

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 44 No. 4

November 2006

**Editor: Marianne Jew
newsletter@esuuc.org**

ESUUC Sunday Services

Sunday, November 5, 10:30 am – *“Transylvania Memories”*- There are five people from our congregation who made the Heritage Pilgrimage to Transylvania, Romania and Hungary in August to meet our partner congregation in Kopec, and to visit historic Unitarian sites. Did you know that there is a Unitarian Bishop? That there is a Unitarian catechism? **Dr. Waun** will be joined by **Nancy Fitzgerald, Marylyn Devlin, Jean and Bob Robl** to present their impressions. This is also the first Sunday after **All Souls Day**, where we remember all those friends and family members who have died since this time last year, so please be prepared to offer their names during a special time of tribute.

AFTER WORSHIP- there will be a traditional Transylvanian lunch with photo display.

Sunday, November 12, 10:30 am – *“Three Expressions of Spiritual Perspectives”* - A panel will share a glimpse of what is sometimes called "spiritual formation"--formative events and the religious or spiritual meaning we took from them. Hear from **Frank Nemeth, Bill Culp and Nancy Fitzgerald**.

Sunday, November 19, 10:30 am – *“Stone Soup Sunday”*- This is the Sunday when we traditionally have a “stone soup” lunch after worship to focus on hunger awareness in our world. Please bring a soup ingredient **ALREADY PREPARED** and ready to go into the soup! This year our observance is going to be even more special than ever, as our morning program will be a mini-musical called (of course) “Stone Soup”, directed by **Dr. Waun**. It is the story of a sleepy, grumpy village that learned all about becoming cheerful in their sharing and caring from three travelers with magic stones in a sack.

Sunday, November 26, 10:30 am – *“Reset Before the December Holidays”* - Before you plunge headlong into the holiday rush, take time out and drum for thanks. **Bill Dunham and Jenifer Trout Osborne** will host this drumming circle to help us "push the reset button" after Thanksgiving and prepare to face the December holidays with hearts full of love, peace, joy and thankfulness. As with all ESUUC drumming events, no experience is needed and all ages are welcome. We have plenty of drums to share. Vocal participation and creative movement (dancing) are also loved and celebrated!

Sunday, December 3, 10:30 am – *“Fabulous Forty Finale”*- We will be topping off the celebration of our 40th anniversary as a congregation, with a festive worship service that honors our accomplishments, as well as folks who have moved away and are making a special effort to return to our church that morning to help us celebrate. **Dr. Waun and Nancy Fitzgerald** will co-officiate for this memorable time together.



*Pastor's Column: Inspiration from
an Unknown World*
by Rev. Renee Waun

I was profoundly moved (yes, even to tears) last month with the Amish story of the tragic schoolhouse shootings, as it unfolded in the news. The detail that impressed me the most was hearing that the oldest victim, age 13 said, “Shoot me first”, and her sister, one year younger, said “Shoot me next”—hoping thereby to save the lives of the youngest ones among them: young girls finding inner courage and heroism that many adults may never know.

But that was just the beginning of the inspiration from this relatively unknown community. Next we heard that Amish elders and neighbors of the murderer visited his widow and children and offered friendship and forgiveness as well as the plan to collect money for their support. During this time they eschewed the press and managed to stand by their values of privacy and traditions as they prepared their little girls for burial. And finally, the Amish had to form a council to decide how to relate to the “English”, as money was flowing into their community from all over the world to help them with medical and other expenses.

I am struck by how the Amish have managed to stay almost completely outside the realm of politics and modernism and to truly live their values and faith, even when faced with a different reality right next door to where they live. How many of us would—could—do the same? What can we learn from this?

I am also left thinking that I hope ALL faith groups—especially the ones who claim to have the corner on “true religion” will be inspired by the glimpse we have all had into what it means to practice what is preached about courage, self-sacrifice, love, tolerance and forgiveness. Imagine—forgiving those who do us wrong and seeking reconciliation rather than revenge. What a different world it would be!



mUUsings from the President
by Matt Mathis

I had the pleasure to participate in two really special celebrations last month. Together they made it clear just how rich our community is here at ESUUC.

