

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 47 No. 21

February 2010

Editor: Mary Warwick
newsletter@esuuc.org

ESUUC Sunday Services

Sunday, January 31, 10:30 am – *“Personal Perspectives on Buddhism”*- Most of us have expressed an interest in Buddhism at one time or another, for its radically different approach, for its psychological insights, for its practical applications, or for other reasons. A few of us have the opportunity for exposure to Buddhism on a deeper level, whether from a personal engagement or from living in a Buddhist culture. Come hear some personal insights into this fascinating topic.

Sunday, February 7, 10:30 am – *“Music and Community in Western Africa”*- In the spirit of Black History Month, we are going to experience some West African music. This music is very much about community, celebration, and function or purpose. Much research has been conducted on the connections between African music and African-American music styles throughout history, and we will explore this. Our speaker-- Alisha Rosshas an MA in Ethnomusicology, concentrating on West African drum and dance styles of djembe and sabar, and has performed musicological research in Senegal in western Africa.

We will end our session with a good old-fashioned drum circle, just in the spirit of celebration. We will have a bunch of instruments available that you can all come up and feel free to try out, and let's just jam for our last few minutes--no rules, no conductor. Just making music together, in the timeless spirit of tribal rhythm and community!

Sunday, February 14, 10:30am - (Valentine's Day) - *“How Dreams Come True”*- Just back from another trip to Uganda, **Dr. Waun** will talk about how an idea becomes a dream if we can focus our attention in a certain way. She will update us on the newly completed construction project and nurse's office for the school there, using photos and possible video clips.

Sunday, February 21, 10:30 am – *“Thomas Jefferson, Warts and All ”*- He was a slaveholder, a racist, and a hypocrite who stood by while contemptible deeds were committed in his name. Yet he was also a man with a brilliant, wide-ranging mind, whose magnificent words and whose understanding of freedom shaped the best values of our nation – and the very standards by which we judge him. For Presidents' Day, Brenda Shiring will present the enigma who was Thomas Jefferson.

Sunday, February 28, 10:30 am – *“Introduction to Reflexology and Emotional Freedom Techniques”* - Both of these techniques are based in Ancient Chinese Medicine, but they have a somewhat different approach to healing. Deb Carter, a Registered Reflexologist Practitioner will explain the workings of both of these wonderful alternative healing techniques and how they can help balance your life

Sunday, March 7, 10:30am- *“No Sweet Little Ritual”* - Every UU service begins with the lighting of the chalice; a powerful symbol of our liberal religion. The story behind this ritual is very interesting and spans centuries of meaning. Dr. Waun will take us through the events that led up to the official adoption of the chalice as our UU symbol in the 70’s. We will also welcome new members on this day.



Pastor’s Column: Seasons Change

by Rev. Renee Waun

I’m always fascinated by the idea that Groundhog Day is Cross-Quarter day, indicating the day when we are halfway between the winter solstice and the spring equinox. Apparently in earlier times, sages would rely on certain animals to signal the seasons as a way of confirming a hopeful future for people who understood the importance of agriculture for our survival. Imagine the lowly groundhog crawling out of its burrow on exactly the right day, just long enough to check out where the shadows are in relation to the sun and the tilt of the earth, and human observers making note of the animals’ supposed prevarication! I’m glad this tradition continues to be celebrated in a light hearted way in Punxsutawney and elsewhere, in spite of a certain level of commercialism. And I’m also glad that we have an earth-based pagan circle in our congregation that loves to honor the turning of the wheel at every season. It reminds us of the interdependent web of all creation of which we are a part. Especially important as we move forward in our goal of becoming a Green Sanctuary!

News from the Treasurer

By Chris Priano, Assistant Treasurer

Fund balances (total liabilities and net assets) as of 12/31/09:

ARSF:	\$ 1,488.52
Chalice Lighters:	\$ 1,330.00
Coming of Age:	\$ 1,721.01
General Fund:	\$ 164,800.24 (including \$160K building and land)
Green Sanctuary:	\$ 8.30
Labyrinth:	\$ 60.66
TOTAL:	\$ 169,408.73

When I was opening the books for the current fiscal year, I had incorrectly entered the starting balance of ARSF accounts receivable (A/R). The ARSF fund balance figure shown reflects a \$267 reduction in A/R.

I’m still looking for an Assistant Treasurer to replace me after I step down the end of June. This is an

important position that must be filled. Those of you who like working with numbers would enjoy being Assistant Treasurer.

Please e-mail me (cpriano@alumni.duq.edu) or Marianne Jew (treasurer@esuuc.org) if you have any questions.

Eco News: Green Sanctuary

Plans are under way for our first hopefully annual Earth Day Festival, April 17th 2010 - more information will be available in the coming months. We'll need all hands on deck to make this event a success, so pencil us in your date book or calendar so you don't miss this fun and informative eco-friendly event!

Green Tip of the month - ICY WALK OR DRIVEWAY??? Steer clear of rock salt (sodium chloride) and urea-based de-icers. Try sand instead - it provides traction without damaging concrete, won't pollute habitats, damage plants or contaminate water supplies. It's also safe for Fido or Fluffy's precious little paws and it's free of the cyanide present in rock salt.

~The Green Queen

Caring and Concerns

"First it is necessary to stand on your own two feet, but the minute a man/woman finds him/herself in that position, the next thing he/she should do is reach out his/her arms" - Kristin Hunter - 'O' magazine

Happy Birthday!

