

East Suburban Unitarian Universalist Church



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

Telephone
(724) 327-5872

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

Volume 43 No. 10

May 2006

Editor: Marianne Jew
newsletter@esuuc.org

ESUUC Sunday Services

Sunday, April 30, 10:30 am – “*Where Two or More Shall Gather*” - Friendship is often subject to little more reflection than Hallmark status. Yet friendship can be the basis for a lifelong relationship or a momentary passing that impacts for a lifetime. Spiritual friendship may be experienced on a level beyond articulation, and physical friendship may be meaningless. How to define friendship is yet another stopping point on our journey this morning. Join **Rev. Kate Walker** for this program, and bring a friend!

Sunday, May 7, 10:30 am – “*Why I’m Not Perfect*”-Some of us try to be perfect, some go out of their way not to be, and others are happy being somewhere in the middle. **Dr. Waun** will share why she doesn’t want or need to be perfect and invites others to adopt this perspective for more joyful living. We will also celebrate the Child Dedication of Jeremy Safran this morning, in addition to recognition of new members.

Sunday, May 14, 10:30 am – “*Mother’s Work*” -In recognition of Mother’s Day, **Dr. Maureen McHugh** will present an affirmation of the work mothers do, and some discouraging research which suggests that as a society we do not value that work.

Sunday, May 21, 10:30 am – “*Pacha Mama*” -Pacha Mama is what the native Peruvians call the "Earth Mother." Join **Rosa Thomson** to explore the relationship that humans have to the Earth. Please join us to also hear authentic Peruvian music performed by a Native Peruvian folk trio.

Sunday, May 28, 10:30 am – “*Spirituality In America*” – **Mary Kukura-Straw** will read, and we will discuss, a particularly lively Mark Morford essay about spirituality and religion in America today.

Sunday, June 4, 10:30 am – “*Remembering Kite Runners*”- from the highly acclaimed novel by an Afghani immigrant we get the image of a child who betrayed a friend and lived to regret and rework the outcome. What part does unfinished business have in our lives and what do we do about it, if anything? **Dr. Waun** will present.



Pastor's Column:

by Rev. Renee Waun

An Exercise in Self Acceptance

Well, I'm finally learning to knit, thanks to the service auction. After spending about two hours with my teacher, getting the feel of the needles and the yarn wrapped a certain way around my fingers to help adjust the tension, and the rhythm of pulling the yarn through the loops and over the ends of the needles, I went home to practice. That's when I realized how difficult knitting really can be at first. Maybe everyone should be required to take at least one knitting lesson. It makes you humble.

As I sat in my rocking chair practicing (I thought the rocking chair went best with knitting) I found that I had completely mixed up the "knit" and the "purl" to the point that I couldn't remember which way to put the needles in and how to make the stitches. A quick trip to the internet for helpful photos got me going again, but when I saw my teacher several days later she pointed out that I had been doing the "knit" stitch wrong.

Not only that, but this scarf I was making (you know...the first project always has to be something flat and easy) was full of dropped stitches, extra loops and loopy edges, but I am able to see that the more I practice, the more it looks like it's supposed to look.

Now I have choices: I can unravel the whole thing and start over again, I can use it as a dust rag, or I can complete the project, knowing that each row of stitches represents a period of time when I was learning something new and trying my best. When it is all completed, I will wear the scarf as a way of accepting myself with all my mistakes. It will be sort of a visual representation of how life is. Sometimes you drop a stitch; sometimes you end up with an extra one; always you learn from where you have been and hopefully you get better at things and conquer the learning curve when you put your mind to it.

It's good to try new things. It's an exercise in persistence, confidence building, and self acceptance. I hope that you, too, have opportunities to try new things. It keeps your mind active and engaged, and you might even end up with a handmade knitted scarf!



mU Usings from the President:

by Maureen McHugh

Springtime Blooming

May is a time when the seeds and bulbs planted in the past come into bloom. Thanks to Laurie Montgomery and all the green thumbs that go into making our own garden here at ESUUC so beautiful. We hope to have several gardening related events in May and June including a garden planning workshop, a plant exchange and a garden tour. If you are interested in gardening please contact Laurie Montgomery to become involved and watch the weekly bulletins for events and dates.

As you read this, our April canvass activities will be completed, and we will be on our way to presenting a budget at the annual meeting in June. Thanks to all of you who pledged to make the next year a successful one for our congregation, with a special thanks to Chris Priano for heading up the annual canvass. If you plan to contribute to ESUUC next year, but have not yet completed pledge forms, please contact Chris

Priano or Cathy Serventi. Spontaneous donations are great, but pledges help us to plan and organize our income and expenditures.

