FROM MY CUSHION”

I am sitting here on one of the coldest days of the year, thinking about the road we have travelled the last few years and our journey ahead. I am thinking about what we have learned and how we have grown. I am also thinking about what steps we might take in the near future.

I think there are a few things we can clearly see in our future. We are very likely to have a capital campaign. We are preparing now to develop a long-term strategic plan with our settled minister. We are likely to vote on a social justice focus for 2019-2020 and possibly beyond. We are preparing to embark on several environmental justice projects as a part of our Green Sanctuary journey. We are getting a look at the new site master plan and planning to refine the vision for our church’s grounds and site’s functions.

The bigger question is why we need to or want to do these huge, complex and often controversial projects. Are planned improvements to the building and grounds going to prevent “emergencies” like we faced last year? Are we making improvements to allow us to be more welcoming to those with different abilities and preparing to welcome more families, renters and other groups?? Are we improving our “home” so that we are welcoming to folks coming through the door looking for a community based in love that stands up for justice? Are we doing this work because we want to increase our impact in the community and the world? Are we answering the tug of a world that is begging us to help solve real problems?

I am also wondering what we might do to prepare for our new minister. We have a nice new bright minister’s office. What do you see that we could do to make our community and church more welcoming to the new minister? The Board chose learning about growth, kindness and generosity, and aligning our mission and goals with the budget as Board goals for this church year. The Board hopes these annual goals will help “till the soil” of our church’s spirit and imagination. The Board is working to “live” with kindness and generosity – will you help us extend our impact? Can you help us continue to think about and discuss the impact of and the reasons to grow? Can you work with your team during the upcoming budget season to align your committee and team work with our church mission and Board goals? We have much we can do in these next few months before calling our new settled minister. How can you help us be at our best on August 1, 2019 when our new settled minister is expected to join us?

I look forward to seeing your great ideas take shape and to continue to feel the increasing vibrancy of UUCNH as we sprint into our future. Thank you for all you do to impact our beloved community.

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) – lynnbessar@gmail.com
Mark Swihart - 412-369-9321 (h) – mswihart@spang.com
NEW BEGINNINGS, ENDLESS POSSIBILITIES

Three realities of life face every Unitarian Universalist:

1. Death
2. Taxes
3. The Stewardship “Ask”

Now, these are not necessarily in order of importance. Depending on your outlook on life, you may not even have a similar list. Say for example you give 40% of your income to UUCNH, you can probably offset any taxes through charitable giving (we don't offer tax advice, just throwing what-ifs out there). Then you'll just have to worry about the first item, having just eradicated the other two from your list.

Yes, folks, the season of the Stewardship "Ask" is upon us. (See how blithely I slipped that into the conversation?) But the funny thing about this particular bullet point is that we all actually look forward to it as a way to rekindle annually our ability to put our money where our UU mouth is: we all talk up a good game of a progressive religion or life purpose, but until we each step up to help pay the minister and administrative assistant's salary and health care, fund the grass cutting and church lighting, and fill the sails of our social, political and spiritual outreach, we're each just warming East Room chairs and drinking tea & coffee. While we each pay the church weekly, monthly or annually, the Stewardship Pledge drive enables us to share in the process of enabling the Finance Committee and Board to plan for the coming year.

In the process of considering the myriad paths we as a group are treading, it's interesting to note the current realities of Reverend Don Rollins providing stellar interim services, solar panels helping to offset daily electricity usage, the ongoing fights against gerrymandering and racism, the intensity of our ministerial search committee, and the daily work by our new DLFD, our church secretary, and our music director. These all lay the foundations for our Stewardship theme of "New Beginnings, Endless possibilities."

Please save these dates:

- **Sunday, March 3rd** - Stewardship Kick-off Sunday
- **Saturday, March 16th** - Family Game Show Night
- **Sunday, April 14th** – Celebration Sunday

Sincerely yours,

Alex Landefeld
stewardship@uucnh.org
CONNECTIONS TEAM

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. Meet with us on Sunday, February 3rd and Sunday, March 17th, 2019 at noon. Childcare will be available.

