2018
INTERCOM

UNITARIAN UNIVERSALIST CHURCH OF THE NORTH HILLS
**August 5, 2018**

**POETRY FOR HARD TIMES**  
*Rev. Don Rollins*

Poets and lyricists have always reflected their times, good and bad. Don will shape a service built around “survival” poetry - poems and song lyrics of comfort, resistance, political/social outrage and satire.

**August 12, 2018**

**GRIEF, LOSS, LOVE AND HAPPINESS**  
*Amy Ambuske DeGurian, MSW*

Death is as much a part of living as anything else we do; perhaps our only guarantee, and yet, for many of us the discussions around and emotions within the context of death are very difficult to manage. Amy Ambuske DeGurian, MSW, will explore the beliefs around “healthy mourning” and will provide support, ideas and initiatives for opening the sacred space surrounding grief. “Being with” is a central component to grief work and we will look at effective ways to compassionately companion those who seek support as they grieve.

**August 19, 2018**

**“BILLIE HOLIDAY AS SPIRITUAL GUIDE”**  
*Rev. Don Rollins*

Women of color have for too long been marginalized in America (and our own denomination), robbing us all of their unique contributions. Jazz singer Billie Holiday was a study in spiritual perseverance, and Don will tell us why.

**August 26, 2018**

**“PUBLIC EDUCATION IN CRISIS”**  
*Rev. Don Rollins*

Not everyone knows how instrumental UUs were in the founding and expansion of free public education. Don will make the case public schools still have a critical role in democratic societies.
PASSIN’ THRU

The late physician and author, Richard Selzer, told a touching story about a patient who developed palsy following surgery to remove a facial tumor. As feared by the medical team, a small sliver of a facial nerve was bound up in the malignant mass. Despite the best efforts of the skilled surgeon, the patient would be left with severe paralysis and tremors.

When she awoke from the anesthesia, the patient asked her hovering husband if her mouth would always be that way. Yes was the reluctant answer. Her only response was a silent nod.

Bending close, the husband softly announced, “I like it. It’s kind of cute”. Then he positioned his mouth to match hers, and gently kissed her.

Sermons abound in that story, starting with the amazing power of love despite whatever comes. But it’s also a primer in the amazing power of change - the capacity to adapt.

As we enter our second year of interim work, let me start by saying again how much I appreciate your capacity to adapt to a changing congregation in a changing world. It’s not that everyone’s onboard with the changes your leadership and I have introduced - and to keep it real, there have been times when your covenantal bonds have been tested by harsh words, spoken and written - but taken on the whole, UUCNH is a healthy church with a good heart.

You’ll be asked to do some more stretching, good folks. The search for settled ministry is a rigorous undertaking, asking a congregation not just what kind of minister they want, but what kind of minister they need.

As part of the search process (and central to the interim period) congregations that find the settled minister they need must ask and answer some tough questions:

- Are our habits and practices in line with those of vital congregations our size?
- Do we have a clear vision for the future?
- Are our expectations of our next settled minister realistic, and clearly articulated?
- Are our staffing levels up to standard for our size and needs?
- Are our leaders equipped for an ever-changing denomination and world?
- Do we value deep stewardship of time, talent and treasure?
- Do we crave justice and walk the walk?
- Do we hold ourselves and one another to account for our behavior?
- Do we encourage best practices and flexibility in worship?
- Do we honest-to-God love kids, youth and the people raising them?
- Do we let our ministers do the job they’re called to do?
- Can we tolerate someone who doesn’t love baseball?

Okay, that last one’s optional, but you get the idea. This second year of interim work is not just about who you want to attract, but what you have to offer.

So, as always, I’m grateful for the chance to be even a small part of UUCNH’s larger story. And I ask for more of your forbearance and trust as your leadership and I embark on a new church year. Let’s pull together, focus on what matters and get you ready for your next good, lengthy settled minister!

Blessings,
Don
**PASTORAL SCHEDULE**

**REV. DON’S SCHEDULE**

Rev. Don Rollins’ Schedule – Office hours are 9 am - 1 pm Tuesday, Wednesday, Thursday and by appointment. Please call 740-988-7834, text, or email (minister@uucnh.org) before coming in – sometimes he has off-campus meetings. Mondays are his “weekend” and Fridays are reserved for writing.

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**PRESIDENT’S REPORT**

“A VIEW FROM MY CUSHION”

I came into church early yesterday and enjoyed a few minutes collecting my thoughts and then moved to answer a few lingering emails. I could hear the hum of the air conditioners and was enjoying the cool quiet summer morning all alone in the church.