The first event was our Coming of Age Welcoming celebration, in which we introduced the incoming CoA class of 2007, their mentors and parents. The ceremony included passing the mantels from the previous class, and the presentation of walking staffs, as symbols of our life long spiritual journey. We all pledged to work together to help our youth in this important step to becoming well-rounded and thoughtful adults. I have to say the energy and excitement in the room was phenomenal. It was the most people I have ever seen in our sanctuary. We used every hymnal and almost every chair in the entire building. We had many visitors, mostly from families with dual affiliations. It made me very proud of our church and everything that we are doing.

I also participated in a quadruple celebration: the 25th anniversary of Rev. Renee Waun's ordination to ministry, the 40th anniversary of ESUUC's founding, the 10th anniversary of Rev. David McFarland's ordination and the 100th anniversary of the founding of the Allegheny UU Church. The special event included lots of thought provoking discussion about the history of Unitarian Universalism in our area, and how and why one becomes ordained. One of the most magical presentations was by Rev. Joan Houk. She was a fairly ordinary housewife who, one little step at a time, went to Seminary and eventually became ordained as a (somewhat disputed) Catholic Priest. She is very gentle and soft spoken. She told her story about fighting discrimination and unjust rules that would have prevented her from doing the things that she can do so much better than the men around her. The Bishops who ordained her did so in defiance of Rome, but still, as the rules are written, the ordination is sanctified. The presentations formed a rich tapestry of our heritage in fighting injustice - What a wonderful way to celebrate the anniversary of Renee's ordination.

As always, feel free to call me at 412.654.7529 or drop a note to mathis@psc.edu or president@esuuc.org .

"Thank You" and Ugandan Update

It is with a very grateful heart I say "thank you" to those of you who made a contribution toward the African Rural Schools Foundation as a way of honoring the 25th anniversary of my ordination. During worship on Oct. 8 there were gifts from the congregation totaling almost \$900. Later in the day, during my reception at First Unitarian Church I found a little more than \$500 that generous folks had placed in the ARSF collection box! Bless you!

On Oct. 13 Ken Noble flew to Uganda as a volunteer for two weeks, with a very long "to do" list in hand, along with 110 American Pen Pal letters for the Ugandan children. While there, Ken will be helping Director Hanan Bulime to purchase and set up a complete computer system with internet hookup, and to start the initial search for a piece of property for building a permanent school facility. Funds for these last two projects were provided by the Greentree Rotary Club (computer) and a personal friend (who raised a significant sum for the land purchase).

When Ken returns he will have lots of stories to tell, plus a suitcase full of native crafts that we will be offering for donations to support the school (just in time for holiday shopping). Ken is scheduled to speak to us about his Ugandan experience on Sunday, January 7.

Transylvania Christmas

East Suburban UUC, along with the South Hills UUC, is making plans for a Christmas gift of some kind for our shared partnership with the Kopec congregation in Transylvania. The people of Kopec are poor and their congregation of about 35 people is a source of love and support, especially during the holidays. They usually receive small boxes of "goodies" and food items from their Pastor, Alpar Kiss. We will probably offer to contribute to the cost of these gifts. An announcement will be coming soon about this.

Desperately Seeking Fleece & Dry-cleaning Bags!

For this year's RE service project, we are making blankets for donation to Project Linus. This is a non-profit organization that collects and distributes blankets to children, infants through teens, who are seriously ill or going through a traumatic time. This organization has a local office that donates to various organizations in Westmoreland County.

We are making blankets from double-sided fleece and have run out of material. Do you have extra fleece, maybe some that has been sitting around your house for a while (like I have in mine!)? Would you like to donate it for this very worthwhile project? We will gladly accept!

If you have dry-cleaning bags, please donate those and we will use them to package up the blankets.

We are also still looking for adult helpers on service project Sundays. Please check your schedules and let me know (redirector@esuuc.org) if you can help.

