

# *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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**Volume 44 No. 5**

**April 2007**  
*Special April Fool's Edition*  
*Minor Doses of Humor Included*

**Editor: Merry Warwick**  
**[newsletter@esuuc.org](mailto:newsletter@esuuc.org)**

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## *ESUUC Sunday Services*

**Sunday, April 5, 10:30 am** – *“From Oh OH to Ah Ha ”* –Our mandate as UUs is to find our own spiritual pathways. But it keeps changing over time. We might have an “Oh Oh” experience at some point that leads to an unexpected “Ah Ha” revelation, signaling a new direction for our lives. **Dr. Waun** will draw from personal narratives for this topic. This is also BRING A FRIEND SUNDAY! Bring someone who may want a different outlook.

EASTER EGG HUNT—Children 12 and under are invited to stay after the service for a traditional Easter egg hunt!

**Sunday, April 12, 10:30 am** – *“The Saving Message ”*— The April holy days of both Passover and Easter are based upon stories of salvation: being saved from certain death by extraordinary powers. What personal power do we each have in our own lives that is saving and renewing to ourselves and others? **Dr. Waun** will present.

**Sunday, April 19, 10:30 am** – *“Death as a Spiritual Event ”*-- Pete McQuillin, of the Allegheny UU church, and Paul Cox, of the Unitarian Universalist Church of the North Hills present their ideas concerning spirituality and death. Pete is founder and Executive Director of Green Burial Pittsburgh, a non-profit organization that is working to establish a conservation burial site in the Pittsburgh area. Paul is a member of the Green Burial board of directors.

**Sunday, April 26, 10:30 am** – *“Summer Institute: Relax, Renew, Rejoice ”*- Curious about Summer Institute, a weeklong “church camp” for UU’s? Why do over 500 Unitarian Universalists flock to Kenyon College in Eastern Ohio each July? How can it benefit you and your congregation to attend? Amy Kent, a member of the Unitarian Universalist Church of the South Hills in Pittsburgh and the 2007 chair of the Summer Institute Planning Committee, has some answers that may surprise you.

**Sunday, May 3, 10:30am** - *“After-the-Fact Gifts”*-There are times in life when something “bad” happens that turns out to be something good after all. The trick is how to get through these times in such a way that

we can find the “gift” in there. It can be daunting but not impossible, and we can help determine the outcome by directing our thoughts away from fear and lackfulness. **Dr. Waun** will present.



## ***Pastor's Column: Having Hope***

*by Rev. Renee Waun*

I just heard an inspiring story once again. You know—the one about the parting of the Red Sea. I was at a Bat Mitzvah and the Torah passage for the day was the one where the Israelites found themselves between a rock and a hard place. Pharaoh had freed the Israelites from slavery, but then changed his mind and sent his army of chariots racing after them. The crowds ran up to the edge of the sea, but there was no escape and the army was bearing down on them. The people were frantic.

One man stepped boldly out of the crowd and—without looking back—waded into the water up to his ankles, calling to the heavens for help. Nothing happened. He then went in up to his waist, looking up for help. Nothing. He waded in up to his chest, then his neck and finally tipped his head back into the water and gurgled his plea for help. It was only in that moment the waters began to part and the people of Israel were able to walk across to freedom, after which the waters closed again over Pharaoh's army, drowning them all.

In my mind, the miracle of this story is not that the sea parted for the Israelites to escape and then came back together to destroy Pharaoh's army, it is that there was a person of such confidence in an unknown solution that he kept walking forward—risking his own drowning to bring it about. This story is about self-assurance in the face of challenge; hope in the face of hopelessness; unshaken optimism in the face of insecurity. Somehow this story struck a chord in me as I think about today's uncertain economic times.

May each of us find qualities of confidence, hope and optimism in ourselves and in our leaders as we walk forward together in anticipation of pathways that we may or may not have imagined would be there for us.

Oh!—and how handy that this story fits perfectly with our annual canvass theme of “Walking Together in Love”. (See next article.)

## ***Canvass 2009 Begins***

**“WALKING TOGETHER IN LOVE”**  
—Annual Canvass 2009-2010



This year's pledge drive is centered around the theme “*Walking Together in Love*”. The Board chose this theme in response to the economic downturn we have been experiencing in our country and in our world.

