2019

INTERCOM

UNITARIAN UNIVERSALIST CHURCH OF THE NORTH HILLS
As we launch this year’s stewardship campaign, let’s talk about the financial part of getting ready for new settled ministry at UUCNH.

Talking about justice work, Rev. Dr. Sharon Welch writes, “We are not ushering in a new age. We are not part of a grand cultural revolution. We are, quite simply, like all the generations before us, and all the generations to come after, learning to walk.” What does it mean to celebrate learning to walk and to find hope in the little bit that we can do? How do we pass that baton on to those to come? Regardless of our age or generation, we are all forever in a state of letting go and leaning into change by learning to move in our own ways day-to-day.

As with any congregation its age, UUCNH has a rich history. Don will lead us in a quick overview of our beginnings and journey to today. (Please note this service has been moved from 3/3.)

As you have surely noticed, genuine kindness is getting harder to extend these days. Don and members of the Kindness Task Force will describe kindness as a spiritual practice - a way of life, not just a series of acts.

Join our youth group as they lead this service for all ages and share their hopes for the future. (Childcare provided for 2nd grade and under.)
Talking with a UUCNH longtimer the other day, we agreed church is an often wacky idea. Mission and purpose are often murky and subject to change. Change is a constant, like it or not. Communication is an ever present challenge, as is navigating diversity of thought. (As the old saw goes, where 5 Unitarian Universalists are gathered, you can figure on at least 15 opinions.)

But of course, church is more than just wacky. It's also what one writer called “an experiment in personal disarmament”; and another, a chance to be part of something bigger. Something good. Something important.

As I read “personal disarmament”, it means looking at oneself with gentle rigor. When do I wound, when do I help heal? Who have I blessed today, and who have I cursed? This is hard work. It's also “church” work - church as a place to practice humility, vulnerability and yes, kindness.

That's my segue to mention the ongoing campaign on kindness that your board, staff and I are promoting. (Board member, Kathi Finch, is heading up the effort.) The idea is to see each church interaction as an exercise in disarmament. An invitation to pause, and ask those tough questions: Are my words wounding, or healing? Are my actions blessing or cursing?

So, keep an eye out for what Kathi and her kindness crew have to offer us all. If this world ever needed a jolt of humility and caring, it's now.

Now back to being part of something bigger, good and important. Have you ever heard of global ends? If so, you know one of the ways congregations articulate purpose and values is through global ends. The idea here is to come up with the broadest possible way of talking about why a community exists in the first place.

Courtesy of the Governance Task Force, UUCNH has its own ends statements - one of the best kept secrets on the new website. Borrowing from our congregation in St. Paul, MN, the ends are designed to be personal (within), communal (among) and global (beyond). It's about 1. Growing our souls; 2. Taking care of one another, and; 3. Being a center for justice, peace and protecting the planet.

So, if you're wondering what your leadership is doing to help ground and guide UUCNH's present and future, go to the website (uucnh.org), click on “Our Governance” and scroll down to “Mission and Ends Statements”. It's good stuff, I promise.

Yes, church is often times wacky....Or worse. And the world is a harsh place right now. But for all its faults and failures, church - and here I mean the liberal church - still has a place amidst the chaos, and a message worth the trouble.

Blessings,
Don

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**PASTORAL SCHEDULE**

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

What a glorious sight this morning – the sun was actually shining when I dropped Ana off at school. I must admit that I am always looking for a sign that winter is over. It is amazing to me that in the midst of a cold and dreary day a ray of sunshine can lift my spirits. Nothing seems to shift my attention to the future like a sunny day or even a sunny moment.

I am certainly looking forward to the next church year with anticipation and wonder. As our Ministerial search team is interviewing and narrowing down potential settled minister candidates, many other teams are also preparing us for our new settled minister. The Ministry Council is choosing a strategic planning model to help plan for the future. The Memorial Garden team has drafted a master site plan to provide a framework for thinking about our church site, its uses and ongoing care. The Religious Education team is working on the 2019-2020 budget to ensure we have the most up-to-date curricula and class offerings for our community. The Stewardship team is getting ready to launch our annual Stewardship campaign to fund our ongoing and new programs for the upcoming church year.