Then the first arrivals - footsteps, doors opening and shutting followed by the joyful and purposeful banter of the coffee hour hosts, plant and flower caretakers, ushers, greeters and others setting up for our Sunday service. The work of many hands keeps UUCNH running all year long. And we need your hands in the mix. Do you have that recurring thought that maybe you would like to do something at church? Do you want to get involved – and then maybe your inner manager yells “NO! I am too busy.” My experience is that the little voice in my head seems to never quit until I answer the call and do something. There are opportunities to serve, help out, pitch in, lead, work on a team, work alone and everything in between.

So you might do something quick like sign up for coffee hour online. Sign up to take part in the ministerial search meetings. You might make a call to your state congressperson about Fair Districts. Or talk to one of our committee chairs and see if their committee could use a hand. The Religious Education year will start up in September and many hands are needed teaching and caring for our youngest churchgoers. We can use caring people to staff the nursery for Sunday mornings and for meetings happening at the church some evenings. Board members or staff of the church might be helpful in answering questions about what teams might be the “right” place for you. Watch for Leadership Training offerings this fall. These classes are a great place to meet current and future church leaders and gain knowledge about evolving ideas in church leadership.

Each of these opportunities will connect you to other UUCNH members and friends and provide a place to share ideas, discuss thoughts and feelings and possibly be inspired. I can almost guarantee that you will also have fun and laugh while helping our church run smoothly.

Where might you find a place at UUCNH to spend a bit of your time, make a connection, and answer the call?

*Susie Wood*
ONLINE GIVING IS AVAILABLE

Visit our website www.UUCNH.org and click on the Giving tab. This will take you to a secure page to make your contributions with instructions on how to get started. You can make one-time gifts or you can create a profile to make recurring contributions.

Another way to access our donation page is to download the GivePlus app. Once downloaded on your phone you can search for our church and make a donation through the app similar to our website. Remember you can also make one time and recurring contributions by using online banking. All banks allow you to set up online banking for your checking account. The advantage to this method is it is FREE for you and the church.

Text giving is also available for making contributions to the general fund. Text your contribution amount to 412-218-3380. You will need to register your personal information on your first text but once you are set up, it’s an easy and quick method for donations. Need more information or have questions, contact Tom Yeh, Lindsay Scott, or Mary Ellen Johnson.

LAY PASTORAL CARE TEAM

The Lay Pastoral Care Team members are available to provide support within an atmosphere of safety and compassion and are a visible reminder of UUCNH’s care, concern and connections. You are encouraged to contact any Team member, at the addresses or numbers below, if they might be of help or comfort with your pastoral care needs or those of another in our UUCNH community:

- Bernita Clover: jnc312@mail2world.com - 412-367-2088
- Joyce Kepner: kepnerje@gmail.com - 412-996-9778
- Marsha Albright: mkalbright@gmail.com - 412-487-4565
- Mark Swihart: mswihart@spang.com - 412-369-9321
- Chris Hill: chill613@comcast.net - 412-366-9553
- Lynn Richards: lynnbeeser@gmail.com - 724-776-4183
JOYS AND SORROWS

NEW JOYS & SORROWS PROCESS

Joys and Sorrows provide a wonderful sense of our shared community. We each have a chance to share life passages, while we receive support and feedback from members & friends. This is meaningful time, except when someone ...

- makes an announcement, or
- goes on for a long time (i.e. more than a minute), or
- speaks about a non-personal or less significant item, or
- says nothing because they would be too emotional in front of the congregation, or
- is an introvert, and can’t bring themselves to speak in front of such a large group

And consider the minister/speaker, responsible for finishing the service on time (for attendees, RE Teachers, scheduled meetings, etc.) but tasked with an agenda item that varies from 1 to 5 to 15 minutes. Imagine if 20 people got up to speak one Sunday! The Sunday Services Team (SST) and the Lay Pastoral Care Team (LPCT) have jointly developed a new process to balance these competing needs.

We are a loving community. We do not want to lose the sharing by Members and Friends. In fact, we hope that this will lead to more sharing by folks who might not be willing or able to get up in front of the congregation, or when people are not in attendance. Recently, the LPCT has included more Joys & Sorrows in the weekly ENews than are actually spoken in service. We learn about them from emails and calls.