Our community of faith will remain strong, inspiring and supportive as long as we join hands and face the journey ahead together.

Early in April you will receive canvass materials. Completed pledge cards are due by the end of this month. Judy Graham and Maureen Lilly are organizing **Canvass Dinners** hosted on a variety of dates by ESUUC folks in different localities. The dinners will be an opportunity to share hopes and dreams about our church and to return completed pledge cards. Be sure to sign up for hosting or dining at church on Sunday or by contacting Judy Graham at (724) 433-1887 or [jgraham9@comcast.net](mailto:jgraham9@comcast.net). Dates for the canvass dinners are April 11, April 19, April 24, April 25, and April 26. Your support enables our church to continue to be the beacon and haven for liberal religion that we have always been. With your generous help, we will stay the course!

**Remember to return your pledge card** whether you make a monetary pledge or not. It is in receiving your completed pledge card that we know of your intention to remain on the membership roll of ESUUC!

## ***Calling All Peeps!***

We invite kids and kids-at-heart to join us for a traditional Easter egg dying session on Saturday, April 11 at 1 p.m. Have fun in the Community Room as we make dozens of brightly-colored eggs and anticipate the upcoming holiday. Then, following the Easter Sunday (April 12) service, the under-12 set is invited to seek the eggs, which will be placed in various top-secret locations on the church property -- or, if the weather makes it necessary, in the church itself. Let Brenda Shiring know in advance if your children will be participating in the egg hunt, and they'll also get a special sweet treat!



## ***Workday for the Church Garden***

Please plan to help for a couple of hours in the Church Garden on Sunday March 29th from 1:00 PM to 3:00 PM and/or on Monday, March 30th from 10:00AM to 1:00PM. We will be weeding and cleaning up old growth on Sunday. On Monday we will take delivery of pine bark mulch and spread it in the garden. Please plan to contribute your efforts to make our garden beautiful.

## ***Creating a Culture of Peace***

The newly formed Social Justice Committee, co-chaired by Marylyn Devlin and Judy Graham, will be hosting a program, *Creating a Culture of Peace*, in June. This training will use a popular education approach to:

- explore the nature of violence and its misuses
- increase awareness of how active nonviolence can be used
- understand social change movements as engines for change
- consider the values of community
- identify steps and tools for planning nonviolent actions.

The training will be aimed to the social service community and other interested citizens interested in positive social change. Please contact Marylyn or Judy if interested in serving on this committee.

## ***COA Luncheon***

Sunday, April 5th - Bring a Friend Sunday - the COA youth will be preparing a delicious brunch for after the service. Suggested donation for members, \$4, children - please bring an item for the food pantry and visitors are FREE, so **BRIING A FRIEND!!!**

## ***Sedar 2009***

"All who are hungry, Come and Eat," join our ESUUC family for SEDAR 2009 on Thursday April 9th at 6:00 PM at ESUUC. Children are most welcome and encouraged to attend. This is a Traditional Sedar meal and service will be prepared and led by Susan Goodis. Foods will please both carnivores and vegetarians. Suggested donation is \$ 8.00 for Big Appetites and \$4.00 for Petite Appetites. RSVP by April 4th to Susan 412-609-1232 or Matt 412-654-7529.

## ***Green Sanctuary Meeting***

The next Green Sanctuary meeting will follow the service on April 19th. All are welcome to attend.

## ***Green Clean By the Green Queen***

Missed the last Living Green Service? Never fear! Our focus was what we wear and how we eat. The following are a few chemical-free recipes for personal care products all tested by the Green Queen's family. Looking for more? Check out [www.styles101.homestead.com](http://www.styles101.homestead.com) for easy to make shampoo, lotions, cleansers, etc.

**EXFOLIATE W/:** 2T natural yogurt mixed w/1T honey. Pat on face & neck - leave on 20 minutes. Rinse w/ warm water. **OR TRY...** 1T lemon juice mixed w/1-2T. sugar (make a thin paste), rub gently over the face (avoiding the eye area) - rinse w/warm water. Do not use on sensitive skin.

