

East Suburban Unitarian Universalist Church



**Sunday Services - 10:30 AM
Religious Education - 10:30 AM**

**Telephone
(724) 327-5872**

**Website
<http://www.esuuc.org>**

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ESUUC Sunday Services

Sunday, January 1, 10:30 am- “This Was the Year That Was” - Join us on this New Year’s morning, as we gather informally (wear your PJs and bathrobe if you wish) for a group discussion on major world events and formative experiences that we remember from 2005, led by **Dr. Waun**.

Sunday, January 8, 10:30 am- “Happy Talk” - We all talk to ourselves and it makes a difference what we say. Our thoughts shape our experiences, and how we feel about our thoughts is what guides this process. **Dr. Waun** will lead us on an extended meditation that demonstrates the power of positive thought and affirmation as we begin a new year.

Sunday, January 15, 10:30 am- “The Natural Approach to Health and Nutrition” - An interactive discussion between the audience and Dr. Mehernosh Khan. Think about the questions you might have on this subject. Index cards will be provided at the service.

Sunday, January 22, 10:30 am- “Pancake Breakfast and UU Sing-a-long” - Gerard Katilius has generously agreed to organize the MEN'S pancake breakfast. All UU men and boys are asked to attend and help out. Women and girls are invited to attend as “guests”. Brian Ogle has generously agreed to start a NEW ESUUC tradition at this breakfast. He will conduct a UU sing-a-long for those of us who are musically challenged, or not. Come hungry and come for the fun of it. Talk about your "gender knot." All women must rest!!

Sunday, January 29, 10:30 am- “W. A. Mozart” - "Mozart is my favorite because I think he best expresses the emotions of all humankind. And ... listening to his music makes you smarter!" Pianist Brian Ogle will play some of his most famous pieces for piano and talk a little about the life of perhaps the most famous musician in history.

Sunday, Feb. 5, 10:30 am – “Celebrating Partnership” - **Rev. Waun and Mr. John Dale** from the UUA Partnering office, who lives part of the year in Romania and who will be coordinating our heritage tour this summer, will be with us to acquaint us with our new partner church in Kopec, which we will visit when we are there. We will also have a Child Dedication ceremony (Jeremy Safran).



Pastor's Column:

by Rev. Renee Waun

Happy "Now" Year

I am a great believer in the power of Now. We can only stand in our Now. Everything else is either memory or anticipation. All we have is our Now and there is great redeeming value in that, as each new moment—each now—is another opportunity to choose differently no matter what has brought us to this particular moment in time. No reason to use our valuable now to berate ourselves or others as we look back and focus on the past, or to worry about or long for what is yet to come. All this does is to rob us of the joy of the present moment, and life is about joyful living.

My goal in this New Year is to make it even more a "Now" year, building on all the positivity and promise and potential that each new moment has in store.

What about you? Are you coming into greater awareness of your powerful now? My wish is that we can all come to appreciate and savor in a new way the "Now" that is ours, as individuals and as a congregation, and so I offer this as more than my personal resolution, but as a possible goal for us, as we move into greater ministry and mission together.

Happy "Now" Year!

Directory Updates

Jerry Lilly will be collecting additions, changes and corrections to the 20002-2003 Directory. They will be compiled in a single sheet to keep with your directory until a new one is issued. Please send update information to Jerry by e-mail (gpnm@adelphia.net), phone (724-327-6453) or see him at church.

"Let Us Sing" in Honor or Memory of ...WHO?

Our Chancel Choir has a wish list of about a dozen musical anthems they would like to sing for services, and so they have come up with a creative way to purchase sets of music that would allow them to do so.

If you would like the choir to sing an anthem in honor or memory of a loved one, you are invited to contribute the cost of one set of anthem sheet music (\$20). On the Sunday your anthem is sung, a tribute will be printed in the bulletin as well as in the newsletter. This is a meaningful way to honor those we love as well as to enhance our worship services and to supplement our music budget as well.

Contributions for anthems may be given to our Treasurer Cathy Serventi with a note for "Choir Anthem". Please also identify the tribute (in honor/memory of _____ given by _____), and Rev. Waun will be in touch with you about the date it will be sung by the choir. Thank you!