Thanks also to everyone who pledged a service or a skill to sustain or expand our congregational activities in the next year. Some of us are currently being enriched by the services we donated or purchased at the service auction. As we enjoy our dinners, lessons, and guided tours, let us appreciate the community created within the congregation. Let's work to sustain that sense of community and creativity throughout the next year.

UUA General Assembly

Matt Mathis will be attending the Unitarian Universalist Association General Assembly June 21-25 in St. Louis, as our representative. The GA includes a myriad of programs, worship services, business events and exhibits covering all aspects of our faith.

A significant portion of this meeting will be considering issues relating how our denomination as a whole, with its extremely broad constituency, addresses social action issues. There are a number of bylaw changes designed to strengthen the process by which we develop a common stance on societal action issues.

There is also one such "study/action" issue under consideration: "Should the UUA reject the use of any and all kinds of violence and war to resolve disputes between peoples and nations, and adopt a principle of seeking just peace through nonviolent means?"

Everyone who has questions or views on these issues is encouraged to speak to Matt. The most up to date agenda and background material is on-line at the UUA web site.

Group Photo Available

Last month, we had a group photo taken in front of the church. The photographer is offering 8" x 10" prints of the photo for \$5. If you're interested, let Cathy Serventi know (treasurer@esuuc.org or 724-387-1155). If we buy 20 photos we'll receive a refund of part of the photographer's fees. A copy of the photo is available in the entry room of the church and on the website (<http://www.esuuc.org/whoarewe.htm>).

Organic Produce

Interested in buying organic produce from a local farm? Fresh produce will be delivered to ESUUC weekly during the summer. Look for more information in the weekly email announcements or at church.

Join the Choir!

The choir welcomes new singers and will now meet at 12:00 to 12:45 every Sunday after church except the first Sunday of each month when we meet at 9:30 am. We will be exploring UU choral music and will eventually be singing at most of the services. Please share your singing talents with the UU community and help make this group blossom.

How Shall We Celebrate?

ESUUC has its 40th anniversary in the fall of 2006. We're thinking about how to mark the occasion. Watch for a poster page in the lobby to put down your ideas. You can also tell them or send them to Nancy Fitzgerald at church or nmeyerfitz@verizon.net.

UU Running for Senate

(This is not an endorsement of any kind, this is strictly informational)

Letter from BuxMont Unitarian-Universalist Fellowship, Warrington, PA:

We thought you might like to know that there is a Unitarian Universalist running for U.S. Senate in Pennsylvania on the Democratic ticket. His name is Chuck Pennacchio and he is a member of our Fellowship. He is progressive in his views and supports many of the issues that our Diversity Task Force, Social Action and Peace Initiative Committees consider a matter of social and economic justice. If you would like to know more about him, you can go to <http://www.chuck2006.com/>.

Wellness Retreat Among Friends

Experience wisdom and interaction with Complementary Medicine providers, plus fun, relaxation and complimentary samples at the Wellness Retreat Among Friends. This event will be held **Saturday, April 29, 9:00 am till 3:30 pm**, and is sponsored by the Health and Wellness Association, s'eclairer, and ESUUC. For details and registration information, see the flyer attached to the newsletter

Wheel of the Year: Beltane

Please join us in celebrating Beltane on **Saturday, April 29 at 7 pm**. We will have a bonfire, cakes and ale. Bring a lawn chair, something (food or beverage) to share, and a drum if you have one. Dress appropriately for the weather. This is the next Wheel of the Year Celebration. If you have any questions please contact Leona Dunnett 724-327-3841 at secretary@esuuc.org or Kathy Begg 412-373-4106 or nikitazeema@comcast.net

Beltane marks that the winter's journey has passed and summer has begun, it is a festival of rapturous gaiety as it joyfully heralds the arrival of summer in her full garb. Beltane, however, is still a precarious time, the crops are still very young and tender, susceptible to frost and blight. As was the way of ancient thought, the Wheel would not turn without human intervention. People did everything in their power to encourage the growth of the Sun and His light, for the Earth will not produce without the warm love of the strong Sun. Fires, celebration and rituals were an important part of the Beltane festivities, as to insure that the warmth of the Sun's light would promote the fecundity of the earth. Beltane marks the passage into the growing season, the immediate rousing of the earth from her gently awakening slumber, a time when the pleasures of the earth and self are fully awakened. It signals a time when the bounty of the earth will once again be had. May is a time when flowers bloom, trees are green and life has again returned from the barren landscape of winter, to the hope of bountiful harvests, not too far away, and the lighthearted bliss that only summer can bring.

