

# East Suburban Unitarian Universalist Church



Sunday Services - 10:30 AM  
Religious Education - no RE this month, will  
resume in September

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## *ESUUC Sunday Services*

**Sunday, July 31, 10:30am-** “*Unitarianism in the Khasi Hills, India*” Did you know that there are over 9,000 Unitarians in North East India? Khasi Unitarianism was founded in 1897 by Hajom Kissor Singh, a native of the region who was schooled by Welsh Calvinist missionaries, was converted to Christianity, and later, through his own thoughts, culture and readings of the sermons of William Ellery Channing, came to develop an indigenous Unitarianism. **Jennifer Halperin** and **Ebe Emmons-Apt**, American Unitarian Universalists, had the pleasure of visiting the Khasi Hills and meeting lots of Unitarians there in January, 2005, and will present images and reflections from their experience.

**Sunday, August 7, 10:30am-** “*The Alphabet Versus The Goddess*” - In this bestselling book, Leonard Shlain proposes that the invention of writing, particularly alphabetic writing, rewired the brains of the people who learned how to communicate using this culture-changing tool. Great benefits to society followed. However, a precipitous decline in feminine values manifested by women's status, goddess veneration, nature, and representative art occurred in tandem. For example, the European witchhunts followed closely on the heels of the printing press. The return of the image in the modern age through the medium of photography, film, television, and the internet have brought about a sharp rise in the values denigrated during the 5000 year reign of patriarchy and literacy. Member **Gerard Katilius** will show a lecture by Dr. Shlain on this book, and facilitate a discussion afterwards.

**Sunday, August 14, 10:30am-** “*Animal Blessing*” - If you've ever wished you could bring your pet along to services on Sunday, now's your chance. This intergenerational service honors our 7th Principle: respect for the inter-dependent web of all existence. You may bring an animal companion, a family pet, or a picture of a wild animal or beloved pet (past or present), to introduce your animals, or just come with an open mind and the desire to recognize the importance of animals in our lives. **Dr. Renee Waun** officiates.

**Sunday, August 21, 10:30am-** “*Guided Imagery*” - How would you like to experience relaxation and a positive mind set? Summer is already a time to relax; now you can relax on Sunday morning! In keeping with our informal summer programs, **Father Athanasius Cherry** will lead Guided Imagery. People of all ages (intergenerational) can wear something comfortable, bring a mat, blanket or pillow if you choose and lie down in comfort. Plan to be refreshed and enjoy the power of your mind to work in your best interest. Both Mehernosh Khan and Nancy Fitzgerald have tried and recommend Guided Imagery with Fr. Athanasius from their participation with the Health and Wellness Association.

**Sunday, September 4, 10:30am-** “*Annual Church Picnic*” – Bring a potluck dish to share; enjoy your friends! From 10:30 AM until 11:30 AM, we invite interested members to present expressions of their talents and/or interests. This could be anything from a song or a story to a painting or craft.

**Sunday, September 11, 10:30am-** “*Service of Hope*” On this anniversary of the tragedies of 9/11/01 we will reflect a bit on the positive aspects of life. We will also observe *Water Communion* – Presented by **Dr. Renee Waun**. This is the first official service of our new program year – bring water from your summer experiences! The choir and Funshine Folk will participate.



## *Pastor's Column:*

*by Rev. Renee Waun*

## *Savoring the Wait*

Ever since last June when a certain clematis vine in my backyard got media attention, I have been wondering if this year's blossoms would measure up. But something short-changed my wondering. It happens that the timing of the buds and the timing of my vacation were such that while I was away for two weeks my glorious purple clematis opened to full bloom and was just at its peak when I returned home.

When I discovered this, I had mixed feelings about seeing the whole spectacle in its most beautiful form, all at once. On the one hand it was indeed amazing, just as I had remembered it from last year. But on the other hand, I missed the fun of all that anticipating. There is something deeply engaging about watching those buds get fatter and more plentiful each day, and then slowly begin to open so that every morning there is something new and more elegant to behold as it builds up to the final crescendo of color.

To completely jump over that part was, in a way, skipping the very process that makes the beauty of the flowers so welcome each year. I realize that I am glad for the slowness of buds opening because it pulls me forward into the freshness of each new day and it seems as if I, too, am opening up in ways that make me feel glad to be alive.

This speaks to me as we anticipate the new possibilities and creations that are bubbling up at East Suburban Church. It is good that we don't jump over the slow unfolding of what is coming our way. We can savor the process of discovering new ideas, seeing them take shape and finally manifesting before our very eyes.