NEW PROCESS (STARTING AUGUST 5th):

- We will provide cards for members & friends to fill out before/at the beginning of service.
- Completed cards are deposited in a basket on the stage during the Prelude.
- Cards go to minister, who reads/summarizes them during the service. (when the minister is absent, a member of the LPCT will step in)
- After each is read, the congregation responds.
- An LPCT member will add a stone to our UUCNH congregational pile as each is read.

The LPCT will honor every submission. We will continue to follow up with members and friends as we do now.
MINISTERIAL SEARCH UPDATE

The Ministerial Search Team continues its work towards the congregation calling a new Minister. We wanted to announce a few current and upcoming developments:

First, as you may have noticed, there is a beautiful Ministerial Search Question Box located on the hymnal bookshelves in the back of the sanctuary. To the extent you have questions and cannot (or would prefer not to) track one of us down in person – we have nifty yellow nametags - please fill out a card and drop it in the box and we will make sure to answer any appropriate questions either individually or by way of further announcement.

Second, in the next few weeks, we will be posting a Progress Poster in Friendship Hall so everyone can see what we have been doing, are doing, and what comes next.

Third, we are quickly coming up on that time that we want EVERYONE – and we mean EVERYONE – with any tie to this Church to get involved. Starting August 26, 2018, our Congregational Survey will go live. Before anyone asks – it is anonymous! Even the Search Committee will not see individual survey results, only aggregated data. The survey will be accessed online, with details on how to do so to come. Also, over the course of the five Sundays from August 26 to September 23, we will have pop up computer labs in the East Room for those that want to take the survey on the spot before (or during) Sunday Service or coffee hour. The lab will be open from 9am to 12:30pm, and will be staffed with the same friendly faces wearing those yellow name tags to help out with anyone that needs it. Anyone doing so gets a free cookie! Once we hit 120 surveys complete, the Search Team will host an ice cream social after the next Sunday Service, so vote early (but not often). If you are not an “online” person, please contact a member of the Ministerial Search Team, and we will provide a paper copy (but please try the lab first… the trees and the Team thank you). The Team cannot stress this enough: this is your best (but certainly not last or only) chance to contribute to the collection of information UUCNH will present to those Ministers considering our Church as a new home. The survey should take no more than 30 minutes and will be vital in calling a Minister we hope to serve for many years. Think of it as 30 minutes for the next 6-10 years!

Finally, Coming Attractions: the UUA will be hosting a Beyond Categorical Thinking service and session at UUCNH in September or October. It will consist of a service and a 3 hour activity session after the service. More details on that to come. We ask that everyone please attend as much as you are able. Service and post service activities are expected to last until 3:00 pm. Lunch and childcare will be provided. The UUA and the Team believe this is a very important step in getting our congregation ready for a new settled Minister and it, like the Survey, is more than worth the time. If you have any questions about what Beyond Categorical Thinking is, or why it is important to this process, please ask a member of the Team or check out the UUA site at:

- [https://www.uua.org/careers/ministers/transitions/bct](https://www.uua.org/careers/ministers/transitions/bct)
Dana Poss, UUCNH’s new Director of Lifespan Faith Development (DLFD) will begin August 1st, 2018, so please join us in this warm welcome to her.

Dana was the volunteer Youth Advisor for the UU Church of Birmingham before becoming the Youth Programs Director at the UU Congregation of Atlanta in 2008, where she served for five years. Following this period, Dana moved to Idaho, where she served for two years as the Director of Lifespan Religious Exploration at the UU Church of the Palouse. Dana returned home to Georgia in 2015 and spent two years as an Acting DRE at 3 local congregations. She returned to the Atlanta congregation last year and currently serves as a lead teacher for elementary children in religious education. She has served on the Mid-South district board and is a trained Healthy Congregations Consultant, a UUA Chrysalis-certified youth director, an OWL facilitator, and a member of the Liberal Religious Educators Association. She has led numerous trainings for youth advisors, youth leaders, and DREs as well as volunteering at The Mountain Retreat Center in North Carolina and Camp de Benneville Pines in California. In addition to her professional experience, Dana enjoys gardening, reading, and DIY projects. She has 3 grown children in California, Florida, and North Carolina. She looks forward to relocating to the Pittsburgh area and getting to know everyone at UUCNH!

