

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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May 2010

Editor: Mary Warwick
newsletter@esuuc.org

ESUUC Sunday Services

Sunday, May 2, 10:30am- *“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).

Sunday, May 9, 10:30am - *“Men in Aprons: the Annual Pancake Breakfast”* - This year we are presenting the Pancake Breakfast on Mothers Day. By tradition, the men folk do all the work and the women get a break to enjoy carbs. Men, bring your comeliest apron, chef’s toque, etc. Ladies, prepare to see some manly men make a marvelous meal.

Sunday, May 16, 10:30 am – *“Green Gardening with the Green Queen and her ‘Sprouts’”* - Throw on your work clothes and don your gardening gloves and join the Green Queen and company for Spring Planting. With words of wisdom and music to accompany us, we hope this project will renew and inspire all those who participate to embrace "Slow Food" and a more "Green" way of eating.

Sunday, May 23, 10:30 am – *“Green? Bah Humbug?”* - What’s in it for me? What is in it for us? How do we answer that question for ourselves, and how do we respond to critics, platitudes, or people who just don’t seem to get it? In today’s service, let’s see if we can figure that out! Facilitated by Kate Begg. Sponsored by the Green Congregation Committee

Sunday, May 30, 10:30 am – *“The Zen of Zing”* - This service will feature the children of ESUUC in a yet-untitled play. Kate Zingarelli will facilitate.

Sunday, June 6, 10:30am - *“Eenie, Meenie, Minie, Mo”* - How do we make choices? What do we learn from our choices? Is there such a thing as a “bad” choice? Are there things we can do to make decision-making easier? Dr. Waun will draw from various sources as we explore this intriguing topic.



Pastor’s Column: *Time Takes Time*

by Rev. Renee Waun

Lately I’ve taken up watching live-cam video streams of birds nesting in different places around the country. It’s fascinating!! It’s much better than reality TV, I think. Right now I’m following the progress of Dorothy and E2, the peregrine falcons at the Cathedral of Learning with their family of 5 chicks; Phoebe the hummingbird on her thimble-sized nest that holds two tic-tac sized eggs out in California; the pair of red tailed hawks and their 3 chicks on the front of a tall building in Philly; and the two Bald Eagles incubating their two, soon-to-be hatched eggs on Hornby Island (off the coast of Vancouver, B.C.)

On Earth Day I had the fun of actually watching two of the Pittsburgh falcons hatch out of their eggs all wet and wobbly. One had a piece of shell stuck on his head like a little hat. It was too adorable. While watching these bird mamas and papas, I’m so impressed by their gentleness and patience. They sit for hours at a time, never leaving the eggs uncovered for more than 3 or 4 minutes. And once the first little crack

appears in the shell, there is no hurry to help the chick emerge. It seems that as the hold in the egg gets bigger, the babies must adjust very very slowly to breathing the dry air into their little lungs, If that process is rushed, the tiny birds would die.

This is true in many of our endeavors—as individuals, families, groups, churches. It's good to take all the time we need; to not rush and risk spoiling the outcome—another reminder to this sometimes impatient human that when something is getting ready to come into existence, time takes time.

News from the Treasurer

By Marianne Jew, Treasurer

Fund balances (total liabilities and net assets) as of 3/31/2010:

ARSF:	\$ 4,046.13
Chalice Lighters:	\$ 1,330.00
Coming of Age:	\$ 1,816.01
General Fund:	\$ 165,488.53 (including \$160K building and land)
Green Sanctuary:	\$ 37.30
Labyrinth:	\$ 60.66
TOTAL:	\$ 172,778.63

Your Annual Canvass materials are due. 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.

New Treasurer Needed

We're still looking for an Assistant Treasurer 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 Marianne Jew (treasurer@esuuc.org) or Chris Priano (cpriano@alumni.duq.edu) if you have any questions.

Green Sanctuary Update

To everything there is a season, and this season it's time to think about planting. Our Sunday service is just that time. Of course, some of you may be thinking that you don't have a green thumb, so why bother... Well let me tell you, I may be the Green Queen, but I have ALL BLACK THUMBS AND FINGERS - hey, I've managed to kill a lot of plants in my day (usually my farm-raised husband Tom comes to their rescue and revives them - thank goodness), but I keep on trying. Each year Tom asks me what I want in the garden, since I'm the chief cook and bottle washer around here, and he lovingly plants and tends a beautiful garden from which we eat well into the Fall. And that is exactly why I keep on trying - I LOVE to eat!!! And these days one of the ways I can be sure that my family is eating organic produce without breaking the bank is to grow it myself (or have Tom grow it) - it's quick and convenient to run out into the garden to get stuff for a salad or a side dish, it's quick, but it's Slow Food...