### **HOW ABOUT A SIMPLE SHAMPOO?**

Mix 1/4c. of water w/ 1/4c. of pure Castile Soap (liquid) add 1/2t. light oil (almond, sunflower, safflower - cold pressed). Store in an air tight bottle (old squirt bottles are great for this).

### **NEED A DEEP CONDITIONER???**

**TRY:** 4T. coconut oil & 2T. honey - mix in a small jar & heat for 1-2 minutes in a bowl of HOT water. Massage in & wrap head in a towel. Leave for 20 minutes - Shampoo out & Rinse. (do not use a lot of this or you'll look like a grease-ball - this recipe makes enough for at least 3 conditioning sessions)

**OR HOW ABOUT...** 1 peeled & mashed avacado + 1c. coconut milk. Combine & heat in microwave. Massage warm paste into hair. Wrap hair in towel or shower cap - leave in 15 minutes. Shampoo & Rinse.

(This one is MY favorite; just make sure all the lumps are out of the avacado BEFORE you massage it into your hair!!!!)

## ***Garden Clean-Up Scheduled***

Please plan to help for a couple of hours in the Church Garden on Sunday March 29th from 1:00 PM to 3:00 PM and/or on Monday, March 30th from 10:00AM to 1:00PM. We will be weeding and cleaning up old growth on Sunday. On Monday we will take delivery of pine bark mulch and spread it in the garden. Please plan to contribute your efforts to make our garden beautiful.

## ***Evening Book Club & Mexican Pot Luck Dinner***

The Evening Book Club will host a Mexican potluck dinner on April 18th at 4:45 PM at Jen Halperin's home. The book to be discussed is "Incredible Victory" by Walter Lord. This is the story of the Battle of Midway. The book is out of print, but readily available. We'd love to have the "closet" historians join us for an interesting discussion. Bring a tantalizing dish for a Mexican Pot Luck Dinner

## ***Join Our Relay Team!***

Those shoes are made for walkin' – walking to help fund cancer research, that is! Please join our own “UUS for the Cuure” this year at the Murrysville Relay for Life, at Franklin Regional Stadium from noon Friday, May 29 to noon Saturday, May 30. If you'd like to be part of our team of walkers, please contact Brenda Shiring at [brennyren@yahoo.com](mailto:brennyren@yahoo.com). (Let her know if you're planning to stay overnight in “Tent City,” where we will have a site.) If you're not interested in walking, but would like to support the team anyway, please consider making a small contribution to one of our walkers. Or just come over and cheer us on!

## ***Caring and Concerns***

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” - Leo Buscaglia

### **Happy Birthday!**

Nic Freda

Ian Pamerleau

Jean Robl

Alison Daigle

Gerard Katilius

Emer Straw

Melanie Riggio

Willie Nelson

Willie Shakespeare

### **Happy Anniversary**

April Soule and Tom

As a Community, we share our positive energies to help those who are having difficult times...

Zea Zingarelli for health issues

Kate Zingarelli for re-locating her mother into her home

Mary and Bob Warwick as tax season is again in full swing.

### **Congratulations:**

Julia Begg and Rayna Faigen, our sixteen year olds, who now have Learners Permits

Melissa Alcorn-Ferry whose sister-in-law is pregnant

Aaron Bailey and Bella Zingarelli who sang together in the County-wide Chorus

Connor Warwick and Ian Pamerleau who performed in "The Magical Land of Oz" at Sloan Elementary

Bill Pamerleau whose book "Existentialist Cinema" is being published in April

Each month, we will post this column for birthdays, anniversaries, honors, illnesses, or memorials.

Please contact Susan Goodis at [Caring@ESUUC.org](mailto:Caring@ESUUC.org) or call 412-609-1232 with events you wish to have included in our newsletter. Thank-you.

## ***Religious Education***

### ***Class Calendar for April:***

Elementary:

April 5 Children's Chapel Julia Begg

April 12 EASTER SUNDAY - NO RE CLASSES

April 19 Mary Magdalene - Natalie

April 26 Service Project

Middle:

April 5 Children's Chapel Julia Begg

12 EASTER SUNDAY - NO RE CLASSES

19 The Flight to Egypt - Kate Zingarelli

26 Service Project

COA

April 5 BRING A FRIEND SUNDAY - COA COOKS!!