**CHILDREN AND YOUTH CALENDAR**

- **AUGUST 5th** – Summer classes for children age 3 to 11
- **AUGUST 12th** – Summer classes for children age 3 to 11
- **AUGUST 19th** – Summer classes for children age 3 to 11
- **AUGUST 26th** - Summer classes for children age 3 to 11

**SUMMER SUNDAYS 2018**

We are pleased to offer 10 Sunday morning multiage children’s Religious Education classes for Summer 2018 beginning which began on June 17th. Please mark the following dates on your calendars:

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<th>June 17</th>
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There will be two classes: preK/K and elementary. Nursery care is available all summer long.

**3 – 5 YEAR OLD CLASS**

We will be offering a favorite UU curriculum, Chalice Children. Lesson plans and story suggestions will be supplied.

**ELEMENTARY AGES**

We will be offering a MakerSpace prepared classroom for children to imagine, create, revise, re-create hands-on projects based on Creation Stories from around the world. Stories supplied.
FAMILIES GROUP

UUCNH Contact: Dawn Lindsay at northparkmom@gmail.com. Please email her to join the Facebook Group. You will see events when they are posted and folks can contribute ideas for activities.

UPCOMING 2018 EVENTS SPONSORED BY THE FAMILIES GROUP

- **August 24th – 6:00 – 8:00 pm** Our UUCNH Families Group picnic will be held at Donnevale Shelter in North Park. Bring a picnic dish to share. There will be crafts and games to kick off the fall schedule of activities.

![Church Picnic](image)

ADULT FAITH DEVELOPMENT

The Adult Faith Development (AFD) team coordinates all adult Faith Development courses and discussion groups. Whether you are a newcomer or a long-time member, our goal is to meet the needs of UUCNH adults who wish to enrich their spiritual lives.

MARK YOUR CALENDARS

"A Short History of Unitarianism and Universalism"

**Led by John Ballance**

Monday evenings, August 13th, 20th, 27th at 7:00 – 8:30

People come to Unitarian Universalism in different ways, some through family, some from other faiths and some from no religious background at all. What each has in common, though, is a belief in religious freedom. This short course in Unitarian Universalist history seeks to aid in an understanding of this faith...to know where we came from and to know that the religious freedom we enjoy today was hard won, coming out of real sacrifice by our religious ancestors. John Ballance will lead this three session class. In the course he will create a timeline to examine key developments in Unitarianism and Universalism starting from the time of Jesus Christ.

The course will run in August on three Monday evenings from 7:00 - 8:30pm in the West Room.

- **August 13th** - Christian and Jewish roots of Unitarian Universalism
- **August 20th** - Pre-Reformation to 1700 - 1800's
- **August 27th** - Modern Unitarian Universalism in America

To register or for more information please, contact John Ballance at johnbballance@gmail.com.
HUMANIST DISCUSSION GROUP

Facilitator:  Dick Myers – dmyers.rlm@gmail.com
When:  August 26th at Noon– 1:15 pm
Where:  Justice Room

Meditation: not just for Buddhists anymore! - On Sunday, August 26, Noon – 1:15, in the Justice Room upstairs (note the change from the usual East Room), Sue Luebbert will facilitate a discussion on meditation, as it applies to our modern culture.

The topic was inspired by these questions: “Meditation has become more main-stream. Is this a “religious” practice only? What are the benefits, if any? Do scientific studies confirm/deny the value of meditation?” During our lifetimes, in the United States meditation has not been as common or widespread a practice as it is in many other cultures, but interest in meditation certainly seems to be growing rapidly across many different areas and disciplines. In addition to discussing our personal views on meditation, we will take note of some of the areas where there is particular interest being shown, such as neuroscience research, educators and psychologists working with ADHD, and prison populations.

To be added to the email list and receive announcements and supplemental materials for upcoming meetings, email Dick Myers at dmyers.rlm@gmail.com.

JESUS DISCUSSION GROUP

Facilitator:  Tony Palermo – tpalermo@consolidated.net
When:  September 16th from noon – 1:15
Where:  Justice Room

Jesus Discussion Group will be on hiatus till 3rd Sunday in September.

PSI [PHILOSOPHICAL, SPIRITUAL INSIGHTS]

Facilitator:  Tony Palermo – tpalermo@consolidated.net
When:  TBD
Where:  

PSI - Philosophical, Spiritual Insights will be on hiatus until September.
**SISTERS-IN-SPRIT**

**Facilitators:** Rachael Smart and Michelle Broge-Connor  
**Contacts:** thesmartfamily3@yahoo.com, brogemm@gmail.com  
**When:** August 8th at 6:30 pm – 8:30 pm  
**Where:** East Room

Sisters in Spirit is an ongoing self-guided women’s group (all women are welcome regardless of sex assigned at birth). We meet once a month on the second Wednesday of the month. The group is focused on spiritual, intellectual, and emotional growth as well as creating ties with other women. Group members take turns leading the monthly sessions, resulting in a wide variety of topics and styles of presentation. The group welcomes new members twice a year, in January and July. To participate in our July new members meeting on July 11 or to learn more about the group, contact either Rachael Smart at thesmartfamily3@yahoo.com or Michelle Broge-Connor at brogemm@gmail.com.