It is an exciting time at church with what seems like a thousand things going on. I am going to spend the next month focusing on and appreciating the hard work being done and progress we are making. I hope to spend a good deal of the next month thanking the people who are making things happen – in committee and team meetings, in our offices, and in every room of our church. Please join me in supporting current church projects and teams as you continue with your contributions to the community. I hope we can all take some time to appreciate and thank the people who are doing so much work to prepare us for our future.

And thank you for all your hard work, kindness, generosity, creativity and perseverance as you add your magic to the UUCNH community today and in the future.

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 (LPCT) 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) – lynnbezar@gmail.com
Mark Swihart - 412-369-9321 (h) – mswihart@spang.com

The Lay Pastoral Care Team (LPCT) is pleased to report that you can now submit Joys & Sorrows electronically. On our UUCNH website, click the About dropdown for Joys & Sorrows Submission Form. Once submitted, the form is sent to all LPCT members. Please be sure to submit your item by 8 AM on Sunday at the latest, so we get it in time for Service. Also, the LPCT now has an email address (LPCT@UUCNH.org) which forwards to all members of the team.
NEW BEGINNINGS, ENDLESS POSSIBILITIES

THE PANTONE COLOR OF THE YEAR 2019 -- Living Coral "Vibrant, yet mellow PANTONE 16-1546 Living Coral embraces us with warmth and nourishment to provide comfort and buoyancy in our continually shifting environment.

In reaction to the onslaught of digital technology and social media increasingly embedding into daily life, we are seeking authentic and immersive experiences that enable connection and intimacy. Sociable and spirited, the engaging nature of PANTONE 16-1546 Living Coral welcomes and encourages lighthearted activity. Symbolizing our innate need for optimism and joyful pursuits, PANTONE 16-1546 Living Coral embodies our desire for playful expression.

Representing the fusion of modern life, PANTONE Living Coral is a nurturing color that appears in our natural surroundings and at the same time, displays a lively presence within social media."

Coral is a great analog for our spiritual home, UUCNH. Vibrant in it’s place, hidden behind the woods, UUCNH glows for us. But if allowed to be adversely affected by external forces, it could die an unfortunate death.

With this year’s Stewardship campaign, we are exploring New Beginnings and Endless Possibilities. We will embark upon our next ministerial journey with a loving boost from Rev. Rollins, our interim minister for two soul-searching years. We are open (the survey says so!) to the endless possibilities a new minister will bring with her/him/it. Having said that, please note the structure of the upcoming Stewardship Campaign below, during which you will be asked to submit and/or renew your monetary pledge:

Preliminary Ask: We will approach UUCNH leadership to pledge first, so that we have a starting foundation for the campaign.

Note: We will not be approaching everyone through one-on-one Canvassing. Therefore, we'll need everyone to pick up cards at Sunday services, download from UUCNH.org, or pick up from the NHCO Food Pantry cupboard, and put completed cards in Sunday offering baskets, or in the Stewardship box on the NHCO Food Pantry cupboard. If you need information about your current pledge, email Alex at the address below, or see Lindsay Scott, the UUCNH Treasurer.

Sunday, March 3rd - Stewardship Kick-off Sunday

Testimonials - each of four Sundays, a fellow member will speak.

Saturday, March 16th at 5:30-8:00 pm
- UUCNH SUUper Game Show Night
- Pizza Pie, Pie pie, (pi pie?), drinks, etc.
- Childcare will be provided

Sunday, March 24th – Celebration Sunday
- Presentation of the Cards
- with Enhanced Coffee Hour

Campaign Wrap-Up
- Contact the few remaining unpledged families
- Communicate final numbers to the Treasurer, for presentation to the Finance Committee and the Board.

Good luck to everyone! The campaign is almost upon us!

Alex Landefeld
Stewardship Team
stewardship@uucnh.org
MEET THE CHURCH
If you're new and want to find out more about the Unitarian Universalist Church of the North Hills and Unitarian Universalism, Meet the Church is for you! It's an hour-long program that takes place in the West Room (where the service is held). There you have a chance to learn, ask and share with other newcomers. Meet with us on Sunday, March 24th, 2019 at noon. Childcare will be available.

