UPCOMING SERVICES

July 7, 2019

PATCHING CHINDIS: ON BROKENNESS
Rev. Robin Landerman Zucker

Among the multitude of Hindu deities, there is a goddess named “Akhilandeshvari” - the “Never Not Broken Goddess.” She is anything but frail, though – she carries a trident and rides in on a crocodile! As humans, we are also “never-not-broken,” yet how comfortably do you relate to our brokenness? Do we despise it? Embrace it? Feel empathy for it? Want to soothe it? Experience its intense pathos and pain and seek to transform it? We’ll ride along with Akhillandeshvari, as we explore these questions through an Eastern spiritual lens. In this participatory service, we’ll engage with Rev. Robin in a ritual of healing.

July 14, 2019

AN HOUR OF CALM: TAIZE MUSIC AND MEDITATION
Kathi Finch

The Taizé service is based on the worship services of the Taizé community, an ecumenical monastic order founded in France after World War II. The service focuses on quiet reflection and music to instill a sense of inner peace. Visit www.taize.fr to learn more.

July 21, 2019

LIVE WHAT YOU LOVE
Stacy Conlin, Amy Wilks, Nancy Kepner

What are you passionate about? We all have gifts, hobbies, or interests that help fulfill our lives or truly define who we are. Come listen as three UUCNH members share what it is that gives each of them meaning.

July 28, 2019

WHAT DID YOU DO AT CAMP THIS SUMMER?
UUCNH Summer Institute Campers

The Central East Region Summer Institute (CERSI) is an intentional intergenerational community that gets created and re-created each summer as we come together to live fully as Unitarian Universalists. It is a vacation week to grow, relax, play, and connect. It is a time to worship together, as well as to experience workshops and new ideas. Come hear about what some of us did at camp this summer!!
PRESIDENT’S REPORT

“A VIEW FROM ONBOARD”

We know Summer has arrived. Diana Hull, with assistance from Susie Wood, recently organized another very successful work party. With the help of approximately 15 volunteers, we changed bulbs, installed air conditioners, cleaned windows, painted, patched, planted, weeded, dusted, cleaned and ate. Look around when you are at church the next time. Check out the new butterfly garden in front, the flowers in the beds, sparkling windows, cool air and the red door by the minister’s office. We accomplished a lot, but we also told stories, made deeper connections, shared the work and laughed a lot.

I bring this up because volunteering is a big part of who we are at UUCNH. We have a wonderful paid staff but they can only do so much; the rest of us need to carry a major part of the load to move us forward. I truly believe that the rewards of volunteering far outweigh the time we invest. I suggest these as great reasons to volunteer:

- share a skill
- get to know the church community
- gain leadership skills
- have an impact
- learn something new
- be challenged
- make new friends
- have fun
- be part of a team
- build your resume
- deepen our relationships with other members and friends of UUCNH
- be an agent of change

Think of volunteering as an exchange. Your efforts help the church to operate as a community and to be part of the wider social justice movement, while at the same time helping you to grow and learn. The next time you are asked to participate, please consider saying yes. If you don’t feel you have the ability or skills for a particular job, let us know where you would like to contribute to our community.

Also, thank you to the many people, often unseen, doing things around the church. We are grateful to the folks who water and care for the plants, maintain and update the library, help with the order of service, change door handles, saw trees, care for the hunger garden and so many other things, large and small. Without your efforts, this Church would not be the wonderful religious community that we all cherish so much.

Mary Ellen

INTERCOM/WEBSITE SUBMISSIONS

Intercom and Website article submissions deadline for August Intercom will be due JULY 21st, please don’t be late.

INTERCOM/WEBSITE REMINDERS

1. All submissions (i.e., each month’s scheduled date, a blurb change, a monthly topic change, contact info change or even chair/co-chair name change and if adding an event or upcoming UUCNH sale) for either the Intercom or the Website are to be sent to office@uucnh.org.
2. When submitting an outside event/meeting, please send a short one or two paragraph blurb and include the link that can direct folks to where they can see the full online flyer, registration, or website. Can include one picture or logo for your submission.
WEEKLY E-NEWS OR ANNOUNCEMENTS REMINDERS

- Have a blurb that you want placed in the E-News or Announcements? Send it to office@uucnh.org by Tuesday 10:00 am the week or so prior to when you want it listed.
- Keep in mind, blurbs for the Announcements should be in a single paragraph, short version format.