ESUUC Celebrates its 40th Anniversary

Upcoming 40th Anniversary Events:

November, Display of History Memorabilia in the Sanctuary

December 2, Saturday, Fabulous Forty Anniversary Party, 6 pm

December 3, Sunday Anniversary Service, 10:30 am

Plans for Outside Symbol for the Church

Wish list: A Commemorative DVD

This I Believe Your statement is invited for a Sunday service.

Tell a story, Be brief (350-500 words), Name your belief, Be positive, Be personal.

Full guidelines on the website at www.esuuc.org and see attached flyer.

Stone Soup – Join the Musical

Join in the fun on Stone Soup **Sunday, November 19**. This year it is going to be even more special than ever, as we are having a mini-musical called (of course) “Stone Soup”, directed by **Dr. Waun**. It is the story of a sleepy, grumpy village that learned all about becoming cheerful in their sharing and caring from three travelers with magic stones in a sack.

This musical from the Albert Publishing Co. was written for kids, but we have mostly adults taking part. If you would like to be in the play, please contact Dr. Waun right away. We have a place for you!!! 412-731-2834

Fundraising for Piano

The piano in our sanctuary, donated to us by former member and president Andy Mandhardt and his wife, Ginny, has a fatal flaw --the piano's tuning board is separating from the backboard, and in the near future it will be necessary to buy a new piano. Individual donations to the new piano fund are being accepted. See Brian Ogle to help with the cause of insuring that ESUUC is a beacon and a haven for new and interesting music to accompany the service.

The CD "*Awakenings*" containing original piano compositions composed by ESUUC Music Director Brian Ogle will be available for purchase on Sundays after church. To place your order or to buy one, see Brian Ogle after church. The cost is 15 dollars and **5 dollars will go to the fund to buy a new piano**. If you like the music you are hearing at the service, why not buy the CD and hum along? They make a great gift for the holidays.

Fall Adult RE Sessions

This fall, we are offering two interesting programs for Adult Religious Ed: "The New UU" and "Taoist Yoga". These are described in detail in the section of the newsletter organized by date. To register or for more information, contact Maureen McHugh. Also, if you have suggestions or requests for Adult RE, contact Maureen McHugh, mcmchugh@IUP.edu

Paper Recycling is Coming to ESUUC!

You may have noticed that many schools and churches in our area now have one or more green and yellow "Abitibi Paper Retriever" bins. ESUUC has decided to participate in this program as a way to raise funds, but more importantly, to help the environment.

What we CAN recycle: catalogs, magazines, newspapers, junk mail, office paper, fax paper, notebooks, folders. NO phonebooks, please. (Note: shredded office paper in clear plastic bags is acceptable. I confirmed this with Abitibi's local office in Carnegie.)

What we CANNOT recycle: cereal boxes, chipboard, milk cartons, soda cartons, or food cartons. These items cannot be used to make newsprint. This is considered contamination and may ruin an entire load of material.

The UU Church of the North Hills has been participating in the Abitibi program for a while. My contact there tells me their experience has been mostly favorable.

We hope to have our own bin in place within the next 30 to 60 days. It'll be situated in the back of the parking lot, next to the trash dumpster. So...don't discard your old newspapers, catalogs, etc. Bring them to ESUUC, where we can turn them into a small amount of cash and give them new life, instead of just dumping them into a landfill. Murrysville residents: feel free to encourage your neighbors to use ESUUC's bin.

Having these Abitibi bins scattered across a community makes it easier and more convenient for residents to recycle paper. I used to bring my own newspapers to one of Monroeville's municipal bins at the Garden City Plaza, but lately, I've been using an Abitibi bin at the Bethel U. P. Church, just down the road from where I live. I'm looking forward to bringing these items to ESUUC instead.

If you have any questions, please leave a message for Chris Priano (724-327-5872). Thanks in advance for your support!