VOTE TO CALL OUR NEW MINISTER ON MAY 5th

Yes! This is something members can do! But you need to sign the Membership Book by New Member Sunday, March 3rd. Interested? 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.
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

- March 3rd – Children’s Chapel
- March 10th – Regular am classes
- March 17th - Regular am classes
- March 24th - Regular am classes
- March 31st – Youth Sunday – Expanded childcare for 2nd Grade and under
MYSTERY PAL REVEAL/POKEMON PARTY

Save the Date - **Sunday, March 3rd (after the service)**

If you participated in Mystery Pals, then you are invited to our Pokemon Party on Sunday, March 3rd. We will meet right after the service in the library; grab your final clue from the mailbox which will be moved upstairs. All of the Pokemon code names assigned evolve by friendship. And the whole point of Mystery Pals is to create friendships! We encourage you to ask your pal what they know about Pokemon at the reveal party!

![Pokemon Pikachu](image)

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** - Please save the dates for these upcoming events:

- **March 3** - Mystery Pal Reveal and Pokemon Party
- **April 13** - Earth Day Hike at North Park
- **May 4** - Star Wars Party
- **May 17** - Teacher Appreciation Picnic hosted by the Families Group
- **August 23** - Welcome Back Picnic
ADULT FAITH DEVELOPMENT

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

COVENANT CIRCLES

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

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

HUMANIST DISCUSSION GROUP

Facilitator: Dick Myers – dmyers.rlm@gmail.com
When: March 24th (Sunday) @ 12:00 – 1:15 pm
Where: East Room

First Principle: Inherent Worth & Dignity - Rev Rollins’ sermon (on February 17th) included a critical discussion of our UUA 1st Principle – to affirm and promote the inherent worth and dignity of every person. He raised his own and some others concerns about the underlying concepts behind this statement, in the context of life experiences that seem to deny its universality. There are some ‘heavy’ concepts contained in these few words, dealing with the nature of human beings and the concepts of good and evil, as well as the intent of ‘affirming and promoting’ a particular perspective. Since the UU Principles are not dogma or doctrine, we are free to examine, interpret, critique, or challenge any aspect of them. On March 24th, The Humanist Group will hold a discussion, facilitated by Connie Ritzert, to explore and compare our views on “inherent worth and dignity” and the role of the first principle. What does it mean to you? All are welcome. 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: March 17th (Sunday) @ noon – 1:15 pm
Where: Growth Room

Jesus Discussion Group (3rd Sunday) - follow the yellow signs. Before there was written gospel, there were oral traditions dating to only 10-20 years after the life of Jesus. These constitute our earliest record of Jesus people thought. One of them has been right under our noses for almost 2,000 years and concerns the Resurrection. See or contact Tony Palermo for details.
MEDITATION WITH FRIENDS

Facilitator: Sue Luebert – luebert.unicorn@gmail.com or call 412-366-9553
When: Tuesday, March 12th & March 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: March 3rd (Sunday) @ noon – 1:15 pm
Where: Growth Room

PSI Group meets the first Sunday after the service, upstairs, follow the yellow signs – Continuing with our series on Spirituality and the Brain: how might regions of the brain interact to create mythology and ritual, and why are these evolutionarily advantageous? See or contact Tony Palermo for details.

SISTERS-IN-SPIRIT

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

UU Christian Perspectives meets the second Sunday of the month. 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, March 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 March 6th. Potluck starts at 6:00 pm and vespers led by Don, at 6:45 pm. Help with the potluck setup/cleanup is appreciated.
FELLOWSHIP GROUPS

BOOK DISCUSSION GROUP

Facilitator: Ruth Horwitz – rah8184@gmail.com or call 603-903-3566
When: March 8th (Friday) at 7:30 pm – 9:00 pm
Where: East Room

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.