April 12 EASTER SUNDAY - NO RE CLASSES

April 19 Open

April 26 Service Project

## ***Looking for RE Director***

Are you interested in serving as the RE Director, or maybe just curious about what's involved? The Board is looking for our next RE Director, as Kate Begg "retires" this summer from her role as our current RE Director. Please contact Kate Begg or any Board member to ask questions about the position. If you are interested in serving as RE Director, please contact either Leona Dunnnett or Melissa Alcorn-Ferry by April 15, 2009. The Job Description and information about the Contract for this position will be posted on the Church bulletin board, as well as via e-news and the ESUUC website.

## ***Sunday Refreshments***

One of the most popular Unitarian traditions is the social hour after each service. At ESUUC, each adult member (or couple) takes a turn bringing refreshments – on average, about one turn a year. That way, everyone has one week to share their refreshment-making skills, and the rest of the year to enjoy!

To ensure fairness, we assign each adult member or couple a date on which to bring refreshments. These don't have to be anything homemade or fancy, though such extra-nice treats are always welcome! Store-bought treats work well, too. If you haven't brought refreshments before, or are unfamiliar with how things are set up, you may want to come in the weekend before your turn to see how it's done. There are also instructions in the kitchen on how to use the coffeemaker and hot water pot. If you are still confused, or need assistance, contact Brenda Shiring at [brennyren@yahoo.com](mailto:brennyren@yahoo.com). Don't think she'll let you off the hook, though, as we all seem to like to eat!

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

April 5	COA Luncheon
April 12	Sharing Sunday
April 19	Kate & Mark Zingarelli
April 26	Keith & Jill Born

May 3	Chris Clifton
May 10	Kate Codd-Palmer & Brien Palmer
May 17	Alison Daigle
May 24	Marylyn Devlin
May 31	Leona & Tom Dunnett

## ***News from the Treasurer***

**By Chris Priano**

Liquid assets, 7/1/08: \$ 4,311.14

Liquid assets, 2/28/09: \$ 8,829.01

Increase (decrease) in liquid assets: \$ 4,517.87

Net inflows: \$ 4,517.87

Prepaid mortgage funds, 2/28/09: \$12,327.08

Mortgage principal balance, 2/28/09: \$ 29,930.95

(Note: at the recommendation of the Finance Committee, I'm no longer including the prepaid mortgage money within liquid assets. I'll continue to present it as an informational item instead.)

## ***Abitibi Paper Recycling***

I'd like to thank everyone who's been using our Abitibi bin. It's an easy way for us to make a little money while helping the environment. It seems Abitibi's been doing a better job lately of emptying the bin on a

regular basis. Please remember that there are certain types of paper that should not be placed in the bin, especially hard cover books, phone books and cardboard. NO EXCEPTIONS!! However, you can tear the pages out of hard cover books and recycle those. Paperback books, catalogs and junk mail are acceptable. Abitibi has a nice, one-page reference on their web site that provides more detailed information about what can and cannot be deposited in their bins. The link is:

<http://www.paperretriever.com/default/WGITB/WGITB.pdf>

## ***Membership News***

By Marylyn Devlin

First, I want to thank all the current members who go out of their way to welcome visitors before, during and after service. You make a difference!

I invite all members to step out with the purpose of greeting someone new and talk to any and all who might be on their own. (This includes long-time members or newbies and everyone in between.)

I know it's lovely to catch up with our close buddies, but think back to when you were a newbie. Just a few minutes of your time and genuine interest does make a difference.

Second, I urge all members to fill out the Time and Talent form that will come to you soon with your pledge form. The community and energy of our church members are always amazing to me. I know when I became involved in church activities it enriched me as well as the church. Our church is a unique place that values all of our talents.

Last year, we received about 20 out of 43 possible forms. I hope we can increase the number this year, especially since our membership number is now up to 50!

