

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 45 No. 16

July/August 2009

Editor: Mary Warwick
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ESUUC Sunday Services

Sunday, July 5, 10:30 am – “*The Bucket List*” - **Dr. Waun** will bring a bucket. Each person who comes to ESUUC this Sunday will be given an index card to write one or more things you would like to do before you kick the bucket (as in the movie with Jack Nicholson and Morgan Freeman). As you place your card in the bucket you will be invited to share why you chose to write what you did on your card. **We will have a dedication ceremony for our new labyrinth and honor outgoing R.E. director Kate Begg as part of the service this day!**

Sunday, July 12, 10:30 am – “*Change Your Thoughts and Change Your Life*” - Using the theory of Cognitive Therapy, presented by member **Nancy Ritsko**, psychotherapist. Learn how to intentionally guide your thoughts in a positive and productive way

Sunday, July 19, 10:30 am – “*Read Me a Story by Marylyn Devlin*” - Come, enjoy, and discuss the universal theme of two of Marylyn's favorite children's stories. Marylyn is a reading specialist and retired reading teacher.

Sunday, July 26, 10:30 am – “*Trek to UUism*” -- Unitarian Universalists come to our denomination in many different ways. Brenda Shiring got here aboard a starship. Fly along as she explains how her love of *Star Trek*, and her involvement in the show's fandom, helped her develop and identify the values that eventually made her a UU. With husband Chuck, she will also perform original Trek-oriented song parodies.

Sunday, August 2, 10:30 am – “*This I Don't Believe*” - We've all been inspired by the program “This I Believe” where people describe their values and offer statements of faith. Just for fun, we will have an opportunity to do just the opposite: say what you will not, cannot ascribe to. **Dr. Waun** will facilitate. **This will also be the Sunday that Dr. Waun will celebrate her 10th anniversary of service with us here at ESUUC. She will provide some special treats for the occasion, so please join us!**

Sunday, August 9, 10:30 am – “*Yoga Stretches*” - Marylyn Devlin will give a little background about yoga and then we will all watch and participate with her as we relax and stretch. All exercises will be done in a seated position. This is for all ages, 7-107. (Younger children will probably need help if they wish to join in.) Wear loose, comfortable clothing.

Sunday, August 16, 10:30 am – “*How Music Changes the World*” - Drake Dunnett discusses how music can change popular beliefs within society. He specifically examines how music helped change public opinion of the Vietnam war.

Sunday, August 23, 10:30 am – “*Poetry Write-In*” - Dr. Mehernosh Khan presents an interactive poetry program. Everyone is given a subject and writes a poem which is then read by someone else. A fun event for all ages.

Sunday, August 30, 10:30 am – “*The Value of Awareness*” - As our children gear up to go back to school, Mary Warwick will present concepts written in a commencement speech originally presented by David Foster Wallace.

Sun, September 6, 10:30am - “*Annual Potluck Picnic*” -- Please join us at Murrysville's Bear Hollow Park with a dish to share and whatever plates and flatware you need. There is a lovely stream for the children to play in, so buckets, water shoes, and especially Towels are good to bring too. There is also nice playground

equipment for those who prefer to stay dry. Grills for the cooking of whatever you desire to sizzle over coals are available too. Charcoal will be provided.

Directions: Take Sardis Road until you come to Heather Drive. It is the entrance to the Heather Highlands plan. Take a left onto Heather Drive. It lasts one block and end in a T-junction. Take the right onto Forbes Trail Road. Take the first left onto Truthaven Drive. Go almost to the top of the hill and on your right will be a driveway leading into the park. There is a brown sign saying Bear Hollow Park.

Sun, September 13, 10:30am – “*Water Communion*” -- Remember to collect water from your summer adventures for our *Water Communion* ceremony on this, our program year Startup Sunday!



Pastor's Column:

Enjoy Summer!

by Rev. Renee Waun

SUMMER: sunshine, beach, bike rides, boating, tank tops, sun tan lotion, water skiing, snorkeling, camping, hiking, adventure, ice cream, cookouts, garden, road trips, flea markets, Kennywood, corn on the cob, raspberries, campfires, outdoor concerts, family reunions, rest and relaxation, sunsets, reading, playground, sandbox, water hoses, popsicles, watermelon, postcards, fireflies, sleeping in, loafing, baseball, Frisbees, bird watching, fishing, roller blading, yard sales, dancing under the stars, fireworks, picnics— well, you get the idea. Have a great one....and we'll see everyone at our Annual Church Potluck Picnic on Sunday, Sept. 6 and in church on September 13 for Startup Sunday and Water Communion. (Remember to collect water from your summer adventures.)

News from the Treasurer

By Chris Priano

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

Liquid assets, 5/31/09: \$ 6,517.28

Increase (decrease) in liquid assets: \$ 2,206.14

Net inflows: \$ 2,206.14

Prepaid mortgage funds, 5/31/09: \$12,327.08

Mortgage principal balance, 5/31/09: \$ 28,295.01

Caring and Concerns

By Susan Goodis

“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

I apologize to everyone for missing the June newsletter. I was more than overwhelmed with my own concerns. I'm now back in the full swing of things so this month's column will be a bit longer and will include events from June, July and August.

Happy Birthday!

