

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. 25

July/August 2010

Editor: Mary Warwick
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ESUUC Sunday Services

Sunday, July 4, 10:30 am – “*Whose Country Is It Anyway?*” – We have been through some interesting times in our country where first one group complains, “We want our country back”, and then—in another administration—a different group has the same mantra. What is patriotism anyway, and how do we claim “our” country? Dr. Waun will lead an informal summer group discussion on this interesting topic.

Sunday, July 11, 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, July 18, 10:30 am – “*Civility and Civil Politics*”-- In these times, civility and civil politics seem very different. We talk past each other, vehemently. How did this come to pass? No matter what your political orientation, I’ll bet that you think that the other side is to blame. And that’s part of the problem. Come hear one theory on how to make politics civil. Presented by Brien Palmer.

Sunday, July 25, 10:30 am – “*Paper Bag Skits*”- An ESUUC favorite is back. A theme has not yet been decided, but bring your imagination and be prepared to see some creativity at play that day. Always fun for all ages.

Sunday, August 1, 10:30 am —“*Healing with Crystals*” – David G. Speer, Ph.D. (Doctor of Naturopathy) will give a talk along with demonstrations on the amazing healing powers of Quartz Crystals. David will share the latest scientific knowledge about Quartz Crystals to explain why they work so well for healing the physical, mental, emotional and spiritual body. If you have any aches or pains, bring them along with you so they can be used as a part of the demonstration of the effectiveness Quartz Crystal Healing!

Sunday, August 8, 10:30 am – “*The Gift of Being*” – On this summer Sunday service in the round, Dr. Waun will experiment with what it means for each person to be a gift to the world. Come prepared to have the gift of “who you are” recognized and appreciated. It will be a Blue Ribbon, First Principle day for everyone in attendance!

Sunday, August 15, 10:30 am – “*Drake’s UU Summer Tour*”— Drake Dunnett brings us up to date with his experiences while attending both the Ohio Meadville District Summer Institute as well as the Midwest Leadership School in Beloit, Wisconsin.

Sunday, August 22, 10:30 am – “*Laughter Yoga*”— Certified Laughter Yoga Leader Dave Russell will give a brief history and lead us in this ancient Indian practice. It is not a comedy or joke routine. It uses simulated laughter to produce a healthy state of enjoyable relaxation. You will not need special clothing or equipment to participate in these gentle stretching, breathing and laughing exercises developed to relax mind and body. Dave is a member of the First Unitarian Church of Pittsburgh and does classes there.

Sunday, August 29, 10:30 am – “*Awakening to, Experimenting with and Evolving Our Spiritual Line of Development*”— Spirituality means so many different things in our modern world. For some it refers to having a peak or religious experience. For others it is a particular attitude of openness or compassion. Sound a little mushy? But what if we started viewing spirituality as a line of human development (both individual and collective) capable of evolving – similar to cognitive, musical, interpersonal, bodily-kinesthetic or other lines of development? Come join in this interactive dialogue about things of ultimate concern.

Presenter Joe O’Brien has been an explorer of the ever changing face of spiritual practice for the past thirty years. With each passing year, he strives to become more and more awake to his embodied life as a former celibate priest, now husband, step-dad, human resource executive, and budding competitive ballroom dancer.

Sunday, Sept. 5, 10:30am- “*Annual Potluck Picnic Lunch*” -- Murrysville's Bear Hollow Park. Bring a dish to share, plates and flatware. There is a playground and a stream where the children can play. Grills/charcoal will be provided. Directions: Take Heather Drive one block to end in a T-junction. Turn right onto Forbes Trail Road. Take the first left onto Truthaven Drive. Go almost to the top of the hill. On the right will be a driveway leading into the park. See brown sign: Bear Hollow Park.

Sunday, Sept. 12, 10:30am - Start-up Sunday and Water Communion- Be sure to collect a small vessel of water from your summer adventures, wherever they may lead you near or far. We will mingle the waters together as we share our experiences with one another.



Pastor’s Column:

Summer at ESUUC by Rev. Renee Waun

Did you know that the majority of UU churches closer to the east coast close their doors during July and August? It probably stems from an old tradition that says most people on the east coast go to the beach for two months. Here at East Suburban UU Church summer is different and quite engaging. We love our summer programs!! We go to “informal” mode, where we have many services in the round. We will have presentations and discussions that run the gamut from Civility and Civil Politics and Patriotism to Paper Bag Skits, Healing with Quartz Crystals and Yoga Laughter. Check it out. There’s something for everyone.

We hope that you will make Sunday mornings at ESUUC part of your summer routine, as we join together for exploring interesting topics, connecting with our friends, and enjoying the summer weather together.



President's Column:

Hello to Congregation by Melissa Alcorn-Ferry

I just wanted to take this time to say thank you for giving me the opportunity to be the ESUUC board president. I was first introduced to Unitarian Universalism through a friend who belongs to the First UUC in Indiana, PA. I instantly felt comfortable and soon looked for the closest UU church to my home. I found the discussions at ESUUC interesting and inspiring and still do. I am moved every Sunday being surrounded by....humm....like minded..... or should I say unlike minded people. I think it is great that our congregation has such a diverse set of ideas, beliefs and interests that we can all share without fear of retribution or insult. I hope to write in each issue of the newsletter, but I have to admit, speaking comes much more naturally to me than writing. That being said, I am looking forward to serve our church in my new role as president. See you on Sunday.