## ***Labyrinth Project Needs Your Help***

In the past six months the Labyrinth committee has been struggling with how to cut through the grass and clay in our side yard so that we can lay the pavers that will form the borders for our Labyrinth. It has seemed like an overwhelming task! However, we finally brought the issue up to the right person, Tom Dunnett, who made the necessary cuts for us! After that, what remains is the equally hard work of removing the cut grass swatches, putting sand in the trench that will be formed, and placing the pavers. One good workday with as much participation from our church family as possible, should get us there. But first, we need to raise about \$200 in additional funds in order to purchase the sand and pavers that we need. Will you help?

The Labyrinth will be a permanent addition to our property; one that will attract visitors, and serve as a place of peace and meditation. It can be used for Weddings, and for services, and we will have it right in our backyard! Literally!!

Please help to make this dream a reality. Make a contribution today!

Respectfully submitted,

Kate Begg



## ***Ugandan Child Sponsorships Still Available***

Since Rev. Waun and the other volunteers have come back from Uganda and named Carolyn Glass (wife of volunteer Michael Glass) the Sponsorship Coordinator for the African Rural Schools Foundation, they have made great headway in identifying sponsors for the children who live at the school. But there are still children available to sponsor if you are interested.

It is very easy. Just contact Carolyn Glass (412-732-0771 [arsffriends@hotmail.com](mailto:arsffriends@hotmail.com)) and tell her you are interested in finding out more about child sponsorship. It costs \$125 per year for full sponsorship. Imagine that! Carolyn has all the adorable photos and will be happy to help you find just the right child. Thank you

### ***Dream Team Congregational Committees***

#### Committee – Chair

Aesthetics – Martha Stewart	Membership – Jimmy Hoffa
Building and Facilities – Bob Villa	Music – Casey Kasem
Caring & Concerns – Leo Buscaglia	Pastoral Care – Florence Nightingale
Committee on Ministry – The Dalai Lama	Religious Education – Mahatma Gandhi
Community – Mayor Joyce Somers	Sunday Programs/Celebrations – RuPaul
Drumming – Ringo Starr	Welcoming Congregation – Jay & Silent Bob
Finance – Warren Buffet	Landscaping – John Deere

### **Newsletter Deadlines**

April 2009 newsletter deadline: **Sunday, April 19th**

Please email your articles to [newsletter@esuuc.org](mailto:newsletter@esuuc.org) or call Mary Warwick (724) 327-3092 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.

# *Calendar*

## **Thursday, March 26**

6:00pm TAKE BACK MURRYSVILLE

## **Saturday, March 28**

12:15pm CoA visit Hindu Temple

## **Sunday, March 29**

10:30am Sunday Service

11:30am Spring Bulb and Bake Sale

## **Wednesday, April 1**

1:00pm Wednesday Book Club

## **Sunday, April 5**

9:30am Choir Rehearsal for today's Service

10:00am Canvas Kickoff

10:30am Sunday Service

12:00pm Program Committee

## **Sunday, April 12**

10:30am Sunday Service

## **Tuesday, April 14**

9:00pm Citizens for the Preservation  
of Rural Murrysville

## **Wednesday, April 15**

1:00 pm Citizens for the Preservation  
of Rural Murrysville

1:00pm Current Events Group

## **Friday, April 17**

All day -- Spring YAC Meeting ( tentative)

## **Saturday, April 18**

All day -- Spring YAC Meeting ( tentative)

11:30am OWL sessions 7 & 8

4:45pm Bookclub

## **Sunday, April 19**

All day -- Rev. Bernice King

10:30am Sunday Service

12:00pm CoA Candidate-Mentor meeting

11:00pm Newsletter Deadline

## **Sunday, April 26**

10:30am Sunday Service

12:30pm OWL possible makeup day

**Thursday, April 30**

All day -- Canvas Closing

All day -- CoA Heritage Trip

**Friday, May 1**

All day -- CoA Heritage Trip

**Saturday, May 2**

All day -- CoA Heritage Trip

**Sunday, May 3**

All day -- CoA Heritage Trip

9:30am -- Choir Rehearsal for today's Service

10:30am -- Sunday Service

12:00pm -- Program Committee

**Wednesday, May 6**

1:00pm Wednesday Book Club

**Saturday, May 9**

All day OMD - Youth Ministry Cluster Experience

**Sunday, May 10**

10:30am Sunday Service

12:00pm Finance Committee