

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. 23

April 2010

Editor: Mary Warwick
newsletter@esuuc.org

ESUUC Sunday Services

Sunday, April 4, 10:30 am – “*We’re Baack*” – On this Easter Day, Dr. Waun will reflect on a secular resurrection theme that sees how some of the important movements and activists of the 60’s are rising again in a newer, more urgent way. People in a certain age category will recognize themselves in how this trend is playing out in our church and society. We will also have an outdoor Easter egg hunt this morning, weather permitting.

Sunday, April 11, 10:30 am – “*Meeting Your Angels*”— Angel reader Janet Jackson will talk about working with Angels to make your life smoother and less stressful. There are Angels for every thing and every purpose. Learn how to easily access these Divine beings to assist you in every aspect of your life. Angels can guide us every day, every step of the way. The Angels love us just the way we are! (This program is the one that was cancelled in December due to amazingly inclement weather.)

Sunday, April 18, 10:30 am – “*The Healing Power of Reike*”— Monica Murphy, a certified Reike 2 practitioner, will speak about how Reike can relieve tension and facilitate physical and emotional healing, as well as discussing some of her personal experiences with this spiritual healing art.

Sunday, April 25, 10:30 am – “*West African Music*”— We are going to experience some West African music that is very much about community, celebration, and function or purpose. Our presenter Alisha Ross has researched the connections between African music and African-American music styles throughout history, and she will explore them with us. Alisha has 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. A variety of instruments will be available to try out, so let’s jam for our last few minutes--no rules, no conductor. Just making music together, in the timeless spirit of tribal rhythm and community!

Sunday, May 2, 10:30 am — “*The Heart of Parenting*” – Parents need a tool kit. We want our children to distinguish between the basic emotions so they can handle the pressures and pleasures of life. Using Daniel Goleman’s theory of Emotional Intelligence as applied to children, Dr. Waun will reflect on this subject that may be dear to the heart of every parent (and grandparent).



Pastor's Column: *Our Biggest Givers* by Rev. Renee Waun

It's not often that we will learn who the biggest givers are to our annual pledge drive. Ordinarily this information is kept in strictest confidence. But this year, as we enter into pledge season, there are two people who have gone public with a special message to our congregation, because they will be leaving in the foreseeable future, and they feel compelled to encourage us to follow in their footsteps as generous givers, so that our budget will stay strong into the future. I invite you to read the following Open Letter to the Congregation of ESUUC. It is downright inspiring!

To the Members and Friends of ESUUC,

We would like everyone to know that Matt has a wonderful job offer from Google in California. We are not leaving quite yet -- they have agreed to let him work from of the Pittsburgh office for a year, so we all have some time to plan for the changes.

As we contemplate, the future we are reflecting on everything that we are nurturing. We love everyone here and value the church, especially all the ways in which it has helped us to grow. It really lives up to it's mission statement, to be a beacon and a haven for ethical, open-minded individuals working together to nurture each other, celebrate diversity, explore spiritual and philosophical questions, and advance justice and freedom for all. We are concerned about how our leaving might impact the church, because our combined contribution is more than 10% of the Church's annual budget. We feel very blessed to be part of our congregation and we would like to see others stepping up to increase their investment in ESUUC.

We have always enjoyed supporting the church, even though we have four kids in college and one unemployed (with both health problems and tuition loans). Yes, our family budget is normally very tight. We would like to see others stepping up to increase their investment in the future of our church, especially now, as we are preparing to leave. It is appropriate that this year's canvass theme is "UP". We think that if every pledging person, couple or family could raise their own pledge by 5% or more this year, it will be a good start.

Please consider how much you value of ESUUC in your life and the community at large when you respond to this invitation to be generous. It can be one of the most satisfying decisions you will ever make!

Our love, Matt and Susan

Beltane Celebration - All Are Welcome!

The next celebration on the Wheel of the Year is Beltane.

Beltane is celebrated on May 1st and is one of the original Celtic festivals. Beltane, or May Day is also known as the Lover's holiday. Beltane is one of the four Celtic Fire festivals, and is probably the second most important festival next to Samhain. Beltane is primarily a sun festival and was performed

during the day. The most important part of Beltane was the kindling of the fires. The Irish Celts would extinguish their fires the night before and would eat a cold meal to ensure that all fires were out. Then they would attend the ceremony, returning with an ember to once more start their fires.

We will be holding our Beltane celebration on Saturday, May 1, 7 PM, at the church. Weather permitting, the ritual will be outside. ALL ARE INVITED TO ATTEND!

Because we will be outside, you may want to bring a chair, or a blanket to sit on. You are also invited to bring drums, if you would like, and food or drink to share. Please join us!

If you have questions, or would like to know more, please see Kate Begg, Leona Dunnett, Mary Kukura-Straw, Michelle Devlin, or Dave Schwartz.

Passover Seder

A traditional Passover service and festival meal will be held at ESUUC on April 3rd at 5:30 p.m. The cost is \$8/person with a maximum of \$25 for family -- \$5 for children with small appetites. RSVP to Susan Goodis ASAP at sgoodis@gmail.com or 412-609-1232

Movie Night at ESUUC

We will have a movie night on Friday, May 14, at the church at 7PM. We will be showing a movie suggested by one of our members, *Food Inc.* Drawing on Eric Schlosser's "Fast Food Nation" and Michael Pollan's "The Omnivore's Dilemma," director Robert Kenner's Oscar-nominated documentary explores the food industry's detrimental effects on our health and environment. Kenner spotlights the men and women who are working to reform an industry rife with monopolies, questionable interpretations of laws and subsidies, political ties and rising rates of E. coli outbreaks. Discussion will follow.