"Thank you" to Carol Bailey

Our choir now has lovely new reversible burgundy and purple stoles to wear on Sundays when the choir sings. Mrs. Carol Bailey (Tom's mother) made the stoles by hand, and we are extremely appreciative of the gift of her time and talent in this project. If you would like to wear one of these stoles, it's easy. Just join the choir. We practice and sing on the first Sunday of every month. See Dr. Waun.

Chocolate Truffle Fundraiser

The youth that will be participating in Coming Of Age during 2006-2007 will be having a chocolate truffle fundraiser. Orders for delicious truffles will be taken in January, with delivery in time for Valentine's Day. A great big "Thank you" to Merritt Bailey for her generous offer of time and candy-making expertise to lead the kids in this activity.

Rev. Waun to go to Uganda to Consult on School Project

Two years ago when Dr. Waun went to Uganda she helped to organize a project called the Uganda Rural School Program, to bring affordable education to Ugandans in the countryside who need it so desperately. The program also welcomes AIDS orphans.

Last year the project was born and there is now a school with 375 students, 95 of which have no way of paying for their school fees (about \$4 per student per month). She and the Director, with whom she has been in communication, have been trying to identify funding streams and to get the project registered as a non-governmental organization (NGO) in Uganda.

All this via email, with a Director who doesn't have a computer and can only rarely get to an Internet Café in the city to ask for advice. Dr. Waun will be taking study leave to go to Uganda for several days near the end of this month to evaluate the project first hand, and to try to expedite the necessary paperwork for the project to become a NGO. She will appreciate your good wishes and travel blessings.

Rev. Waun Elected to National Board

Last year Rev. Waun was elected to the Board of the Institute for Welcoming Resources, (IWR) a national organization that provides resources for mainstream congregations who are trying to open their doors to full participation by LGBT persons at all levels of church life. This is important because it is the mainstream churches that have such an influence on our homophobic society.

This month, the IWR will merge with the National Gay and Lesbian Task Force (NGLTF), as its "religious" arm. This is a huge opportunity to move the national awareness of LGBT advocacy forward—in the religious community!

Dr. Waun is honored to serve in this capacity with colleagues from across denominational lines, many of whom are the Executive Directors of their respective national welcoming programs, and to be associated with the NGLTF.

Service Project

Thank you to all the kids in our RE program, where this project began, and to the many members of our congregation who participated on Service Project Sunday! Thanks to your efforts, we made 28 hats, 15 scarves, and 8 neck warmers, all of which have been donated to Children's and Youth Services of Westmoreland County. This is the first year in which the RE program is devoting one Sunday a month (unless otherwise pre-empted) to a service project, and this was the first project. I'd say it was quite successful! Thank you to all who participated.

We would also like to extend a very special Thank YOU! to Kim Jumper for her donation of a sewing machine, and a generous monetary contribution that enabled us to buy fleece for the project. Thank you so much!! Please be sure to thank Kim personally when you see her.

ESUUC Actors/Free Tickets

From Marylyn Devlin: Thanks to all for the great efforts put forth toward our Christmas play on December 18. I was so excited I forgot something. I have 2 FREE basketball tickets to Mellon Arena for Jan. 24, 2006 to the first actor in the play that calls me. You have one week to call. If I don't hear from you, the following week I will accept calls from anyone.

Tour: People and Places of the Civil Rights Movement

Some of the places of the civil rights movement are readily accessible: the Edmund Pettus bridge in Selma, 16th Street Baptist Church in Birmingham, the church whose burning drew Chaney, Schwerner and Goodman to Philadelphia, Mississippi. But fewer and fewer of the people who gave such places their meaning survive to talk with us. Both places and people are included in a tour being offered in March of 2006 by Meadville Lombard Theological School.

The March 18-26 tour has been planned and will be led by the Rev. Dr. Gordon Gibson, who was involved in the early stages of the 1965 Selma voting rights campaign and was the Unitarian Universalist minister in Mississippi 1969-84. He led similar tours in 2004 and 2005.

The tour, by luxury motor coach, will include all admission charges, overnight accommodations, and most meals in the \$1,000 cost. Visits with 1960s activists and videos on the bus will supplement the site visits. The tour will begin and end in Chicago, Illinois.