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**UU CHRISTIAN PERSPECTIVES**

**Facilitator:** Joe Meier - meierke@msn.com  
**Facilitator:** Edie Swihart  
**When:** August 12th at 9:15 – 10:30 am  
**Where:** East Room

Do you self-identify as Christian, but struggle with issues of doctrine? Or have you parted ways with the label, but still hold some aspects of the tradition dear? Come and share with us as we explore our feelings about the Christian faith and its role in shaping our spiritual lives. Longtime members and first-time UU visitors alike are welcome to drop in and join this ongoing, positive discussion!

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**WONDERFUL WEDNESDAY IS BACK!!**

The first Wednesday of each month you're invited to join us for a potluck supper and some quiet time. Our next Wonderful Wednesday will be August 1st with a potluck starting at 6:00 pm and vespers led by Don at 6:45 pm. Help with the potluck setup/cleanup is appreciated.
**BOOK DISCUSSION GROUP**

**Facilitator:** Manuel Lombardero – manel_sl@yahoo.com  
**When:** August 10th at 7:00 - 9:00 pm  
**Where:** UUCNH, East Room  
**Moderator:** Marilyn Myers  
**Title:** Fahrenheit 451  
**Author:** Ray Bradbury

Bradbury's iconic dystopian novel Fahrenheit 451 is set in a near-future version of the American mid-west. Guy Montag works as a fireman, tasked with burning illegal books and the possessions of those who dare to read them. Guy and his wife, Mildred, distract themselves from their fundamental unhappiness through drugs and the near-constant distraction provided by their TV and other modern entertainment innovations. Bradbury, who said in a 2003 interview that as a sci-fi writer he was more focused on preventing the future than predicting it, was clearly concerned about the censorship of the McCarthy era, the proliferation of nuclear weapons, and the increased omnipresence of television. Unfortunately, many of Fahrenheit 451’s themes remain just as relevant today as when the book was first published in 1953 [theportalist.com].

No additional titles scheduled.

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**BREAKFORTH ENSEMBLE**

**Facilitator:** David Miles – miles@ohiou.edu  
**When:** Will not be meeting regularly during the summer months

We play music various sources. The present group includes folks who have been playing a year to those who haven’t played for 30 years. For more information, please see David Miles or send a note to miles@ohiou.edu.
COFFEE HOUR

Sign-ups for the Fall and Beyond - Back to the Good-Old-Days ... With a Twist!

COFFEE HOUR - after each Sunday Service, beverages and snacks are part of the glue that holds our loving religious community together. It works when we all take our annual turn to co-host. Together with another household, make provided coffee, bring snacks, clean up. Once a year.

UNFORTUNATELY, it hasn't been working. Each year there are 104 slots that need to be filled, and this past year, fewer than 80 households signed up to take their turn. Unfortunately, this all-volunteer model is not sustainable.

IN THE GOOD OLD DAYS, Coffee Hour did work. How? After an open sign-up period, members were ASSIGNED a Sunday to co-host. Yes, there was grumbling, but Coffee Hour was Sustainable!

HERE'S THE TWIST - you, as a member, can receive a no-questions-asked one-year DEFERRAL (by e-mailing tbisers@yahoo.com). But please, consider before thinking you need a deferral because of cost.

1.) You have a co-host. This is not just on your shoulders.

2.) Popcorn! ($2) Or saltines, baby carrots and hummus! ($5) Willing to spend a little more? Cheese, seasonal fruit and baked goods are much appreciated.

More important than costly food is just plain food....And someone to help make the provided coffee and to clean up. Once a year. instructions provided.

HERE'S THE DEADLINE: SEPTEMBER 24, 2018 Sign up through Coffee Hour Sign-ups 2018-2019 or request a no-question-asked one-year deferral by e-mailing tbisers@yahoo.com. On September 24, remaining MEMBERS will be assigned to open dates, or to an alternates list.