EXPLORING THE 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 on Saturday, February 9th from 10:00 am - 2:00 pm. Childcare will be available upon request. Watch the E-news for the date. Any questions, please contact Tassi Bisers or Beverly Wise.

MINISTERIAL SEARCH

UPDATE FROM SEARCH TEAM

Ministers that were interested in being called to our community started submitting their information right after the New Year. As mentioned in a prior update, the Search Team spent most of January sorting through applications and setting up interviews. Should we appear to be "silent", with fewer updates, please take no offense.

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.
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 Sakson

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

- February 3rd – Children's Chapel
- February 10th – Regular am classes
- February 17th - Regular am classes
- February 24th - Regular am classes

Mark your calendar!
LOOKING AHEAD

TOYS AND BOOK SWAP

February 10th - Drop off with February 17th – Swap

Toys and books can be expensive! And if you are like most parents, you probably have a whole pile (or two) at home that your child doesn't even look at anymore. A toy swap or exchange is a great way to get rid of some of those unused toys while picking up some "new" ones that your little one might enjoy at no cost! Everyone wins. Your child gets some new playthings while you get some extra space in your house.

As their social action project, the 3rd/4th grade class will organize this toy and book swap. Bring your gently used, working, and clean items and drop them off before or after the service in the East Room on February 10th. Then, on February 17th, come pick up new ones. This is a great, environmentally friendly way to reduce, reuse, and recycle. *Due to space constraints, items can only be accepted for drop off on Feb. 10th. Any leftover items will be donated to a local charity.

DLFD START-UP

Save the Date - Saturday, March 9th from 10:00 am – 2:00 pm

Please plan on joining us as CER Congregational Life Staff member, Rev. Sunshine Wolfe, leads this important workshop. Any and all stakeholders in UUCNH's faith development programs are welcome. We will talk about the history of the program and the goals for the future as we move forward with a settled Director of Lifespan Faith Development.

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 Kristen. Also, check out our Facebook page for details!

FAMILIES GROUP CALENDAR

- Feb. 9th - Valentine's Day Party
- March 3rd - Mystery Pal Reveal and Ice Cream Party
- April 13th - Earth Day Hike at North Park
- May 17th - Teacher Appreciation Picnic hosted by the Families Group
- August 23rd - Welcome Back Picnic
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:** February 24th (Sunday) @ 12:00 – 1:15 pm  
**Where:** East Room  

Edie Claire will facilitate our consideration of the topic: Religion and Death: Should your hell direct mine? We may like to think we are free to make our own decisions about our last days through living wills, estate planning, and the option of moving to Oregon. But are we? How much control do the religious ideas of the majority actually have over our personal decisions... there in the medical facility? How much authority to override personal decisions SHOULD medical personnel have? Is this a matter for the law? For politics? What happens when my beliefs about my own inherent worth and dignity bump up against my caregiver’s beliefs about my value to HER God and the risk to her own soul? Whose beliefs matter?

As always, for additional information and/or to be added to the email list for this group, email Dick Meyers.

JESUS DISCUSSION GROUP

**Facilitator:** Tony Palermo – tpalermo@consolidated.net  
**When:** February 17th (Sunday) @ noon – 1:15 pm (follow the yellow signs)  
**Where:** Upstairs, follow the yellow signs  

Jesus Discussion Group (3rd Sunday) - follow the yellow signs. Beyond Peter, Thomas, Mary & Judas, there are the infancy gospels, those that tell the story of the childhood Jesus and surprisingly, are the sources of some longstanding Christian mythology. And one last gospel, that’s lost and yet in front of everyone’s eyes: the gospel of Q. Well start that too. See Tony Palermo for details.
MEDITATION WITH FRIENDS

Facilitator: Sue Luebert – luebert.unicorn@gmail.com or call 412-366-9553
When: Tuesday, February 12th & February 26th @ 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: UUCNH 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 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: February 3rd (Sunday) @ noon – 1:15 pm
Where: Justice Room or follow the yellow signs

As our brains develop, what kind of spirituality can our neurons create? At what point do we form concretized beliefs? Can they be improved or replaced? When are we ready to accept alternate views? And when are we old enough to experience a oneness with the universe? To be discussed in February’s PSI. See Tony Palermo for details.