Drumming Circle

April 30th at 7:30 pm: Joint Drumming Circle with The Green Bough at ESUUC!

Mark your calendar for this exciting night when we host our drumming friends from The Green Bough (www.TheGreenBough.com) in Irwin. Come join in this special evening of drumming, chanting, and meditation. No experience is necessary and we have plenty of drums to share. Drumming with friends new and old is a great way to relieve your stress and be a part of some great positive energy. We hope to see you there . . .

Adult RE: "Raising Boys"

NOTE: session has been added for **May 1**

Adult Religious Education Series Offers "Raising Sons", **Mondays, 7:00-9:30 pm, April 17, 24 & May 1, 8, 15.** The sessions will be held at ESUUC.

The issue of raising sons has recently been discussed in our congregation and in the national media. Maureen McHugh, ESUUC, and Robert Heasley, First UU Church of Indiana, are both IUP faculty specializing in gender studies. Together they have designed this discussion course for parents of sons, teachers or anyone with a vested interest in raising happy, healthy, emotionally whole young men. The adult RE series will be based on the enormously compelling book, *Raising Cain: Protecting the Emotional Life of Boys* by [Dan Kindlon](#) & [Michael Thompson](#) (Ballantine Books, 2000) and will also feature the accompanying video *Raising Cain - Exploring the Inner Lives of America's Boys* (PBS, 2005). *"Our premise is that boys will be better off if boys are better understood."*

Therapists Kindlon and Thompson argue that our culture's dominant masculine stereotypes shortchange boys and lead them toward emotional isolation. Boys suffer from a too-narrow definition of masculinity, the authors assert as they expose: the "culture of cruelty" boys live in, the "tyranny of toughness," the disadvantages of being a boy in elementary school, how boys' emotional lives are squelched, and what we, as a society, can do about all this without turning "boys into girls." As a tool for change, Kindlon and Thompson present the well-developed seven points, "What Boys Need." Kindlon (researcher and psychology professor at Harvard and practicing psychotherapist specializing in boys) and Thompson (child psychologist, workshop leader, and staff psychologist of an all-boys school) have created a chilling portrait of male adolescence in America.

Registration fee: \$7.00/session, \$25 for the series. To register, contact Maureen McHugh mcmchugh@IUP.edu

Book Club

The book club will meet on **Thursday, May 18** at the Wilkins (Penn Center) Panera (not the Monroeville - Miracle Mile where we used to meet). This is up Route 22 across from Sears in the Penn Center. We are reading "The Postman" by David Brin. May's book is "Blink : The Power of Thinking Without Thinking" by Malcolm Gladwell.

The June meeting will be **Thursday, June 22** at the Wilkins (Penn Center) Panera. The book is the "The Kite Runner" by Khaled Hosseini. Email bookclub@esuuc.org for more information.

Community and Church Clean Up

ESUUC cleans up Sardis Road ANDhas a spring cleaning party for our church (we are overdue!)

It's time again for our clean up of Sardis Road through the **PA CleanWays Adoption Program**. As a church we have committed twice a year to clean a section of Sardis Road from the intersection of Route 22 to the entrance to Heather Highlands at Heather Drive. This section is roughly one mile in length and with 10 adults and a couple of youth takes about one hour to complete. We will meet at church on **Saturday May 20, 2006 at 8:30am**. After signing in and figuring out plans we will shuttle to the stretch of road to be cleaned. All supplies will be provided although if you have an extra reflective vest or favorite pair of work gloves, bring them along.

Volunteers must be 13 years of age to participate. If a youth is not accompanied by a parent, they must submit a signed parental consent form **before** participating. Please see Kate Codd-Palmer for the forms.

And then..... we will do some spring cleaning at the church

It has been quite some time since we did some "deep" cleaning at church.....you know, clean out closets, files, supplies, the kitchen cabinets, dust those hidden spots (like the paddles to the ceiling fans), maybe spread some new gravel in the parking lot and just freshen up the church. Please consider coming **Saturday May 20, 2006 starting at 8:30am**. We will begin with the clean up on Sardis Road and then

move to the clean up at church. Any questions or areas that you have noticed need some attention, please pass them on to Kate Codd-Palmer at 724-325-3903.

Thanks in advance for your support!

Family Drumming Circle

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!

May drumming dates are still being firmed up. Please confirm date/time via email to: drumming@esuuc.org

Teen (and pre-Teen) Book Club

The Teen Book Club has been going strong for several months now. New members are welcome. Contact REdirector@esuuc.org for time and location of the next meeting, or for more information.