News from the Treasurer

By Marianne Jew, Treasurer

Fund balances (total liabilities and net assets) as of 2/28/10:

ARSF:	\$ 10421.87
Chalice Lighters:	\$ 1,330.00
Coming of Age:	\$ 1780.81
General Fund:	\$ 163,440.02 (including \$160K building and land)
Green Sanctuary:	\$ 8.30
Labyrinth:	\$ 60.66
TOTAL:	\$ 177041.66

Please read your email and hardcopy packets of Annual Canvass materials. The Finance Committee needs your generous and accurate pledge information in order to construct next year's Budget. When determining your pledge amount, remember that for each Member of ESUUC, our church makes a financial contribution to the UUA at both the local district and national levels to support programs at those levels that benefit all

UUs as well as outreach to the larger community.

We're *still* looking for an Assistant Treasurer to replace me after Chris Priano steps 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 (treasurer@esuuc.org) or Chris Priano (cpriano@alumni.duq.edu) if you have any questions.

Caring and Concerns

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

Happy Birthday!

Nic Freda
Ian Pamerleau
Melanie Riggio
Emer Straw
Jean Robl
Alison Daigle
Gerard Katilius
Nancy Ritsko (on Earth Day ☺)

Happy Anniversary!

April Soule & Tom Cors
Jen and Steve Ewart

As a community, we share our positive energies to enhance our personal joys and to lessen the burden of those who are having difficult times...

Mike Pasipanki – Congratulations on birth of daughter, Tae Zhoury Pasipanki

Mary Kukura-Straw as she recovers from yet another bout of pneumonia

Our sincerest thanks to John Graham, Mary Kukura-Straw, and Chris Priano for clearing two feet of snow from the walkways

John Graham concerning cousin Barbara's health

Marylyn Devlin in sympathy for brother's father-in-law's passing

Matt Mathis & Susan Goodis in sympathy for friend Richard Sass's passing

Mary Warwick – nephew Chris will soon be hospitalized to prepare for heart transplant.

In loving Memory:

Gayle Pamerleau's mother
David Schwartz's mother

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 – 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. 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 4	Sharing Sunday
April 11	Kathy Leon
April 18	No-Waste Lunch*
April 25	Jerry & Maureen Lilly

May 2	Bring-a-Friend Sunday with Green Lunch*
May 9	"Men in Aprons" Pancake Breakfast
May 16	Michael & Natalie Mendik
May 23	Erica Miller
May 30	Ken & Andrea Noble

* The Green Sanctuary Committee will provide refreshments on the indicated dates.

Evening Book Club

The evening book club is now reading "The Help" by Kathryn Stockett and will convene on Sunday, April 11 at 6:30 p.m. at Jen Halperin's home. Pot luck will be soup, salad and fruit.

Uganda Connection

There is good news and bad news from Uganda. The good news is that the African Rural Schools Foundation has just put a substantial down payment on the land that adjoins the school property. It is the land that the children use for a playground and for hanging clothes to dry. The property was for sale, and if someone else had purchased it to build a house there, the school would have a very big problem. So we are glad to be getting it. We have a balance due of \$5000 to be paid by June 4, if anyone is interested in helping us with the payments.

The bad news is that the beloved Religion teacher, Mr. Sulaiman Mayanja died on March 21 and was buried the next day, following a funeral held and hosted by the school, because Mayanja had no other family. Everyone there is very sad and they will miss him very much.

You can visit the African Rural Schools Foundation Fans Facebook page to see a photo of Mayanja.

Green Sanctuary

Due to a conflicting Earth Day event in Pittsburgh, many of the potential vendors for our Earth Day Festival would be unable to attend the Festival we had scheduled for April 17th. As a result, this years' festival has been cancelled.

We would like to try again next year, but will need everyone's help in wrangling vendors - so if you patronize an environmentally friendly business or are involved with a green organization throughout the year, please ask them if they would be interested in attending next years' festival. Make sure to get a business card or at least a contact name and number so we can keep them in mind when we send our invites next year.

Well folks, Spring has Sprung finally and now it's time to "red-up" our gardens and outdoor living spaces and in keeping with our eco-friendly theme, I'd like to pass on some interesting info sent to me by our own Reverend Waun - who knows I'm always looking for green solutions to everyday tasks. It's amazing what this little GREEN veggie can do - Thanks Renee!

The Green Queen

And if you thought duct tape and WD-40 were all you needed, here's one more "indispensable" to add to your "collection" of things "not to leave home without". This information was in The New York Times several weeks ago as part of their "Spotlight on the Home" series that highlighted creative and fanciful ways to solve common problems.

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake

up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finished a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm you fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

Committee – Chair

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

Newsletter Deadlines

May 2010 newsletter deadline: **Sunday, April 18th**

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

Sunday, April 4

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

Wednesday, April 7

1:00pm Wednesday Book Club

Sunday, April 11

10:30am Sunday Service
12:00pm Canvass Brunch
6:00pm Canvass Dinner

Wednesday, April 14

7:30pm Board Meeting

Saturday, April 17

6:30pm Canvass Dinner

Sunday, April 18

10:30am Sunday Service
11:00pm Newsletter Deadline

Wednesday, April 21

1:00pm Current Events Group

Saturday, April 24

6:00pm Canvass Dinner

Sunday, April 25

10:30am Sunday Service

Friday, April 30

All day Canvass Ends

Sunday, May 2

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

Wednesday, May 5

1:00pm Wednesday Book Club

Sunday, May 9

10:30am Sunday Service
12:00pm Finance Committee meeting

Wednesday, May 12

7:30pm Board Meeting

Sunday, May 16

10:30am Sunday Service
11:00pm Newsletter Deadline