SISTERS-IN-SPRIT

Facilitators: Rachael Smart and Michelle Broge-Connor
Contacts: thesmartfamily3@yahoo.com, brogemma@gmail.com
When: February 13th (Wednesday) @ 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 or Michelle Broge-Connor.
UU CHRISTIAN PERSPECTIVES

Facilitator: Edie Swihart – edie.claire@verizon.net
Facilitator: Joe Meier – meierke@msn.com
When: February 10th (Sunday) @ 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, February 1st 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 February 6th. 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: February 8th (Friday) at 7:30 pm – 9:00 pm
Where: East Room

February 8th Book Discussion - *Pilgrim at Tinker Creek* by Annie Dillard, originally published in 1974, nonfiction, 304 pages. Dillard mixes her passion for biology and observation of the natural world with a mystic's prose, as she comments on her roamings in Virginia's Blue Ridge Mountains, where Tinker Creek lies. Her book has been compared to Thoreau's Walden, and Dillard has been considered an heir to the Transcendentalist movement. A Pittsburgh native, Dillard won the Pulitzer Prize for this book in 1975. There are many copies of this book in the Carnegie Library system.

March 8th Book Discussion - "*In the Heart of the Sea*" by Nathaniel Philbrick, published in 2000, nonfiction, 338 pages. Perhaps the true events that inspired Herman Melville to write "Moby Dick" need no further endorsement. The Essex, an American whaleship from Nantucket, Ma, sank after a sperm whale attacked it in the Pacific Ocean in 1820. Having lost their ship, the crew of the Essex attempt to sail to South America in whaleboats. After suffering from starvation and dehydration, most of the crew died before survivors were rescued in 1821. Any questions, contact Ruth.

BREAKFORTH ENSEMBLE

Facilitator: David Miles – miles@ohiou.edu
When: February 10th & February 17th (Sundays) 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.

JAM SESSIONS

Facilitator: James Clarke – JamesClarke81@gmail.com
When: February 12th & February 26th (Tuesdays) @ 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. 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 for further information.
SPIRITUAL AWARENESS CIRCLE

Facilitator: Adam Rose – adamrosefire@gmail.com
When: February 5th (Tuesday) @ 7:00 – 8:30 pm
Where: Youth Room

This is an opportunity to commune with others in a cozy environment, where we allow our most authentic selves to be present. We will create a safe space to be honest and open, and will get to experience the amazing benefits of a collective support system. The main objective is to practice relating in a more natural way, yet a way which is not normal in an unnatural world. Through the simple practices, we will feel more comfortable supporting others and being supported, will gain confidence, and will reclaim the light and joy which is our natural birthright. First meeting at UUCNH on February 5th, at 7:00 – 8:30 pm. Look for a sign on the front door. For more information, email Adam.

THE RECOVERY SUPPORT GROUP

Facilitator: Rev. Don Rollins – minister@uucnh.org
When: February 21st (Thursday) @ 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 Thursday 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 – 12:00 pm
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: February 12th (Tuesday) @ 10:00 am – 2:00 pm
Where: East Room

Bring your current projects to work on and new ideas to share. Open to all church members and friends. Remember to bring your own lunch. Call the Church Office 412-366-02 44 in case of bad weather. Questions, contact Peggy Trevanion or call her at 412-366–4348.
THE UKE GROUP

Facilitator:  Sandy Faulkner – sfaulk50@aol.com or 412-366-5973
When:  February 4th & 18th (Mondays) @ 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.

YOGA WITH AMY

Facilitator:  Amy Wilks – akwilks@gmail.com
When:  February 3rd (Sunday) @ 6:30 – 7:30 pm
Where:  Justice Room

Amy Wilks is offering yoga on the first Sunday of each month. 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! Dress comfortably and bring a yoga mat and water. A yoga block and strap are nice to have but not essential. Please RSVP to Amy if you plan to attend. Namaste!