Slow Food is a term you hear a lot and is definitely associated with a Green lifestyle, but what does it mean???

Well, we know what Fast Food is, and in the past fifty years, it has become a staple for many busy families as they try to balance multiple careers, kids, carpools and many sports and activities. Unfortunately, it is not always very healthy or environmentally friendly. The Green movement towards Slow Food is just what it sounds like, taking time to savor what the Earth provides for us, thinking about our food, how and where we get it, what's used to produce it as well as how to prepare it (without spending hours in the kitchen).

It was a wonderful book - "Animal, Vegetable, Miracle" by Barbara Kingsolver that inspired me to eat locally and organically whenever possible. My daughter Sydney thought I was a little overzealous until she watched the movie Food, Inc. in a college class, now she's proud to say to her professor and classmates, that her mother only buys meat and eggs from a local farmer and recently my own Mother kicked the Mickey D's habit after viewing the same movie!

The Green Sanctuary Committee has a few opportunities for you to learn more about Slow Food this month with an organic lunch on May 2nd, our movie night on May 14th and our gardening service on the 16th. We hope you'll join us for one or more of these events and maybe find a little inspiration of your own along the way.

Want to learn more about Slow Food, Fast Cooking - let me know at the Gardening Service and we may be able to make a class out of it if there is enough interest.

The GREEN QUEEN

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!

April Soule

Nancy Fitzgerald

Nancy Ritsko (April birthday – my apologies for the oversight)

Happy Anniversary!

Wendy & Dave Noe

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...

The community thanks Dr. Suher, Leona, and staff for “Dentistry from the Heart,” a day of free dentistry to those in need

Mary Warwick and family for her 16-yr old nephew who is hospitalized and waiting for a heart transplant

Judy Graham who is caring for her mother with a broken pelvis

Drake Dunnett for a job well done leading a workshop on multigenerational spirituality at the District Assembly

Melissa Alcorn Ferry (our upcoming president) for attending the District Assemble and bringing back to ESUUC positive energy and new ideas

Thanks to all those attending our 3rd Sedar at ESUUC

Mary Kukura-Straw for her father suffering with extreme memory loss

Ken and Andrea Noble for son, Jim, serving in Afghanistan

Matt Mathis who says his new job at “Google is more awesome than I could ever have imagined”

Susan Goodis (thanks to Matt) is suffering major anxiety and stress studying once again (30 years later) for her Pharmacy Boards

The Dunnett Family for the electrical fire – hope all is getting back to normal

In Loving Memory of Our Departed:

Marylyn Devlin's brother

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. And please don't think you have to provide a lunch – a snack is really all we're asking. 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.

If the week you're assigned doesn't work for your schedule, please switch with someone else for that month. If you need help finding someone to cover, let me know.

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 date.

The Light Book Club

The Light Book Club will meet on Sunday Sunday May 2nd at 6:30 PM at Jen Halperin's home. The book of the month is "The Help" written by Kathryn Stockett. Pot luck will be a light menu of soup and salad. Call Jen for directions (724) 733-4006

Congregational Committees

Committee – Chair (email)

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

April 2010 newsletter deadline: **Sunday, May 16. Pinky swear for real, don't be late ☺**
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, May 2
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

Wednesday, May 19

1:00pm Current Events Group

Sunday, May 23

10:30am Sunday Service

Sunday, May 30

10:30am Sunday Service

Wednesday, June 2

1:00pm Wednesday Book Club

Sunday, June 6

9:30am Choir Rehearsal for today's Service

10:30am Sunday Service

12:00pm Town Hall meeting - preview 2010-11 Budget

12:00pm Program Committee

Sunday, June 13

10:30am Sunday Service

11:30am Annual Membership/Budget Meeting

Wednesday, June 16

1:00pm Current Events Group

7:30pm Board Meeting

Sunday, June 20

10:30am Sunday Service

11:00pm Newsletter Deadline

Sunday, June 27

10:30am Sunday Service

Sunday, July 4

9:30am Choir Rehearsal for today's Service

10:30am Sunday Service

12:00pm Program Committee