BREAK FORTH ENSEMBLE

Facilitator: David Miles – miles@ohio.edu
When: March 10th & March 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: March 1st (Friday) @ 6:00 – 7:30 pm
Where: Worth & Dignity Room

Well meet the first Friday of the month, Musicians of all persuasions are invited to participate in jam sessions at 6:00 pm on the first Friday of every month (i.e. before Coffee House). All participants should be able to follow chords and/or melodies, and are asked to bring a light food or drink option to share. For more information email James Clarke.
SPIRITUAL AWARENESS CIRCLE

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

Join us first Tuesday of the month for 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 comfortable supporting others and being supported, will gain confidence, and will reclaim the light and joy which is our natural birthright. For more information, email Adam.

THE RECOVERY SUPPORT GROUP

Facilitator: Rev. Don Rollins – minister@uucnh.org
When: March 21st (Thursday) @ 6:30 – 8:00 pm
Where: East Room

Third Thursday of the month, joint the Recovery Support Group. 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: March 12th (Tuesday) @ 10:00 am – 2:00 pm
Where: East Room

On the 2nd Tuesday of the month, join the quilting group and 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: March 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: March 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: March 17th (Sunday) @ 6:30 – 7:30 pm
Where: East Room

Chair Yoga is a beautiful yoga practice for everyBODY!

On the 3rd Sunday of the month, 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.
SAFETY PREPAREDNESS TEAM

The Safety Preparedness Team will continue to address situations of intentional physical violence aimed at UUCNH. We also are addressing topics like fire safety, 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 will be presented to the board for approval. If you have questions, please reach out to team members Jan Hoeter, Randy Minnich, Barb Draa, John Ritzert, Jody Clark, or Ellen Saksen.

FUNDRAISING COMMITTEE

Exciting news from the UUCNH Fundraising Team!

Marie Kondo wants you to look at your bookshelf, and whatever doesn't bring you joy - you need to donate to UUCNH for our book sale on March 31! Bring donated books prior to Sunday's service, and afterwards prepare to shop. All proceeds go directly to UUCNH.

Break out your hot sauce and cowboy boots - The First Annual UUCNH Chili Cookoff arrives April 13, 2019. Entries wanted for vegetarian, vegan, white, Texas, Cincinnati, and everything in between and a chance to compete for bragging rights and the 2019 Chili Cookoff award ribbon. Come eat as much chili as you can, and learn the Texas two-step. All are welcome - mark your calendars and we will see you 5-9pm on April 13. More details coming soon, all proceeds go to UUCNH.

- Sunday, March 31st - 11:30 - Used booksale (Room – TBD)
- Saturday April 13th, 5:00 -9:00pm - UUCNH Chili Cookoff + Two-Step - Sanctuary and Friendship Hall

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, or 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.
INCLIMATE WEATHER POLICY

In case of INCLEMENT WEATHER, the church might be closed.

On inclement Sundays, review the delays and closing scroll on the ABC TV broadcast station (WTAE) for an announcement about Unitarian Universalist Church of the North Hills cancellation and/or check the UUCNH Facebook page for information on our closing/delay status.

On weekdays
Church staff will determine if traveling to the church is safe. Staff may work from home on days when the church is closed due to inclement weather. Delayed openings may be in effect as needed; though staff will open the church on time if it is safe to do so. During times of year when schools are not in session, UUCNH may also be closed if county or city government non-essential services are canceled or delayed due to inclement weather. Our staff will perform their work as safety allows.

How the decision will be made to cancel a Sunday Morning Service:

When inclement weather occurs that might/does impact travel or church access on Sunday morning, the Minister and a board representative will seek to speak to one another concerning the accessibility of the church premises as well as the overall condition of West Ingomar Rd. The decision to close or cancel services and activities will be made by 8:00 a.m. If services/activities are cancelled, all ministries are asked to adhere to this policy for the safety of participants and the security of the building. The Minister or board representative will update the cancellation on WTAE TV station and the UUCNH Community Facebook page.