CHAIR YOGA

Facilitator:  Barbara Pane – barb@pane.net
When:  February 17th (Sunday) @ 6:30 – 7:30 pm
Where:  East 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 Barb Pane or by replying to the UUCNH facebook reminder. Hope to see you there, and bring a friend! This class is free.
FUNDRAISING COMMITTEE

The Fundraising Committee is excited to announce NEW programming for 2019! This year you can expect monthly silent auctions as well as new events like our first chili cookoff, family movie nights, and a Fall pantry harvest gourmet dinner. In the meantime be sure to checkout and cast bids for congregation-donated silent auction items which will include a Middle Eastern Tagine and matching Cookbook, a Vintage Coffee Server with Cake kit, and a prized Wonder Woman Cookie Jar with Cookie mixes to match. There’s something for everyone. Questions? Talk to Lara Patton, Lou Bartolomucci, Bernita Clover or Ellen Saksen.

SAVE THE DATES!

- **February 16th** – Family Movie Night – Screening Coco (rescheduled from 1/19)
- **March 10th** – Sunday booksale
- **March 23rd** – UUCNH Chili Cookoff!

SUNDAY SERVICES TEAM

As part of our goal to become a Green Sanctuary, the Sunday Services Team wishes to let you know that we will soon be initiating a transition entirely away from paper Order of Services for Sundays. The timeline for this transition has not been determined, and will be influenced by demand for printed Order of Services. The installation of the video screens in the West Room provide us an exciting opportunity to enhance the audio/visual quality of our services and simultaneously reduce both our environmental impact and staff time spent arranging paper Order of Services. Announcements pages and printed Order of Services, including those in larger print, will still be available. During this transition please see any member of the Sunday Services Team if you have questions, comments, or concerns.

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, Carol Ballance, or Stephen Fuegi or go to UU Plan. We will help you affirm and promote the goal of world community with peace, liberty and justice for all.
Many thanks to the folks who attended the Fair Districts PA Brainstorming session. We’re going to slay that Gerrymander! Merci to the brave souls who went to the Women’s March one cold January day. And, finally, kudos to all the folks who went to the annual Summit on Racism.

Thursday, February 21st, from 6:00 - 9:00 pm. Livestream of FDPA Town hall at Muhlenberg College. Come join us for soup and stimulating conversation as we gather to watch/participate in the town hall. Event kicks off with a panel discussion of lawmakers, Fair Districts PA folk, the League of Women Voters and the PA Political Science Association. Time for Q &A at local sites and then we report back in.

Are you concerned about Gun Violence? UUPLAN has a team working on this. Join the Zoom conference on Tuesday, February 19th at 7:00 pm. Contact Carol Ballance if you’re interested.

Saturday, February 23rd, from 3:15 pm to 5:30 pm. Muslim Association of Greater Pittsburgh Open House. Questions on Islam? Ask a Muslim. RSVP to Sadaf Mansoor or Sidra Kahn.
EQUAL EXCHANGE GIFTS FOR VALENTINE’S DAY

Give your Valentine some Fair Trade chocolate! 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 Dark Chocolate bars—with Almonds, With Mint, with Lemon, Ginger, & Black Pepper (NEW!);
- 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!
- Organic Coffee—French Roast, Breakfast Blend, Mind, Body & Soul, or Decaf, available in whole bean or drip grind ($9/bag).

If you have any questions, contact Chris Hill at 412.366.9553.

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.

Orders are due by Sunday, February 3rd, with delivery the weekend of March 2nd & 3rd. All orders COD, so there’s no reason NOT to order some!

Order forms available from Chris Hill or on the bulletin board in Friendship Hall.