Online Payments

ESUUC has established a "PayPal" account, enabling us to accept pledge payments and other contributions electronically, via our web site. We can also accept online donations to the African Rural Schools Foundation (ARSF). It's quick and easy! Visit <http://www.esuuc.org/donations.htm> and select the appropriate "Make a Donation" button (ESUUC or ARSF). If you don't have a PayPal account, simply click where it says "Don't have a PayPal account? Click here." You can then pay with a credit card. If you experience any difficulty, please leave a message for Chris Priano (724-327-5872 or finance@esuuc.org).
-- Thank you for your financial support!

African Crafts Arriving in Time for Christmas Shopping

The children at the African school are learning to make native crafts, including zippered accessory cases that can be used for pencils and small desk supplies, makeup and other things. When Ken Noble returns from Uganda he will be bringing a suitcase full of items that we will be offering for donations to support the school. This will be a great way to begin your Christmas shopping in a way that really makes a difference to many kids.

Care Notes

If anyone has any news that they want to share, please send it to newsletter@esuuc.org

CoA Spaghetti "Thank You"

The Coming of Age youth hosted a spaghetti dinner on **Saturday, October 21** to raise funds for the CoA program. They raised approximately \$500! Thank you to all our hard-working volunteers and to everyone for supporting our CoA youth!

Experimental Online Calendar

We are experimenting with Google online calendars to see if they might make it easier to coordinate church events. This will not affect most members since we will continue to generate all of our current paper and electronic calendars from the new online calendar, but people who want immediate access to the most up-to-date information on ESUUC events can go directly to: <http://www.esuuc.org/calendar.htm>

New Book Club – Sundays

A second book club is starting up, meeting on Sunday evenings! Future books, formats and location are still wide open, so please come and help us figure it out.

If you have any questions, you can send a message to: SunBookClub@esuuc.org.

Voice Recital

Sunday October 29 at 3:00 pm at ESUUC : **Voice Recital:** Students of Music Director Brian William Ogle. Come hear the beautiful singing of **Kim Katilius, Leah Roselli, Michaela Plute, and Katelyn Findley** as they perform selections from Renaissance, Classical Folk and Broadway tunes. Donations for the piano replacement fund are being accepted in lieu of admission. Lend these young hopefuls your support as they sing selections from Wicked, Evita, Purcell, Dowland, Gonod, and others.

Help Assemble Our Historical Display

The plan is to have memorabilia from 40 years of East Suburban UU Church on display in the sanctuary from Nov. 5th through our Anniversary service on Dec. 3rd. On **Wednesday evening Nov. 1, 7:00 pm**, we will gather and put up the display. Please join us and bring your things. Questions? Contact Nancy Fitzgerald at 412-731-2994 or nmeyerfitz@verizon.net

Fasting to Help Others

Starting at **6:00 pm on Friday, November 3** and ending at **12:00 midnight on Saturday, November 4**, the church will be hosting a 30-hour fast to raise money for Heifer International. Heifer International helps

people to live longer and healthier lives as well as giving them a livelihood. Heifer is an unusual organization in that the way you donate is that you buy a flock of sheep or whatever and then it is sent to people living in a third world country who are trained to take care of them and then when that animal has a baby it is given to others in the community who need financial help and nourishment. We will be raising money by collecting pledges from people in the community. We will use the money we raise to buy the biggest "basket" we can for these people. Ideally we want to buy these people an ark which includes a little of every thing but it all depends on how much we raise. Any questions about this at all contact the Begg's home and ask for Julia or email: redirector@esuuc.org Thanks!

ESUUC Cleans Up Sardis Road

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 youth took us about one hour to clean in the spring. We will meet at church on **Saturday November 4, 2006 at 8:30am**. After signing in and figuring out plans (last year it was the youth who drew up the plan—thank you!) 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.

For any questions call Kate Codd-Palmer 724-325-3903. Thank you in advance for your enthusiasm and support!

Join the Choir

Join the Choir on **November 5** for their next rehearsal (**9:30 am**) and performance (**during Service**): #37 "God Who Fills the Universe". All are welcome!