STEWARDSHIP TEAM

YOUR STEWARDSHIP TEAM INVITES YOU TO ATTEND

UUCNH's SUUper Game Show Night - Saturday, March 16th at 5:30 – 8:00pm

Join us for an evening of fun, food, and frivolity for all ages! There will be happy food - - - pizza! And for dessert, pie and a Sundae Bar. Then put your heads together with your table mates and choose a Team name for your table. Your Game Show Host (a famous theatrical personage from our midst) will lead us through some exciting and entertaining games, such as Family FeUUd, Five Second Rule, and Trivia.

You don’t want to miss this event! Bring your family, or friends, or someone you would like to be your friend, or just come by yourself and make new friends. This one is for everyone, whether you volunteer to be on stage for the fun, or just sit quietly chuckling at your table. AND ... there will be no charge for this delightful evening - although, there may be a message from your sponsor! (Child care will be available for small children.) Watch your email for an opportunity to RSVP. See you there!

NHCO CITRUS SALE

NHCO Citrus Arrives March 2nd/3rd! - Extra Fruit Available!

Our NHCO Citrus orders will arrive on Saturday, March 2nd-picked within the week before. If you ordered some, please come to the East Room after service on Sunday the 3rd. If you didn’t order any, but want some, you’re in luck! We did order some extra! If you want a box, half a box, or just a few pieces, come see Chris Hill in the front vestibule during coffee hour. If you can’t pick it up then, please contact Chris at chill613@comcast.net. Thanks for a great turnout-we ordered over 70 boxes of citrus plus over 40 quarts of strawberries! Good for us and great for NHCO!!
SYSTEMIC CHANGE TEAM

Systemic change team social justice survey. It's time to figure out what our Number 1 social justice issue will be. We'll solicit ideas the beginning of the month. The survey will come out the end of the month. You will be able to fill it out online or on a paper form at church. Remember you are RANKING your priorities. What you pick as Number 1 is the key. If you have questions see Carol Ballance or Dawn Lindsay.

Join Us for the

UUPLAN
UNITARIAN UNIVERSALIST PENNSYLVANIA
LEGISLATIVE ADVOCACY NETWORK

Annual Meeting 2019!
April 26-27, 2019
York PA

Keynote: Paula Cole Jones “The Power of Networking: Building Communities of Communities”

Paula Cole Jones serves as Interim Congregational Life Staff for the Central East Region of the Unitarian Universalist Association, and is a lifelong member of All Souls Church in Washington, DC. She is a leader in antiracism, anti-oppression, and multicultural training and consulting with the Unitarian Universalist Association, the founder of ADORE (A Dialogue on Race & Ethnicity), and a former president of DRUUMM (Diverse and Revolutionary Unitarian Universalist Multicultural Ministries). Paula is a contributing author to three books and the editor of Encounters: Poems about race, ethnicity and identity, published by Skinner House Books. She also co-authored the 8th Principle and was honored to be invited to be the Sophia Fahs Lecturer at General Assembly this year.

- Effectiveness Panel moderated by Paula Cole Jones with: Ann Keeler Evans of the Poor Peoples Campaign, Carol Kuniholm of Fair Districts PA, Micah Sims of Common Cause and Tonya Wenger, Social Justice Activist with First UU Church of Berks County
- UUPLAN Justice Team Leader Panel Discussion
- Constituency Small Group Discussions

To register and for hotel info, visit www.uuplan.org and click the “Annual Meeting” button on our Home Page.

When
Friday Night Session - April 26 @ 5:00 pm
Dinner + Improvisational Theater: “Privilege”, River Crossing Playback Theater

Saturday Annual Meeting - April 27 @ 8:00 am - 3:30 pm
Keynote * Lunch * Panel Discussions

Where
Unitarian Universalist Congregation of York, 925 South George St., York PA 17403

Suggested Fee: $25

** Bring your church banner! We will be displaying them in the sanctuary! **
EQUAL EXCHANGE GIFTS

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

- 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).

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.

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.

BELLWOOD KIDSTUFF SPRING SALE

BELLWOOD KIDSTUFF SALE REGISTRATION

Bellwood would be happy to accept any donations of gently used spring/summer children's items to sell. Donations will be accepted 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!
TICKETS ARE 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 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 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, princess and superhero characters, games, kids' activities, a silent auction, kid's auction and 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.