Daniel Katilius Bob Roble
Sydney Dunnet Rayna Faigen

Congratulations / Kudos

Jean & Bob Roble on their Swan Song Cruise who are traveling round the world for 3 ½ months
Maureen & Jerry Lilly on the birth of granddaughter, Stella to son Brian and Sarah
Julia Begg for her performance at the Theater Factory in the show *"Alexander and the Terrible Horrible No Good Very Bad Day"*
Drake Dunnett for his singing performance at Franklin Regional
Brenda Shiring's Great Aunt who celebrated her 99th birthday
Susan Goodis for all the extra efforts immunizing against H1N1 – Be sure to call first, then come to Rite Aid across from the Jonnett Plaza to be protected from this deadly influenza virus
Our best wishes as Renee departs for another trip to Uganda – this time traveling with a nurse
ESUUC's all-member retreat lead by Renee Waun was successful, inspiring, and "shiny"

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

Chuck Shiring for his auto accident – hope you have your driving confidence back
Carlos Frizzi, Leona's friend who was involved in a serious auto accident
Mary Kukura Straw for her father with worsening Alzheimer's
The Haitian people for their losses and suffering from the earthquake

Condolences and Remembrances

Marilyn Goodis – mother of Susan Goodis/grandmother of Rayna Faigen

Allison Daigle for her great aunt

The Haitian earthquake victims

“Life is not a brief candle... It is a splendid torch that must be made to burn as brightly as possible before it is handed on the next generation.”

-George Bernard Shaw

Our *Pastoral Care Committee* members are Chris Clifton, Kathy Leone, Judy Graham, Maureen Lilly, Jeffy Lilly, Susan Goodis, and Matt Mathis – Please communicate with any of these individuals as the need arises.

Each month, we will post this column for birthdays, anniversaries, honors, illnesses, or memorials. Please contact Susan Goodis at Caring@ESUUC.org or call 412-609-1232 with events you wish to have included in our newsletter. Thank-you.

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. It works out, on average, to about one turn per person/couple per year. We also have Sharing Sundays, on which anyone who desires can bring in a goody or goodies to share.

To ensure fairness, we assign each adult member/couple a date on which to bring refreshments. These don't have to be homemade or fancy; 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 or 724-334-1507. If I'm at the service and you want a hand, just come and get me. The only thing I WON'T do is let you off the hook – we need your participation to keep this fun tradition alive (and everybody fed)!

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

Feb. 7	Michele Devlin
Feb. 14	Leona & Tom Dunnett
Feb. 21	Jennifer Ewart
Feb. 28	Susan Goodis & Matt Mathis

March 7	Alan & Jennifer Halperin
March 14	Marianne Jew *
March 21	Gerard & Karen Katilius
March 28	Bill & Helen Kavalkovich

* Because of Marianne's winning bid at the Service Auction, her refreshments will be provided by Brenda Shiring.

Fair Trade Ugandan Crafts Now Available

Dr. Waun has brought back a new collection of Ugandan crafts which include hobo bags, bowls, photo frames, book marks, jewelry, purses, batik pictures and stuffed animals. They will be on display at the back of the sanctuary. All proceeds from the sale of these crafts support the African Rural Schools Foundation in Uganda.

Evening Book Club Moves to Daytime

This month, the evening book club will be meeting during the day. The club's selection is "Climbing the Mango Trees. A Memoir of Childhood in India" by Madhur Jaffrey. The group will meet at 12:30 p.m. on Friday March 12th at Zaika's (Rte 286). Please call Susan @ 412-609-1232 so we may reserve an appropriate sized table

Congregational Committees

Committee – Chair (email)

Aesthetics – Jean Robl and Maureen Lilly	Green Congregation - Merritt Bailey
Building and Facilities – John Graham	Membership – Marylyn Devlin
Caring & Concerns – Susan Goodis	Music – Alan Halperin
Committee on Ministry – Gayle Pamerleau	Religious Education – Mary Kukura-Straw
Community – Brenda Shiring	Sunday Programs/Celebrations – Brien Palmer
Social Justice – Marylyn Devlin and Judy Graham	Welcoming Congregation – Matt Mathis
Finance – Chris Priano	

Newsletter Deadlines

March 2010 newsletter deadline: **Feb. 21.**

Please email your articles to 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**. You can also send a message to that address if you would like it included in the weekly email announcement to the congregation.

Calendar

Saturday, January 30
7:00pm Imbolc Celebration

Sunday, January 31
10:30am Sunday Service

Wednesday, February 3
1:00pm Wednesday Book Club

Sunday, February 7
9:30am Choir Rehearsal for today's Service
10:30am Sunday Service
12:00pm Program Committee

Sunday, February 14
10:30am Sunday Service

Wednesday, February 17
1:00pm Current Events Group
7:30pm Board Meeting

Sunday, February 21
10:30am Sunday Service
11:00pm Newsletter Deadline

Sunday, February 28
10:30am Sunday Service

Wednesday, March 3
1:00pm Wednesday Book Club

Sunday, March 7
9:30am Choir Rehearsal for today's Service
10:30am Sunday Service
12:00pm Program Committee

Sunday, March 14
10:30am Sunday Service

Wednesday, March 17
1:00pm Current Events Group
7:30pm Board Meeting

Sunday, March 21
10:30am Sunday Service
11:00pm Newsletter Deadline