NEWS/ANNOUNCEMENTS

REQUEST FROM REV. JANE

Rev. Jane has requested referrals/recommendations for all the things she will need as a new home-owner and as a new resident (Bellevue area); e.g., doctor, dentist, vet, auto mechanic, hair dresser, massage therapist, favorite restaurants, etc." Recommendations can be given to any search team member (Bernita Clover, Hal Dixler, Cris Graham, Becca Hovermale, Joyce Kepner, Joe Meier, Lorenzo Pane, Alex Saksen).

RECYCLE NEWS

HARD TO RECYCLE COLLECTIONS

The PA Resources Council (PRC) is also sponsoring collection events this year for tires, electronic waste (computers, TVs, etc.), cell phones, batteries, etc. They will take Fluorescent Tubes—a hard to safely get rid of item! There are fees for this collection, although most electronics are free. See the sheet on the social action bulletin board or go to PRC’s Hard to Recycle page for a listing. The next collection will be on Saturday, June 29th from 9 AM to 1 PM at the Quaker Valley High School. And there’s a collection on Saturday, July 27th from 9 AM to 1 PM at the La Roche University. If you have any questions, contact Chris Hill at 412.366.9553 or CLICK HERE.

GLASS RECYCLING *UPDATED*

In response to the sudden removal of glass from many residential recycling programs in the Pittsburgh area, PRC has launched a series of pop-up glass recycling events. The pop-up sites will be sponsored by local governments committed to recycling and who recognize that glass remains a recyclable material with vibrant demand in the regional and national recycled materials marketplace. They will accept all colors of glass bottles and jars. (No windows, drinking glasses, stemware or ceramics). For full details, visit PRC’s glass recycling webpage. Events will be on Saturdays, from 9 AM to 2 PM. Additional dates and location will be added soon, so check the website. Questions, contact Chris Hill at 412.366.9553 or CLICK HERE.

SYSTEMIC CHANGE

Allies for Racial Equity (ARE) is an organization of white-identified UUs building an anti-racist movement within our faith tradition. Anyone who is concerned about combatting racism both inside our tradition and in the world outside our doors is encouraged to learn more about ARE and consider joining the organization. ARE will begin holding regular, informal meetings by Zoom conference call, starting July 9th and continuing every second Tuesday from 9-10 PM ET. These meetings will bring together UUs from across our faith to discuss share experiences and ideas about combatting racism. To register, please CLICK HERE. To learn more about ARE, and to become a member CLICK HERE.

CONNECTIONS TEAM

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. Sunday, July 14th from noon til 1:00pm.
**GIVING HONEST AND KIND FEEDBACK**

Within any group, there will be differences of opinion, various perspectives, and problems that need to be addressed. How the group members talk about those disparities and problems can make the difference between a warm, welcoming climate and a tense atmosphere full of conflict.

Giving constructive feedback isn’t easy. We’re ideally trying to thread the needle of being both honest and kind when we offer our suggestions to someone.

If we err on the side of blunt feedback that’s focused on ourselves, we risk insulting, angering, or upsetting the other person. In addition to being unkind, this will defeat our purpose for offering the feedback. Their emotions will probably prevent them from hearing what we have to say.

If we err on the side of beating around the bush in an effort to be “nice,” however, the other person might walk away without really understanding our concerns.

Rev. Sunshine Wolfe, UUA Congregational Life Staff of the Central East Region, offered a simple 4-step process we can all use to help us thread the feedback needle. When we do, we can give constructive feedback that is both honest and kind.

A couple of important guidelines to keep in mind:

**Assume good intentions.** Both the feedback giver and receiver mean well and want the best for UUCNH. Remembering this can help foster a “we’re in this together” feeling instead of creating a “me vs. you” or “right vs. wrong” mentality.

**Say it how you’d want to hear it.** Whether you’re on the giving or the receiving end of constructive feedback, tone of voice and facial expression play a big role in how our message is received. Remembering that both parties’ feelings are involved helps us prevent the conversation from derailing.

**Offering Constructive Feedback**

1. **Ask.**
   Ask if this is a good time to offer feedback. Be prepared to hear “No” and respect that answer. This recognizes the value of the other person’s time and emotional state.

2. **Share.**
   If the answer is yes, clearly state the concern and offer a possible solution.

3. **Confirm.**
   The receiver repeats back what they heard to make sure everyone is on common ground. The receiver doesn’t have to respond or react right now. They may need time to process, research, or talk with others. The receiver should follow up with the giver at a later time to close the loop.

4. **Appreciate.**
   The feedback giver thanks the receiver for listening.

The next time you offer constructive feedback to someone, we invite you to try this process. We hope that doing so makes threading the feedback needle easier.

In loving and kind community,
The Kindness First Task Force