Mozart Festival

There will be a Mozart Festival at First Unitarian Church on **Sunday, Nov. 5 at 2 pm**. There will be a concert in celebration of the 250th anniversary of Mozart's birth featuring a piano concerto performed by their Music Director, Bill Larson, and the "Coronation" Mass, featuring the church choirs of First Unitarian and the North Hills UU Church under the direction of Robert page. Both will be accompanied by a festival orchestra. Tickets will be \$15 for adults and \$10 for students. It's a nice way to support local area UU Churches!

Adult RE: The New UU

"The New UU": Thursdays Nov. 9 and 16, 7:30 - 9:00 pm

Now That You are UU... (or want to be a UU), perhaps you would like to learn some basics about who we are and what we are about. Join us for two informative sessions on the "New UU", which is designed for folks who are new to Unitarian Universalism. These sessions will be led by our minister, Dr. Renee Waun. Dr. Waun will use a video and other historical and practical materials to present this class.

To register or for more information, contact Maureen McHugh. Also, if you have suggestions or requests for Adult RE, contact Maureen McHugh, mcmchugh@IUP.edu

Teen Book Club

The next Teen Book club meeting will be on **Saturday, November 11 at 1 pm**. Our next book is, "Please Stop Laughing at Me" by Jodee Blanco. Described as follows:

Adult/High School-From fifth grade through high school, Blanco was teased, shunned, and, at times, physically assaulted by her classmates because she was different. She befriended handicapped students, "ratted" on the activities of fellow 12-year-olds at her first boy/girl party, and could not bring herself to dissect a fetal pig. Her experiences with school bullies occurred in a variety of settings, including religious and private schools. At various points in this visceral memoir, Blanco fumes at the injustice of being subjected to psychiatric diagnosis and medication while her tormentors remained unbothered and oblivious, and states that "sticking up for people" and/or being different is a "social death warrant." While her loving parents were sympathetic and supportive, their well-meant admonitions to ignore her harassers and "rise above it all" sprang from adult logic; adolescents simply interpreted her indifference as weakness. The author's emotional torment was partly due to a breast deformity; corrective surgery performed prior to her senior year allowed her, finally, to begin viewing her future optimistically. Adults may consider some of Blanco's scenes as hyperbole, but teens will find them authentic and apt. Many will take comfort both in the universality of the experiences and in Blanco's transformation from an unhappy, embittered ugly duckling to a poised, accomplished swan. Others, if they are honest, just might recognize bullying tendencies in themselves and become sufficiently chagrined to reexamine their views and actions toward nonconformists of all stripes.

UU Storytelling Concert

Joshua Searle-White, an award-winning U.U. storyteller, will give a storytelling concert on **Saturday, November 11 at 7:30 pm** to celebrate the release of his new book, *Magic Wanda's Travel Emporium: Tales of Love, Hate, and Things in Between*. Searle-White's stories use lively language, vivid characters, and engaging plots to provide entertaining and informative stories for the whole family. Searle-White has conducted workshops and told stories at the Boston and Fort Worth General Assemblies as well as in congregations and at district events in Pennsylvania, Massachusetts, Rhode Island, Maryland, and many other locations around the country. The concert begins at 7:30 at First Unitarian Church of Pittsburgh, 605 Morewood Ave., Pittsburgh, PA (tel: 412/621-8008). The cost is \$5 per person, with a \$10 maximum per family. The new book, plus a CD with recordings of seven of the stories, will be available for purchase.

Adult RE: Taoist Yoga

Taoist Yoga: Mondays @ 7:15 pm starting November 13

Frank Nemeth will offer a series of Taoist yoga sessions, based on Kouk Sun Do.

Kouk Sun Do is an ancient Korean Taoist mind-body healing art and spiritual practice that originated 9700 years ago. The art remained hidden in the mountains practiced only by Taoist hermit sages. In 1967, however, it reemerged into regular Korean society and was modified and edited to accommodate modern society. Sun Do is short for Kouk Sun Do. Sun Do means the "ultimate way." The practice gradually unblocks the energy channels of the mind and body. This is accomplished through: Gentle systematic stretches, Formative Body Postures coupled with a specific breathing pattern, Closing Exercises. As you continually practice Sun Do, your mind, body and spirit move toward a natural harmonious balance leading to increased vitality, enhanced peace of mind and expanded self-awareness.