Blessed be, Melissa Alcorn-Ferry

News from the Treasurer

By Marianne Jew, Treasurer

Fund balances (total liabilities and net assets) as of 5/31/10:

ARSF:	\$	1,020.13
Chalice Lighters:	\$	1,330.00
Coming of Age:	\$	1,856.73 (including unsold scrip inventory)
General Fund:	\$	164,674.23 (including \$160K building and land)
Green Sanctuary:	\$	323.55
Labyrinth:	\$	60.66
TOTAL:	\$	169,265.30

Thank you to Chris Priano for drafting a balanced 2010-11 Budget! In addition, Chris presented the budget at the Town Hall meeting on June 6 and resolved all issues so that the budget could be approved at the Annual Membership Meeting on June 13.

Thank you to Chris for his many years of service as the Treasurer. His contributions have gone above and beyond the call of duty, providing essential support and guidance for our entire congregation. His tireless efforts have been tremendous, especially in converting the budget and bookkeeping to the Icon web-based church accounting system, documenting procedures. While Chris's official title this past year was "Assistant Treasurer," he continued to dedicate many hours of time toward training me. For all that you have done to help me, and on behalf of our entire congregation: Thank you Chris!

Please e-mail Marianne Jew (treasurer@esuuc.org) if you have any questions.

Drake Dunnett to Attend Midwest Leadership School and District Summer Institute

This July, recent Franklin Regional High School graduate Drake Dunnett will be exploring a path that he hopes will eventually lead to Unitarian Universalist ministry. He is attending both the Ohio Meadville District Summer Institute as well as the Midwest Leadership School in Beloit, Wisconsin. Registration for the MWLS included the requirement for the sponsoring congregation to pay a participation fee, which was paid through generous contributions to Drake by private individuals at ESUUC. Thank you to all who made this possible, as well as for the hearty wishes bestowed upon Drake as he prepares for his summer activities. Drake will present our program on August 25 where he will bring us up to date on what he had learned and what lies ahead in his future plans. He has been the Youth Chaplain for the past four years for the District Youth program.

Lammas Celebration at ESUUC

At Lammas, also called Lughnasadh, the hot days of August are upon us, much of the earth is dry and parched, but we still know that the bright reds and yellows of the harvest season are just around the corner. Apples are beginning to ripen in the trees, our summer vegetables have been picked, corn is tall and green, waiting for us to come gather the bounty of the crop fields. Now is the time to begin reaping what we have sown, and gathering up the first harvests of grain, wheat, oats, and more.

COME JOIN US AS WE CELEBRATE LAMMAS
SATURDAY, JULY 31 AT 7 PM
HERE AT THE CHURCH
ALL ARE WELCOME!!!!

Weather permitting, we will hold our celebration outside.

You may want to bring a chair or blanket to sit on

A drum for fun!

A dish to share

Thank You! And Who's Next?

Thank You to Brenda Shiring, our Hospitality Queen!

Brenda has been our beloved Community Enrichment Chair for the past two years, overseeing such essential details such as setting up the Sunday morning refreshments schedule, organizing about two parties a year, putting up the holiday decorations and making sure we have supplies such as TP, garbage bags and paper towels on hand. All of this definitely does enrich our sense of community (and fun) here at ESUUC, and Brenda has done an outstanding job. Brenda, you are terrific!

Now let's heartily applaud Brenda for her fine work and dedication, as we search for just the right person who will want to step into this important and satisfying task. Perhaps that person is you! If so, please let Melissa Alcorn Ferry or Rev. Waun know. Thanks so much!

Walk for the Kids

Please join in the first 5K Walk for the Kids, benefiting the African Rural Schools Foundation, on Saturday morning, July 17th at 10:30 A.M. (registration starts at 9:30 A.M.). We have a goal of raising \$5,000, which will be used for 2 primary purposes:

- To purchase musical instruments to support the school's own fund raising efforts.
- To help build an Assembly Room / Dining Hall

The walk will begin and end in Schenley Park. All are welcome. If you have questions, you may contact David Goldstein at 412-951-3143, or by e-mail at dpgold@yahoo.com.

A registration form and other materials that you can print out, post and complete are included at the end of this newsletter. Thank you enormously!!

Sunday Refreshments

One of the most popular Unitarian traditions is the social hour after each service, a tradition that continues to be observed, and enjoyed, even during the summer months. However, since many of our members take vacations, travel, or make other plans that might keep them away from church during the summer, we don't make refreshment assignments as we do during the rest of the year. Instead, we rely on the generosity of volunteers.