NOTE: SIGN-UPS ARE ON-LINE ONLY! Because ... 21st Century and illegibility. Use this link: Coffee Hour Sign-ups 2018-2019. For 2019-2020, sign-ups will begin in the spring.

Questions? Ask Tassi Bisers tbisers@yahoo.com or 412-708-3566.

MEDITATION WITH FRIENDS

Facilitator:  Sue Luebbert – luebert.unicorn@gmail.com or call 412-366-9553
When:  Summer break during June, July and August

This official break means that we will not be meeting regularly on the second and fourth Tuesdays of each month, as has been our pattern for the last nine months. However, last summer we did meet occasionally on some Tuesday evenings when both the church space and facilitator(s) were available. Notice of these meetings will be announced via the meditation email list the day before the meeting. Whenever possible, we will also put notification of a planned meeting in the church E-News and/or Sunday service announcements.

To add your name to the meditation email list, please send me an email at Luebert.unicorn@gmail.com. Any other questions or concerns, please contact Sue Luebbert at (412) 366-9553.
THE CRAFT GROUP

Facilitator: Irene Dinning - dinning1@comcast.net or call 412-741-6463
When: Every Thursday, 10:00 am
Where: East Room

We are a long-time UUCNH group that welcomes other crafters: those who want to learn needlework, perfect a craft, or just want to come and visit with interesting people. Come when you can or every week, but try us out!

THE QUILTERS GROUP

Facilitator: Peggy Trevanion - birdies4@comcast.net or 412-366-4348
When: August 14th at 10:00 am – 2:00 pm (second Tuesday of the month)
Where: East Room

We are open to anyone who would like to learn more about piecing and quilting. On August 14th we will have show and tell and then continue working on our quilting projects.

THE UKE GROUP

Facilitator: Sandy Faulkner – sfaulk50@aol.com or 412-366-5973
When: August 6th at 7:00 – 9:00 pm
August 20th at 7:00 – 9:00 pm
Where: East Room

We meet the first and third Monday of the month. Beginners are very welcome. Come have fun. For more information, call Sandy Faulkner at 412-366-5973 or contact her by email: sfaulk50@aol.com.
Friday, August 3rd from 7:30 – 9:00 pm

Come share a talent, or just enjoy a really good time with UUCNH friends and their friends. The format is open-mic and will be held in the West Room (sanctuary). A $2 donation is requested to offset the costs of refreshments, but not required. Nonperishable food items will be collected for North Hills Community Outreach. Note: The coffeehouse is a substance-free environment.

YOGA

Facilitator: Amy Wilks – akwilks@gmail.com
When: August 2, Thursday @ 7:00 – 8:00 pm
August 20, Monday @ 12:00 – 1:00 pm
Where: Growth Room or Justice Room

Amy Wilks offers yoga classes twice a month at UUCNH. These are flow classes that can be modified for all ability levels. Please dress in comfortable clothing and bring water and a yoga mat. Amy has been practicing yoga for almost ten years, is involved in a weekly work exchange program at Salt Power Yoga in Cranberry Township, and teaches at the Baierl Family YMCA. She completed her children's yoga teacher training in August 2016, and started her RYT200 teacher training in April 2018. She is up to date on her First Aid/CPR and all of her clearances.

FOR THE HUNGER GARDEN

It was a good season for snap/snow peas and spring greens (finished) and bok choy and kohlrabi (still a few left). Cucumbers, squash, eggplant, and bush beans will constitute the next wave, to be followed by pole beans and the first of the tomatoes. Limas will be the last of the legumes to ripen.

So far, tomato blight has been kept under control, and we always keep our fingers crossed as to whether the squash borers will show up. There are clear signs of burrowing creatures in the garden, but no apparent crop damage. As always, thanks a bunch to the volunteers.

Living at a distance, and with many other obligations, it would be very difficult to do this alone. So, both in terms of the growing things that need attention when they need attention, and in terms of my own needing helpers, our little Hunger Garden is an illustration of our 7th Principle. ~ Dick Myers
MEMORIAL GARDEN NEWS

An engraved plaque has been installed on the Remembrance Board in the Memorial Garden in honor of John Bernhard and was donated by his family. The plaque reads:

![Plaque Image]

UU CLUSTER NEWS

Check out our local Cluster Website at www.uupittsburgh.org to see what is happening with other UU’s in our area, and for UU events that are open to all.

UU PLAN

Feeling politically frustrated? Overwhelmed?
Join UUPLAN - Unitarian Universalist Pennsylvania Legislative Advocacy Network!