People of all ages and fitness levels are welcome to practice Sun Do. This particular session will be open to ages 12 and up. Particular emphasis **must** be placed on sacredness, reverence and respect as Sun Do is not only a physical practice but is ultimately a spiritual one! Please wear loose clothing and bring your own yoga mat and an open mind. Whether you have serious health problems or are in excellent health, the practice can be modified according to your particular situation to still receive benefits.

Sessions will be held on Monday's beginning November 13 from 7:15 – 8:45 p.m. at the ESUUC for four weeks. You may attend any or all sessions. If enough interest is generated, we will continue to have ongoing sessions. There is no charge but donations (\$5.00) will be accepted and given to the East Suburban Unitarian Universalist Church. For more information please contact Frank Nemeth at 724-681-3954.

Frank Nemeth has a Masters Degree in Formation Science from Duquesne University, Pittsburgh, PA. He has been a practitioner of yoga and martial arts for over 30 years with particular emphasis on healing and spiritual development. Frank was a therapist for children at risk for ten years and a high-school soccer coach for 5 years at Elderton High School. He presently has his own insurance brokerage service and is married with two college-aged children.

Drumming News

We have two drumming circles which meet monthly. Our Family Drumming Circle is very child-friendly and meets on Saturday evenings. Our Groove and Meditate Circle is a bit more serious and meets on Sunday evenings. We welcome everyone to either circle, regardless of anything. We have drums to share and we like homemade and junk instruments, and you can utilize your body percussion potential.

Upcoming dates for Drumming at ESUUC:

Saturday, November 18, 7:30 pm - Family Drumming Circle at ESUUC

Sunday, November 19, 7:30 pm - Groove and Meditate Drumming Circle at ESUUC

Community Thanksgiving Service

Sponsored by the Monroeville Interfaith Ministerium

Hosted by Temple David, 4415 Northern Pike, Monroeville

Monday, November 20 at 7 PM

Join the members of the interfaith community as we share our thankfulness for our freedom to be American through a glimpse into one another's faith traditions via music, scripture and readings. A collection will be taken to benefit the Transient Aid Fund.

Temple David hopes to leave a special taste in people's palates, as the refreshments will include a combination of Jewish and autumn foods.

Book Club - Thursdays

Upcoming Book Club meeting dates (these are all Thursdays and start at **7:30 pm**):

November 30

December 28

Location: Penn Center Panera (Meeting Room), near Sears, in Wilkins Township. If you need a ride, would like to borrow a copy the book from someone who has finished it, or have any questions, the address bookclub@esuuc.org sends email to the all the active members. If you want to be added to the book club reminder email list, send email to treasurer@esuuc.org. The book club is open to anyone who is interested. Books generally alternate between fiction and non-fiction.

Fabulous "Forty" Anniversary Party

Saturday, December 2, at 6 pm at the church. Save the date and watch for a part you can contribute to make it happen!

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, **although I have had a request from those in the middle of the alphabet who always get to bring food in the snow to move things around, so we are starting roughly in the middle of the alphabet this calendar year.**

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 in the September 2006 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. 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.

See you around the kitchen----Kate

Refreshments Roster

Nov 5	Maureen and Jerry Lilly
Nov 12	Jane Longdon
Nov 19	Stone Soup Sunday – bring something chopped to add to the pot of soup that will cook during service
Nov 26	Sharing Sunday – everyone brings

Dec 3	Maria and Tom Luczkow
Dec 10	Maureen McHugh
Dec 17	Michael and Natalie Mendik
Dec 24	Sharing Sunday – everyone brings
Dec 31	Sharing Sunday – everyone brings

RE Class Schedule

Nursery:	Day	Teacher
	Nov 5	Kim Katilius
	12	Maria Luczkow
	19	No care provider today – all kids attend Stone Soup Sunday
	26	No care provider today – all kids attend service