To be sure, there are some benefits to volunteering for summer refreshments. One, summer volunteers get to skip a turn during the fall-spring months. Two, there are fewer members at the services, so fewer refreshments are needed. And this year we have one additional benefit for our summer chefs: thanks to the lovely garden planted and maintained by our Green Sanctuary Committee and avid volunteer gardeners, they will be able to select some of their goodies from our very own "backyard." In fact, they're **HIGHLY ENCOURAGED** to do so!

If you are a summer volunteer, here are a few simple guidelines. 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. (Please use the small coffee pot for summer services.) 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.

There will also be several Sharing Sundays during the summer. On those days, everyone is invited to bring a treat to share. The regular refreshment schedule resumes in September.

July 4	Sharing Sunday
July 11	Jane Longdon
July 18	Jean Robl
July 25	To Be Determined

Sept. 5	Annual Church Potluck Picnic
Sept. 12	Wendy Noe

Aug 1	Sharing Sunday
Aug 8	Brenda Shiring
Aug 15	Maureen Lilly
Aug 22	Marylyn Devlin
Aug 29	Merritt Bailey

Sept. 19	Gayle Pamerleau
Sept. 26	George Ratliff

Newsletter Deadline

September 2010 newsletter deadline: **Sunday, August 15th**

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, July 4

10:30am Sunday Service

12:00pm Program Committee

Wednesday, July 7

1:00pm Wednesday Book Club

Sunday, July 11

10:30am Sunday Service

Wednesday, July 14

7:30pm Board Meeting

Sunday, July 18

10:30am Sunday Service

Wednesday, July 21

1:00pm Current Events Group

Sunday, July 25

10:30am Sunday Service

Sunday, August 1

10:30am Sunday Service

12:00pm Program Committee

Sunday, July 4

10:30am Sunday Service

12:00pm Program Committee

Wednesday, July 7

1:00pm Wednesday Book Club

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10:30am Sunday Service

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7:30pm Board Meeting

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10:30am Sunday Service

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7:30pm Board Meeting

Sunday, August 15
10:30am Sunday Service
11:00pm Newsletter Deadline

Wednesday, August 18
1:00pm Current Events Group

Sunday, August 22
10:30am Sunday Service

Sunday, August 29
10:30am Sunday Service

Wednesday, September 1
1:00pm Wednesday Book Club



African Rural Schools Foundation

2010 Walk for the Kids

Saturday, July 17, 2010, 9:30 A.M.

Name: _____

Dear Sponsor,

I am participating in the ARSF Walk for the Students. All proceeds will help fund initiatives to assist the more than 400 students at the school. You can sponsor me for any amount that you are willing to contribute. Please turn in your contribution to me by Thursday, July 15, 2010. Make checks payable to ARSF. All contributions are tax-deductible.

Thank you!

	Name of Sponsor	Pledge	Amount Collected
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3			
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I hereby indemnify and waive all claims against African Rural Schools Foundation, its agents, sponsors, its assignees, or representatives for any injury that I (or my minor child, in the event of parental permission) may suffer in this event. I further grant all rights to the organizers to use my image in photographs of this event.

Participants please bring this form along with your collected pledges to the Walk on July 17th.

African Rural Schools Foundation 2010 Walk for the Kids

Saturday, July 17, 2010, 10:30 A.M.



What is ARSF?

African Rural Schools is a nonprofit organization providing funds for special projects at the ABC Divine Foundation Primary School in Uganda, which serves over 400 day and boarding students, half of whom are AIDS orphans.

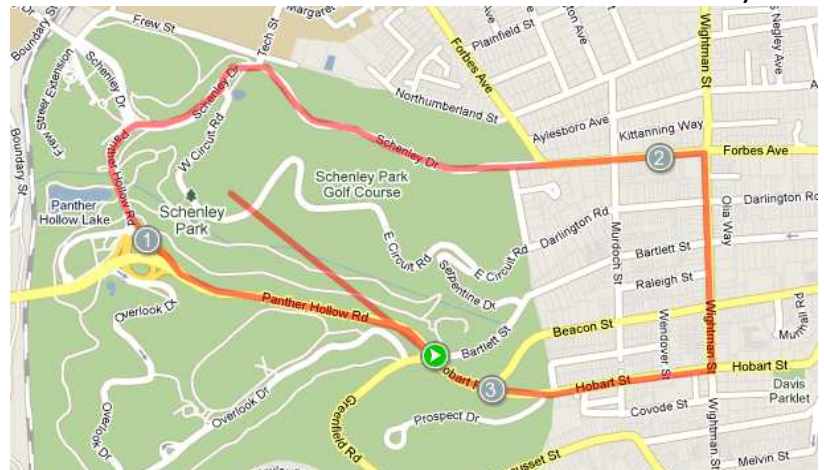
How will be the money be used?

Money will be used for 2 primary purposes:

- To purchase musical instruments to support the school's own fund raising efforts.
- To help build an Assembly Room / Dining Hall

Meeting Place

Corner of Panther Hollow Road and Hobart Street in Schenley Park



Picnic Lunch

Please bring a brown bag lunch and join us for an informal social gathering immediately following the walk

**Registration 9:30
Walk starts at 10:30**

For more information
Call David Goldstein at 412-951-3143
Or email dpgold@yahoo.com