We are a group of Pennsylvanian UU’s connected via email and conference phone call, meeting monthly on issues, learning how to advocate for the issues that concern us the most. Choose an issue team and sit in on a monthly phone call: issue teams include Immigration, Gerrymandering (Good Government), Environmental Justice, Gun Violence, Economic Justice, Reproductive Justice, and Anti-Mass Incarceration.

We learn how to efficiently and effectively contact our legislators through email, phone call, and occasional visits to district offices. Be as involved as you have time for, or support us with your donation. For more information please feel welcome to contact Liz Perkins, liz.f.perkins@gmail.com or Carol Ballance, cstbwexfor@gmail.com or Stephen Fuegi, sdfuegi@gmail.com or go to www.uuplan.org. We will help you affirm and promote the goal of world community with peace, liberty and justice for all.
Registration for UUPLAN Leadership Day is now open!

On Saturday, October 13th, all Unitarian Universalists active or interested in social justice are invited to attend and participate at UUPLAN’s Leadership Day. The day is intended for both seasoned social justice advocates and those with no previous social justice experience. This will be at the Harrisburg UU Church from 8:30-4:30.


FALL is GOTV Time! Watch the e-news for Get Out The Vote (GOTV) events. All of the organizations we work with, and the UUA, will be working on this as the midterm election approaches.

![UUPLAN Logo](image)

**FAITH AND FAIRNESS**

Faith and Fairness effort has continued through July. Many of us visited Mike Turzai’s office on July 12. He was not there; his staff member did not have a statement for us. He only took notes and took our names after we suggested he do so. It was all calm and polite.

![UUCNH members visit Speaker Turzai’s Office](image)

**UUCNH members visit Speaker Turzai’s Office**

Back row: Lynn Richards, Kathy Miller, Diana Hull,
Front row: Carol Ballance, Tassi Bisers, Suzanne Broughton

On Friday, July 13, March On Harrisburg led a civil disobedience action at Speaker Turzai’s home near Bradford Woods. This was totally nonviolent. He was not home and we were arrested for trespassing. Again, it was all calm and polite. Carol Ballance was one of those arrested. Stay tuned. Becky and Wilma are “free range” UU’s, they came to UUCNH on July 15 and really appreciated the warm welcome.

![March On Harrisburg Action Speakers Turzai’s Home](image)

**March On Harrisburg Action Speakers Turzai’s Home**

Carol Ballance, Wilma Oman, Susan McAninch and Becky Lubold

Please continue to contact Speaker Turzai’s office and demand he summon the House back into session and adopt the Samuelson Amendment. Phone is 412.369.2230 or email at mturzai@pahousegop.com.
EQUAL EXCHANGE FOR YOU AND THE FARMERS

When you buy a Fair Trade item, you’re supporting small farmers. That means they earn a fair amount for their work, allowing them to pay for healthcare, education and other basic necessities. Consider giving some:

- Organic Coffee-French Roast, Breakfast Blend, Mind, Body & Soul, or Decaf, available in whole bean or drip grind ($9/bag)
- Organic Dark Chocolate bars-with Almonds, With Mint, Caramel Crunch, and Very Dark (up to 80%!) plus Organic Milk Chocolate with a hint of hazelnut ($4 each, or 3 for $10)
- And we have a Chamomile, Ginger, Rooibos and Chai Teas ($4 each) to warm you up! (Note: we have some samples out with the tea if you want to try one during Coffee Hour!)

RECYCLING UUCNH STYLE

PAPER AND CARDBOARD RECYCLING UPDATE

We recycle FLATTENED corrugated cardboard and paper in the two bins by the overflow parking lot. Please be sure the items are clean-no food, plastic, dirt, etc. on them. Recently we have had people leaving large, empty boxes which fill up the bin. Other people have left trash, plastic bottles and other items in the PaperRetreiver bin. These contaminate the stream and can lead to an entire load being sent to the landfill. Please keep the quality up, so the recyclers can profitably sort and sell it.