Elementary:	Day	Class Description	Teacher
	Nov 5	Children's Chapel: all kids attend	Kate Zingarelli
	12	Sodom and Gomorrah - Session 6	Mary Kukura-Straw
	19	Stone Soup Sunday	no RE class – all kids attend Stone Soup Sunday
	26		no RE class – all kids attend service

Middle:	Day	Class Description	Teacher
	Nov 5	Children's Chapel: all kids attend	Kate Zingarelli
	12	God is Like a Protector, the 23rd Psalm - Lesson 9	Jen Trout-Osborne
	19	Stone Soup Sunday	no RE class – all kids attend Stone Soup Sunday
	26		no RE class – all kids attend service

Coming of Age:	Day	Class Description	Teacher
	Nov 5	Children's Chapel: all kids attend	Kate Zingarelli
	12	Judaism - Session 1, What do We Know About the Jewish Faith?	Laurie Montgomery
	19	Stone Soup Sunday	no RE class – all kids attend Stone Soup Sunday
	26		no RE class – all kids attend service

Youth Group

Youth Group meetings (all are **Sunday evenings**, from **7-8 pm**): **November 12, 26**

Dates and times are subject to change, so please check for updates: contact Leona Dunnett, Youth Advisor (ldunnett@alltel.net).

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.

Want your item listed in the weekly newsletter? Fill out an extra copy of the card and give it to Kathy Ruffing, put it in the Secretary's mailbox, or e-mail the info to Kathy at secretary@esuuc.org .

Congregational Committees

Committee – Chair (email)

Aesthetics – Jean Robl and Maureen Lilly	Membership – Marylyn Devlin
Building and Facilities – Jim Osborne	Music – Alan Halperin
Caring & Concerns – Maria Luczkow	Pastoral Care – Maria Luczkow
(caring@esuuc.org)	Religious Education – Kate Zingarelli

Committee on Ministry – open Community – Kate Codd-Palmer Drumming – Jen Trout-Osborne (drumming@esuuc.org) Finance – Chris Priano Landscaping – Laurie Montgomery	Signs and Symbols – Leona Dunnett Social Enrichment – open Sunday Programs/Celebrations – Mary Kukura-Straw Welcoming Congregation – Matt Mathis
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Calendar

Sat Oct 28, 2006

7:30pm Samhain

7:30pm *Shadyside church hosts dramatic reading for justice in the Middle East

Sun Oct 29, 2006

10:30am Service - Sibyl McNulty: End of Life Decisions, facilitated by N. Fitzgerald

3pm Voice Recital: Students of Music Director Brian William Ogle

7pm Youth Group

Wed Nov 1, 2006

7pm Assemble Historical Display at church

Thu Nov 2, 2006

7:30pm Board Meeting [More]

Fri Nov 3, 2006

6pm Heifer International Fast (tentative)

Sat Nov 4, 2006

6pm Heifer International Fast (tentative)

8:30am Bi-Annual Clean Up of Sardis Road

Sun Nov 5, 2006

ESUUC Historical display in the sanctuary - Month Long display

9:30am Choir Rehearsal

10:30am Service - Transylvania Memories, facilitated by Rev. Waun

2pm *MozartFest Chorus

Thu Nov 9, 2006

7pm Adult RE - "The New UU"

Sat Nov 11, 2006

1pm Teen Book Club "Please Stop Laughing at Me"

Sun Nov 12, 2006

10:30am Service - Panel on Formative Spirituality, F. Nemeth and N. Fitzgerald

4pm CoA Candidate/Mentor Meeting

7pm Youth Group

Mon Nov 13, 2006

7:15pm Adult RE - Taoist Yoga

Thu Nov 16, 2006

7pm Adult RE - "The New UU"