JUNE

Nolan Freda

Rick Freda

Marianne Jew

Claire Pamerleau

Drake Dunnett

JULY

Twila Katilius

Katie Katilius

Brenda Shiring

Chuckie Shiring

Kate Codd-Palmer

Justice Dunnett

AUGUST

John Shea

Leona Dunnett

Ben Faigen

JULY (con't)
Kate Begg
Erin Palmer
Bella Zingarelli

Happy Anniversary: Bill and Gayle Pamerleau

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

Chris Clifton for her sister, a breast cancer survivor who found a new lump
Judy Graham who broke her femur while trying to depart for vacation

Congratulations:

The "Coming Of Age" youth for completing the program & becoming Junior members of ESUUC
Kate Zingarelli – our new Director of Religious Education
Mary Kukura Straw – our new religious Education Chairperson
Kate Begg – for a wonderful job as DRE and her new role as "just a member" of ESUUC
Susan Goodis who had the good fortune of saving a life with CPR – I strongly encourage everyone to take a course or a refresher in CPR – I hope you never need it, but being prepared saves lives
Nancy Fitzgerald on her relocation. She will be missed.

Condolences and Remembrances:

Genevieve Shaffer : Brenda Shiring's Mother
Merritt Bailey's grandmother

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.

*New RE Director
Announces Goals*

By Kate Zingarelli

Wow! My first column to the members and friends of ESUUC as Religious Education Director. I am excited, scared and very grateful to have the honor of leading the RE program. Kate Begg is a tough act to follow, but she leaves the program in excellent shape and I, like all of you, owe her a great debt of gratitude for all her hard work and dedication.

My goals for the program are these:

1. To grow the RE program by 10% (or at least one family) this coming year. I believe that UU Religious Education is a great selling point for families looking for a strong spiritual/value based foundation for their children and we are the place in the Eastern suburbs for those families.
2. To offer at least two new adult RE courses beginning in the Fall.

These goals will take working closely with the Board of Directors, Membership, Programs and Public Relations committees (and others!) to coordinate our efforts. I am thankful to have Mary Kukura Straw as Chair of the Religious Education Committee, along with wonderful teachers, all of whom I'm counting on to return in the fall as leaders in our RE classrooms.

I am so blessed to be part of the ESUUC community and look forward to being a small part of "Growing our Blessed Community" (the title of an Adult RE program, perhaps?). As we rest over the summer and look to the coming fall, please consider becoming a part of the RE staff. To quote an often overworked saying, "It takes a village to raise a child."

Thank you again for your kind thoughts and loving support of our RE program.

Book Club

Don't forget. Book club meets at 6 PM Sunday June 14 at the home of Susan and Matt. "Interpreter of Maladies" is the book and the potluck will be Indian food. Hope to see you all there.

Summer 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. During the regular church "year" (September through June), those turns are assigned. During the summer, though, refreshments are brought through the goodness of volunteers. So when you enjoy refreshments after a summer service, please be sure to thank the member(s) who brought them in!

Volunteers, if you need help or have questions about what to bring or do, please contact Brenda Shiring at brennyren@yahoo.com, or 724-334-1507.

July 5	Brenda Shiring
July 12	Bob and Jean Robl
July 19	John and Judy Graham
July 26	Melissa Alcorn-Ferry

Aug. 2	Jane Longdon
Aug. 9	John Shea
Aug. 16	Mary Warwick
Aug. 23	Glenn Kelpec
Aug. 30	Mary Kukura Straw

Thanks for the Coffeemaker!

Thanks to John and Judy Graham for donating a new-to-us coffeemaker to the church for use during social events and the post-service social hour. This coffeemaker replaces the one which went to that Great Coffee Hour in the Sky during a June service.

Congregational Committees

Committee – Chair (email)

Aesthetics – Jean Robl and Maureen Lilly	Membership – Marylyn Devlin
Building and Facilities – John Graham	Music – Alan Halperin
Caring & Concerns – Susan Goodis	Religious Education – Kate Zingarelli
Committee on Ministry – Gayle Pamerleau	Signs and Symbols – Leona Dunnett
Community – Brenda Shiring	Sunday Programs/Celebrations – Mary Kukura-Straw
Social Justice – Marylyn Devlin and Judy Graham	Welcoming Congregation – Matt Mathis
Finance – Chris Priano	
Landscaping – Laurie Montgomery	

Newsletter Deadline

September newsletter deadline: **August 16, 2009**

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, June 28

10:30am Sunday Service

12:00pm Adult RE - Thank God for Evolution

Wednesday, July 1

1:00pm Wednesday Book Club

Sunday, July 5

9:30am Choir Rehearsal for today's Service

10:30am Sunday Service

12:00pm Program Committee

Sunday, July 12

10:30am Sunday Service

Wednesday, July 15

1:00pm Current Events Group

Sunday, July 19

10:30am Sunday Service

Sunday, July 26

10:30am Sunday Service

12:00pm Adult RE - Thank God for Evolution

6:00pm Bookclub

Sunday, August 2

9:30am Choir Rehearsal for today's Service

10:30am Sunday Service

12:00pm Program Committee

Wednesday, August 5

1:00pm Wednesday Book Club

Sunday, August 9

10:30am Sunday Service

Sunday, August 16

10:30am Sunday Service

11:00pm Newsletter Deadline

Wednesday, August 19

1:00pm Current Events Group

Sunday, August 23

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1:00pm Wednesday Book Club

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9:30am Choir Rehearsal for today's Service

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1:00pm Current Events Group