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.

May 7	Bob & Jean Robl
May 14	Sharing Sunday
May 21	George Ratliff
May 28	Chris Priano

June 4	Kathy and Lew Ruffing
June 11	Cathy Serventi/Gene Wilson
June 18	April Soulé
June 25	Mary Warwick

Registration For RE 2006-07

Can you believe it is time to start thinking about next year already???

Registration forms will be sent out before the end of April. Please get them back to us as soon as possible so that we can make our plans for the fall. If you don't get a form in the mail, and would like to register your child(ren) please contact us at redirector@esuuc.org and we will get one out to you. If we've missed you in our mailing, we apologize – we know we don't have everyone's address. For your convenience, we have also attached a copy of the 2006 to 2007 RE Registration Form to this newsletter.

RE Class Schedule

Nursery:	Day	Teacher
	May 7	Natalie Mendik
	14	Mother's Day: no nursery
	21	Kate Codd-Palmer
	28	Cathy Serventi

Lower Elementary:	Day	Class Description	Teacher
	May 7	Kids Attend First Part of Service, followed by Children's Chapel	Marianne Jew
	14	Mother's Day: no RE today	
	21	From Wishing to Doing	Gayle Pamerleau
	28	Service Project	

Upper Elementary:	Day	Class Description	Teacher
	May 7	Kids Attend First Part of Service, followed by Children's Chapel	Marianne Jew
	14	Mother's Day: no RE today	
	21	Deciding to Cooperate	Nancy Fitzgerald
	28	Service Project	

Middle School:	Day	Class Description	Teacher
	May 7	Kids Attend First Part of Service, followed by Children's Chapel	Marianne Jew
	14	Mother's Day: no RE today	
	21	Responsibility	Laurie Montgomery
	28	Service Project	

Youth Group

Youth Group meetings (all are **Sunday evenings**, from **6-8pm**): **May 7, 21**

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

Get the Weekly Email News

If you would like to receive a weekly email that includes items not in the newsletter and reminders of upcoming events for the week, please send an email from the address you would like subscribed to **esuuc_news@esuuc.org**. You can also send a message to that address if you would like it included in the weekly email announcement to the congregation. If the message can't wait for the weekly announcement, please contact Cathy at treasurer@esuuc.org . No attachments please.

Wellness Retreat Among Friends

Saturday, April 29th

9:00 am until 3:30 pm

Fun, relaxation and complementary samples

**OPEN
TO THE
PUBLIC**



Sponsored by

Health and Wellness Association

S'eclairer

East Suburban UU Church

Location

ESUU Church, 4326 Sardis Road, Murrysville, 15668

Located 3 miles North of McDonald's on Route 22 at Vincent Hall Road; or 3 miles South of Route 286

Samples of:

Shoulder and Neck Massage Reiki Delicious, healthy food

Wisdom and Interaction with Complementary Medicine Providers

Chiropractic, Biofeedback, Counseling, Psychotherapy,
Family and Integrated Medicine, Yoga

Expertise in

Psychiatry, Education for Ministry, Nutrition, Energy Healing

FORUM, DRUMMING, SMALL GROUP SESSIONS AND GUIDED IMAGERY!

www.Access2Health.org

www.esuuc.org

"Doctors practice medicine. Scott and I intended to write a book together, We Practice Health..." Helen Nearing

Registration Form for Wellness Retreat Among Friends

Fun, Relaxation & Complimentary Complementary Samples

Saturday, April 29, 2006

Name _____ Address _____

Phone _____ Email _____ Referred by _____

Make \$25.00 checks payable to: **Ruthann Valentine, Registrar**

Mail check & completed form to: **1212 Harvest Drive, Monroeville, PA 15146**

Registration Form ESUUC RE Program 2006 to 2007 Year

Childs

Name: _____

Address: _____

E-Mail Address: _____

Phone No.: _____

Date of Birth: _____

Grade on Sept. 1, 2006: _____

Please note any allergies or other special conditions: _____

Parent(s) Name(s): _____

Are you interested in teaching/participating in the RE program? Yes No

My preference would be to teach the following section: (Please circle all that apply)

Nursery :	Elementary:	Upper:	Coming of Age:
Through 3yrs	4 yrs – 3rd grade	4th – 7th grade	8th and 9th grade

Class assignments are based on age on Sept. 1, 2006.

Do you or your children have any concerns we should be aware of?

Any other comments?

Would you be interested in having you child attend OWL? (No OWL sessions are scheduled for this year – but we are planning for the future.)

(Class parameters are subject to change depending on number and ages of children registering for the program)