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.
MEMORIAL GARDEN

DID YOU KNOW?
That the bell/gong which is struck three times to open each Sunday’s service was a Memorial Gift to the church 24 years ago this month. The plaque on the stand holding it has the following inscription:

IN MEMORY OF
THE MEN, WOMEN AND CHILDREN
THROUGHOUT THE WORLD
LOST TO THE AIDS EPIDEMIC

The Family of
KARL R. GIER
February 14, 1995

Karl was born on March 19, 1959 and died on September 22, 1987. His parents, Caroline and Jerry Gier, were members of this church. Some of Karl’s cremains are interred in our Memorial Garden,

BELLWOOD KIDSTUFF SPRING SALE

BELLWOOD KIDSTUFF SALE REGISTRATION

Join us for seller registration on February 6th from 9:00 am – 1:00 pm and again from 6:00 – 7:00 pm if you wish to consign at the sale. There is a $15 registration fee and sellers receive 60% of their total sales. Not interested in selling? Bellwood would be happy to accept any donations of gently used spring/summer children’s items to sell. Donations will be accepted February 1st through March 8th in the Bellwood Office. For more information, please contact Bellwood.

Bellwood Preschool's Spring KidStuff Sale of gently used infant and children's clothing (infant to size 14), toys, books, furnishings, and anything imaginable for kids will be held Friday, March 15th from 9:00 am – 5:00 pm and Saturday, March 16th from 9:00 am -12:00 pm. Red penned tags are 50% off on Saturday!
NORTH HILLS COMMUNITY OUTREACH

NORTH HILLS 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 NHCO at 412-307-0069 x 3131 or CLICK HERE to volunteer.

NHCO’S NEIGHBORHOOD BLOCK PARTY FEATURING NO BAD JUJU - One of the Pittsburgh region’s hottest bands, will perform at NHCO’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 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 HERE or by calling Cheryl at 412-487-6316 opt 1.

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 NHCO 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 or call 412-408-3830 x 3217.

NHCO SEEKS FUNDS FOR SHARING WINTER WARMTH - Funds are urgently needed for NHCO’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 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 VEHICLE DONATIONS 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. 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 or call 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 NHCO 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 CLICK HERE or call 412-408-3830 x 3225. Please note that Community Auto is no longer a program of NHCO.

RUN FOR THE HILLS! NHCO SEES 5K RUNNERS, RELAY TEAMS AND MARATHONERS - NHCO invites runners of all abilities to run one of the races of the Dick's Sporting Goods Pitts 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. CLICK HERE or contact Harriet or call 412-408-3830 x 3204.

NHCO URGENTLY NEEDS VOLUNTEER DRIVERS AND ON-BOARD DISPATCHERS FOR OUR SENIOR SHUTTLES - NHCO 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 or call 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 - NHCO offers free help with career counseling, updating a resume, job search techniques and more. Please contact NHCO Resource Coordinator Jackie Boggs or call 412-408-3830 x 3217.

NHCO SPEAKERS ARE AVAILABLE - North Hills Community Outreach’s staff or volunteer speakers are available at no charge to speak to your congregation, business, civic group or school about NHCO’s programs and volunteer opportunities, or to staff an NHCO information table at your community event. For more information or to schedule a speaker, please contact Jen or call 412-487-6316 opt 1 x 3112.
AN EASY WAY TO HELP UUCNH FUND ITS PROGRAMS

The Church sells gift cards for Giant Eagle, Kuhn’s and Whole Foods as a fund-raising activity. Buying gift cards at UUCNH benefits the church financially AT NO COST TO YOU. When you pay $100, you receive a gift card for $100 and the Church receives $5 from the store. If each member (200) bought $100 in cards each month, UUCNH would earn $12,000 for the year. Spending $100 on groceries and gas in a month is probably something that a lot of us do.

Gift cards can be used to buy groceries and other store items. Giant Eagle cards can also be used at their GetGo stations. When using gift cards, you will still receive all the discounts offered by the store. Giant Eagle gift cards can’t be used to buy other gift cards sold at the store.

Please participate, buy gift cards and help UUCNH fund our ministry.

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.
- 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.
INTERCOM

Intercom article submission Deadline for MARCH Intercom will be due **FEEBRUARY 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!
Happy Valentine’s Day