7pm RE Meeting at Murrysville Panera
Sat Nov 18, 2006
7:30pm * DownUnder Coffeehouse will host national recording artist Erika Lockett
7:30pm Family Drumming Circle at ESUUC
Sun Nov 19, 2006
10:30am Service - Stone Soup! and a Play, Rev. Waun
7:30pm Groove and Meditate Drumming Circle at ESUUC
11pm Newsletter Deadline
Mon Nov 20, 2006
7pm [Community Thanksgiving Service](#)
7:15pm [Adult RE - Taoist Yoga](#)
Sun Nov 26, 2006
10:30am [Service - Give Thanks Through Drumming, J. Trout-Osborne & B. Dunnett](#)
7pm [Youth Group](#)
Mon Nov 27, 2006
7:15pm [Adult RE - Taoist Yoga](#)
Thu Nov 30, 2006
7:30pm [ESUUC Bookclub](#)
Sat Dec 2, 2006
6pm [40th Anniversary Party](#)
Sun Dec 3, 2006
10:30am [Service - 40th Anniversary, facilitated by Rev. Waun](#)
Mon Dec 4, 2006
7:15pm [Adult RE - Taoist Yoga](#)
Thu Dec 7, 2006
7:30pm [Board Meeting \[More\]](#)
Sun Dec 10, 2006
10:30am [Service - Folksinger Judith Avers](#)
4pm [CoA Candidate/Mentor Meeting](#)
7pm [Youth Group](#)
Sun Dec 17, 2006
10:30am [Service - "Inconvenient Truth" follow up with Sharon Pillar](#)
11pm [Newsletter Deadline](#)

Newsletter Deadlines

December 2006 newsletter deadline: **Sunday, November 19**

Please email your articles to 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**. 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 Kathy at secretary@esuuc.org . No attachments please.

East Suburban Unitarian Universalist Church: 40th Anniversary Project

'This I Believe' Essay-Writing Instructions

You are invited to write and submit your own statement of personal belief. We understand how challenging this is -- it requires such intimacy that no one else can do it for you. *We want to reflect the life of developing belief within East Suburban UU Church.* To guide you through this process, we offer these suggestions:

Tell a story: Be specific. Take your belief out of the ether and ground it in the events of your life. Consider moments when belief was formed or tested or changed. Think of your own *church* experience, work and family, and tell of the things you know that no one else does. Your story need not be heart-warming or gut-wrenching -- it can even be funny -- but it should be *real*. Make sure your story ties to the essence of your daily life philosophy and the shaping of your beliefs.

Be brief: Your statement should be between 350 and 500 words. That's about three minutes when read aloud at your natural pace.

Name your belief: If you can't name it in a sentence or two, your essay might not be about belief. Also, rather than writing a list, consider focusing on a core belief, because three minutes is a very short time.

Be positive: Please avoid preaching or editorializing. Tell us what you do believe, not what you don't believe. Avoid speaking in the editorial "we." Make your essay about you; speak in the first person.

Be personal: This is to be spoken. Write in words and phrases that are comfortable for you to speak. We recommend you read your essay aloud to yourself several times, and each time edit it and simplify it until you find the words, tone and story that truly echo your belief and the way you speak.

Consider our Unitarian Universalist principles; our covenant to affirm and promote

- *A free and responsible search for truth and meaning*
- *Acceptance of one another and encouragement to spiritual growth in our congregations.*

PS There are some beginning statement examples at the NPR website:

<http://www.npr.org/templates/story/story.php?storyId=4564213>



Fabulous Forty!

From 1966 to 2006

East Suburban Unitarian Universalist Church

Cordially invites you to join our



Original tapestry by Adrienne Heinrich

40th Anniversary Celebration

Saturday, December 2, 6 pm party for all ages

Dinner, games, historical display

EVERYONE Welcome! \$15 Donation suggested per adult. Donate for someone else if you would like.

RSVP, Happy40th@esuuc.org by Nov. 24th

Sunday, December 3, 10:30 am service

Worship and recognition of 40 years of faith and service

***“Finding Our Way
to a Fabulous Future!”***

If you choose, you may send greetings c/o Happy 40th
4326 Sardis Road, Murrysville, PA 15668 or

Happy40th@esuuc.org