NHCO IS COLLECTING PERSONAL CARE ITEMS - NHCO is collecting new, unopened personal care items through April 1. The added expense of items like toiletries can be a burden for low-income families, and those who receive SNAP cannot use the benefits to purchase such items. Items needed include shampoo, soap, unscented lotion, disposable razors, shaving cream, toothpaste, mouthwash and other personal care items. Please donate Monday through Friday, 9am-4pm at NHCO offices in Hampton, Millvale or Bellevue, or 9 a.m. to noon, Saturday, March 2 in the food pantry behind the Hampton office, 1975 Ferguson Road. Call 412-487-6316 option 1 to inquire about other arrangements.

RUN FOR THE HILLS! NHCO SEeks 5K runners, relay teams and marathoners - NHCO invites runners of all abilities to run one of the races of the Dick's Sporting Goods Pittsburgh Marathon May 4-5. Registration is FREE when you run for NHCO and help local families in need. Runners can choose the 5K, form a relay team, or run the half or full marathon. Visit https://www.crowdrise.com/o/en/campaign/north-hills-community-outreach-pittsburgh-marathon-2019 or contact Harriet at hzklatte@nhco.org or 412-408-3830 x 3204.

NHCO SEEKING SENIORS WHO NEED MINOR HOME REPAIRS - NHCO, in partnership with the ELCA SWPA Synod's Stay at Home Mission Work Camp, is accepting applications now from low-income seniors for free minor home repairs. Low-income senior applicants must live in northern Allegheny County north of the City of Pittsburgh. Repairs will be scheduled for June 23 through 28. Space is limited and applications will be reviewed on a first-come basis and prioritized by need. To apply, contact Cathy at NHCO at 412-307-0069 X 3313 or cplschirer@nhco.org. Stay at Home Mission Work Camp also is looking for additional skilled adult mentors to supervise youth as they learn while doing repair projects. Please contact Sylvia at 412-486-0151 for more information about volunteering.

NHCO OFFERING FREE TAX PREPARATION - NHCO is once again offering FREE tax preparation for low-income individuals through the United Way Free Tax Prep program. During the past five tax seasons, NHCO volunteers have helped prepared 1,281 federal returns and helped families receive $1,962,995 in federal refunds. Appointments are required and must be made by calling United Way's helpline, 2-1-1. Income eligibility requirements: For households with ONE PERSON, annual income must be $30,000 or less. For households with MORE THAN ONE PERSON, annual income must be $50,000 or less. NHCO's Bellevue/North Boroughs site will be open for tax prep appointments Mondays and Wednesdays, 4:30 to 7:30pm. NHCO's Millvale site will be open for tax prep appointments Saturdays, 9:00am to noon.

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 March 20 in NHCO Millvale and April 17 in Allison Park. Attendees MUST preregister for these sessions by contacting Jackie at jmboggs@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 help local people 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.

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 at kkmulhern@nhco.org or 412-449-0151 for more information.

NHCO'S PATHWAYS PROGRAM OFFERS FREE GOAL-SETTING HELP FOR THOSE WHO ARE STRUGGLING – NHCO’s free Pathways program helps low-income people set goals. Our coordinators meet one on one with people to coach, set short- and long-term goals and provide resources and support. For information, call Abby in North Boroughs (Bellevue) at 412-307-0069, Nicole in Millvale at 412-408-3830 or Abby 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 at jmboggs@nhco.org or 412-408-3830 x 3217.

NHCO SPEAKERS ARE AVAILABLE – NHCO’s staff or volunteer speakers will speak at no charge to your congregation, business, civic group or school about NHCO's programs and volunteer opportunities, or will staff an NHCO information table at your community event. To schedule a speaker, please contact Jen at jlkissel@nhco.org or 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 SUBMISSION

Intercom article submission Deadline for APRIL Intercom will be due **MARCH 21**, please don’t be late.

Also, watch for the future changes to the intercom....coming soon.

- 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 St. Patrick's Day!