For full details and registration information, you can visit the Meadville Lombard website (www.meadville.edu) or write to the Academic Office, Meadville Lombard Theological School, 5701 S. Woodlawn Avenue, Chicago, IL 60637.

Registration is on a first-come basis with some of the 30 seats reserved for theological students who will be taking this as a credit course.

A participant in the 2004 Tour said, "the stories from the folks who were 'in the trenches' make the Movement come alive." Another participant described it as "seeing the Movement through the real experiences of real people."

Labyrinth Lightings at ESUUC



An outdoor labyrinth of luminaries has been constructed by members of the East Suburban Unitarian Universalist Church (ESUUC) at 4326 Sardis Road. The labyrinth will be lit on Thursday, December 22

(Solstice), Saturday, December 24 (Christmas Eve) and Sunday, January 1 (New Year's Day). The labyrinth is a spiritual tool, used by both ancient Christians and pagans, for exploring the spiritual and psychological challenges of life. A circular path with an entrance and a center, there is only one clearly marked way into and out of the labyrinth. Ancient and modern people have walked the labyrinth as a path to inner peace or a quest for a new direction during life transitions. The labyrinth at ESUUC is a classical seven-circuit labyrinth that can be walked during the day by following the paths marked by yarn and luminaries.

ESUUC will join many cultures around the world in celebrating the Winter Solstice with a ceremony and labyrinth meditation on Thursday, December 22, 2005. Ancient cultures including native Americans mark the Winter Solstice, the shortest day of sunlight, and the longest night here in the northern hemisphere. The Solstice ritual will begin indoors at 6:00 with a mediation marking the four seasons, and the four sacred elements. A candlelit walk will be held at 6:30. The labyrinth meditation will be facilitated by Cheryl Andre, a local labyrinth expert. Following the walk, the Solstice celebration will continue with a series of meditations conducted indoors. Light refreshments will follow the ceremonies.

Teen (and pre-Teen) Book Club

The teen book club's next meeting will be January 7, 2006. It will be at the Panera's in Murrysville at 1:00pm. The book is "Oliver Twist" by Charles Dickens. New members are welcome! If you have any questions, contact: REdirector@esuuc.org .

Chanting for Health and Vitality

Saturday, January 7, 9am - 4pm

This program will teach you how to use your own body, breath and voice to improve your physical health and sense of well-being. You will learn how to produce natural singing tones that stimulate your autonomic, cardiovascular, and immune systems. During the sessions, you will experience the healing effects of ancient and modern forms of chant, solfeggio tuning forks, and crystal 'singing' bowls. Time for private meditation will be interspersed between group activities to help you clear your mind, settle your cells, and center your spirit. The day will end with a chanted prayer service.

Facilitator: Rev. Gail Ransom, originating pastor of the nationally recognized Taize Sung Prayer services at East Liberty Presbyterian Church, has studied Sacred Psychology with Dr. Jean Houston and Creation Spirituality with Dr. Matthew Fox. Gail leads post-modern workshops and worship events involving all the senses. She is a Mind-Body Spiritual Director and serves as Director of Education at First United Methodist Church in Shadyside. Gail has a Masters of Arts in Religion from the Yale Divinity School Institute of Sacred Music, Worship, and the Arts.

Annual Retreat

Our annual winter retreat is scheduled for **Saturday, January 14, 9:00 to 3:00**. The theme for this year is "ESUUC—THE place to be". We will explore through a series of exercises and discussions what we want from our church, and how to be the kind of congregation that others want to join. We will build on past years' discussions to develop a series of community service and social action projects that will identify our principles to outsiders. As usual we will have a morning and an afternoon session and share a lunch. I hope you can join us for a day of "ingathering." Childcare may be provided (for a fee) if individuals are interested. Call Maureen McHugh by Jan 6 to register for childcare.

Family Drumming Circle

Saturday, **January 14** at **4:00 pm** - Come one, come all and join in the FUN! Drum along with other people of ALL ages and ability levels. Bring your drums or use ours - we have plenty to share. Snack foods are welcome, too. Your kids will LOVE it and you will, too!