There is much promise that lies ahead for us. Some things are just waiting to blossom, some are still in the seed sprouting stage. But for all of that, we have the assurance that the final product will be worth waiting for. Indeed, it is in enjoying the wait that we find so much satisfaction in what finally appears. It makes us feel alive.

May we all savor the things that are yet to be here at ESUUC as we work together for the future of our wonderful church that is getting better every day!

## *Choir and Music Notes*

We have a wonderful choir that is small but growing. Would you like to join us? We sing in the service about once every month, with practice before the service on that same Sunday. Our next appearance will be

on Sunday, September 11. If you are interested or would like more information, please contact Dr. Waun [revmom@pitt.edu](mailto:revmom@pitt.edu) 412-731-2834.

MUSICIANS are invited to contact Brian Ogle our Music Director [brianwilliamogle@yahoo.com](mailto:brianwilliamogle@yahoo.com) 724-387-1190. We would like to find people who play a variety of instruments, or who sing and would find it rewarding to do so during an occasional service.

### *Join the UU Coaching Network*

UUCN is growing and invites you to join! This non-profit association is a community of professionally trained life coaches anchored in the UU principles of compassion, integrity and inclusion. To learn of its' mission and how you can benefit from membership, please visit [www.uucoachingnetwork.org](http://www.uucoachingnetwork.org). If you are considering hiring a coach, UUCN is also a resource to find the right coach for you.

### *Respite Volunteers Needed*

Catholic Charities Volunteer Respite Care Program provides families of all faiths with reliable, trained, and caring volunteers who provide short-term relief from caring for an older person or an adult with a disability at home. Respite offers volunteers the opportunity to be a companion to an older or disabled adult, free training, ongoing support, and the chance to make a difference. Every effort is made to match volunteers with caregivers in their own neighborhood, and at times that fit the volunteers' schedule. If you are interested in helping others by becoming a respite volunteer or would like more information please contact Joanne McCamey at 412-456-6974.

### *Cutco Kitchen Knives*

I am Susan Goodis's son Ben, and I have a summer job. It might be permanent, depending on how well it goes, but I am currently having a large amount of trouble scheduling appointments. If anybody would not mind taking about an hour out of their day to help me out, I am selling cutco kitchen knives, they are very high quality and I get paid whether anybody buys. I would really appreciate it if anybody could help me out. If you would like to help, you can call me on my cell phone to schedule an appointment.

THANKS, Ben 412-352-0775

### *UU Bed and Breakfast Directory*

(This is an unsolicited announcement and is presented for your information - no endorsement implied)

Do you dream of inexpensive vacation travel to interesting destinations where you can stay in the homes of friendly people who share your ideals and are happy to provide directions and advice for their area?

The UU bed and breakfast directory UU're Home (formerly Homecomings) can fulfill your dream. For 25 years, we've provided a network of hosts in the United States (and a few abroad) who enjoy meeting new friends and who are happy to open their home to like-minded people.

You can also become a host and be listed in the directory. Contact us at 828-281-3253 or at [info@uurehome.com](mailto:info@uurehome.com), and we will gladly send you information about listing your accommodations.

UU're Home has recently launched a new website at [www.UUreHome.com](http://www.UUreHome.com) <http://www.uurehome.com/>, where entries are updated whenever changes are made or new hosts are added. The paper edition, which is published every year in April, is still available (and has many more

listings than the website). For a copy of the 2005 directory, please send a check for \$18 to UU're Home, 43 Vermont Court, Asheville, NC 28806.

## *Congregational Committees*

### **Committee – Chair (email)**

Aesthetics – Jane Longdon	Music – Jean Robl
Building and Facilities – Lew Ruffing	Religious Education – Ken Noble
Caring & Concerns – Maria Luczkow ( <a href="mailto:caring@esuuc.org">caring@esuuc.org</a> )	Signs and Symbols – Leona Dunnett
Committee on Ministry – open	Social Enrichment – open
Community – Kate Codd-Palmer	Drumming – Jen Trout Osborne ( <a href="mailto:drumming@esuuc.org">drumming@esuuc.org</a> )
Finance – Cathy Serventi	Sunday Programs/Celebrations – Brian Ogle
Landscaping – Laurie Montgomery	Welcoming Congregation – Matt Mathis
Membership – open	

## *Calendar*

See the website or weekly email news for calendar events in August. Calendar entries in the newsletter will resume in September.

## *Newsletter Deadlines: Summer Schedule*

September newsletter deadline: **August 21**

Please email your articles to [newsletter@esuuc.org](mailto:newsletter@esuuc.org) or call Marianne at (724) 325-1548 and leave a message with your news, stories, and other information.

## *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](mailto: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 Leona at [secretary@esuuc.org](mailto:secretary@esuuc.org). No attachments please.