Drumming Circle

Sunday, **January 22** at **7:30 pm** - Drum, chant, meditate and groove with new and old friends as we relax and rejuvenate in the power of creating music together. No experience necessary and no skill required. Bring your drums or use ours. Why not give it a try? If you just can't get enough drumming, check out the drumming events at www.thegreenbough.com.

Junior High Con

It is with great pleasure that we make this announcement. On **Saturday, February 11, 2006**, we will be hosting a Con for all Junior High UU's in the Pittsburgh area. This Con is being planned by RE Directors, and is likely to be focused on a Peace and Justice theme. This will be an all day event. More details will be provided as they become available. Stay tuned!

Sunday Refreshments

A time-honored tradition among Unitarian Churches is to gather for "social hour" immediately following Sunday service. At ESUUC we gather in the community room for coffee, juice, something tasty to eat and spirited conversation. It is a wonderful opportunity to catch up with old friends and meet some new friends at church. Each member is asked to take a turn throughout the year providing, serving and cleaning up refreshments. With everyone taking a turn it is usually once a year that we are called upon. The schedule tends to go alphabetically so you can get a rough idea when your name may come up.

Don't worry if you are not a cook---store-bought treats work quite well. There is a "guide to setting up refreshments" posted in the kitchen and at the end of the September 2005 newsletter. If this is your first time you may want to review it a couple of weeks before you take your turn to get an idea of the flow. If you have any questions or are daunted by the thought of serving refreshments, please call Kate Codd-Palmer at (724) 325-3903. Don't think she will let you off the hook, however, we all seem to like to eat.

The refreshment table is located in the far corner of the community room. This area also serves as a religious education room for the children during service. You may consider preparing the table before service starts, so the children are not interrupted during class time. There is also a cart in the kitchen that can be used to place food items on and be wheeled into the community room after service.

Refreshments Roster

If the week you are assigned doesn't work with your schedule, please switch with someone else for that month.

Jan 1	Sharing Sunday (bring something to share)
Jan 8	Kate Codd-Palmer and Brien Palmer
Jan 15	Karen and Gerard Katilius
Jan 22	Men's Pancake breakfast--see program for details
Jan 29	Bill and Helen Kavalkovich

Feb 5	Mehernosh Khan
Feb 12	Glen and Marcia Klepac
Feb 19	Mary Kukura-Straw
Feb 26	Maureen and Jerry Lilly

RE Class Schedule

Nursery:	Day	Teacher
	Jan 1	No Nursery Today
	8	Maria Luczkow
	15	Mary Warwick
	22	No Nursery Today – Pancake Breakfast
	29	Cathy Serventi

Lower Elementary:	Day	Class Description	Teacher
	Jan 1	No RE Program Today	
	8	From Enemies to Friends	Gayle Pamerleau
	15	Appreciation of Nature	Kate Zingarelli
	22	No RE Program Today – Pancake Breakfast	
	29	Arts and Crafts Project	Tom Dunnett

Upper Elementary:	Day	Class Description	Teacher
	Jan 1	No RE Program Today	
	8	Jesus' Birth Story and Yours	TBD
	15	Buddha's Birth Story and Yours	Kathy Ruffing
	22	No RE Program Today – Pancake Breakfast	
	29	Arts and Crafts Project	Tom Dunnett

Middle School:	Day	Class Description	Teacher
	Jan 1	No RE Program Today	
	8	Forgiveness	Kate Codd-Palmer
	15	Imagination	Laurie Montgomery
	22	No RE Program Today – Pancake Breakfast	
	29	Arts and Crafts Project	Tom Dunnett

Youth Group

Youth Group meetings (all are **Sunday evenings**, from **6-8pm**): **January 15, 29 - check with Youth Advisor to verify.**

Dates and times are subject to change, so please check for updates: contact Leona Dunnett, Youth Advisor (secretary@esuuc.org).

Barter Board

If you have items to trade/sell, or have needs, you can post to the Barter Board.

The Board is located in the RE hallway on the Community Bulletin Board. To use, fill out a card (available on the Barter Board itself) describing your item or need, then pin it up in the appropriate column of the Barter Board.