As a reminder for the PaperRetreiver bin:

- No cardboard allowed
- No boxboard allowed
- No waxed paper allowed
- No telephone books allowed

And we no longer get paid for this paper. So there’s no advantage to bringing your paper to church if your local recycler takes it. Save the energy and effort and recycle close to home! Any questions, please contact Chris Hill at 412.366.9553 or chill613@comcast.net.
NHCO REQUESTS DONATIONS TO ASSIST WITH FLOOD RELIEF - North Hills Community Outreach is assisting hundreds of families in multiple communities affected by the July floods. Assistance is possible only thanks to donations from individuals, businesses, congregations, and other organizations. Financial donations and gift cards to Lowes, Home Depot, Target, Kmart, Walmart and grocery stores are needed to help people with the costs of cleanup and to replace furnaces, electrical work and appliances. Checks can be mailed to NHCO, 1975 Ferguson Road, Allison Park, PA 15101. Online donations can be made at nhco.org. Those living in NHCO’s service area of northern Allegheny County north of the city of Pittsburgh who were affected by flooding may call 412-408-3830 or email help@nhco.org to inquire about assistance.

NHCO SEEKS ONE-TIME VOLUNTEERS TO CONDUCT HOME SAFETY CHECKS - North Hills Community Outreach seeks volunteers to do home safety checks for seniors Fridays, July 20, July 27 and or August 24. Interested volunteers who are not available on one those dates can register for future dates. There will be a brief training at 9:00 am in the NHCO office, 1975 Ferguson Road, Hampton. Volunteers will then pair up to visit two homes of area seniors to do safety assessments for fire and fall hazards, and install smoke detectors. Ninety local seniors are waiting for home safety checks. Seniors who would like a safety check or potential volunteers should contact Cathy Pschirer at 412-307-0069 x 3313 or clpschirer@nhco.org.

NHCO’S ANNUAL BACK-TO-SCHOOL COLLECTION CONTINUES THROUGH AUGUST 4 - North Hills Community Outreach NHCO is collecting new backpacks and school supplies for students in kindergarten through 12. Items needed include backpacks, notebooks, binders, paper, folders, pencils, pens and calculators. Good quality teen backpacks with sturdy zippers are especially needed. NHCO provides more than 1,200 backpacks full of school supplies for students each year. Donations can be dropped off Monday through Friday, 9 am – 4 pm through August 3 at any NHCO office including NHCO Allison Park, 1975 Ferguson Road in Hampton, or NHCO North Boroughs, AGH-Suburban Campus, 100 S. Jackson Avenue, 2 South, Bellevue. Special donation hours will be held 9 am - noon, Saturday, August 4 in the food pantry behind the main office in Allison Park, or alternative arrangements can be made by calling 412-487-6316 option 1.

NHCO PROVIDES HOMEmedS SCREENINGS FOR SENIORS - North Hills Community Outreach offers free HomeMed medication safety screenings for seniors living in northern Allegheny County, north of the City of Pittsburgh. The screenings help seniors understand their medications, assess whether the medications are working for them, and keep track of medications. Trained volunteers meet with seniors and review all medications. The screening information is sent to a pharmacist for assessment and follow-up. All seniors age 60 or older are welcome to register. For more information or to schedule a medication safety screening, contact Cathy at 412-307-0069 x 3313.

HARMONY LINE TO PERFORM TO BENEFIT NHCO - The Pittsburgh North Hills Harmony Line Chorus will present “Like a Bridge over Troubled Water: Songs of hope and joy,” a show to benefit North Hills Community Outreach, at 2:00 pm, Saturday, September 8 in St. John’s Lutheran Church of Highland, 311 Cumberland Road, McCandless. A chapter of the Barbershop Harmony Society, the Pittsburgh North Hills Harmony line Chorus was formed in 1963 and has approximately 32 members. North Hills Community Outreach is a 31-year-old nonprofit serving local people in crisis, hardship and poverty. Admission to the concert is a free-will financial donation to support NHCO's multiple programs, or nonperishable food for NHCO's three food pantries. For more information about the concert, please contact chorus member Tom Beecher at 412-486-2550.

NHCO’S Pathways PROGRAM OFFERS GOAL-SETTING HELP FOR THOSE WHO ARE STRUGGLING - North Hills Community Outreach’s free Pathways program helps low-income people set goals such as employment or education. Our coordinators meet one on one with people to coach, set short- and long-term goals and provide free resources and support. Appointments are available. For information, call Abby in North Boroughs (Bellevue) at 412-307-0069, Nicole in Millvale at 412-408-3830 or Shela in McKees Rocks at 412-331-1685 ext. 233.

EMPLOYMENT HELP IS AVAILABLE AT NHCO - North Hills Community Outreach offers multiple free programs aimed at helping people attain self-sufficiency, including employment help. Those seeking help with career counseling, updating a resume, job search techniques and more can contact NHCO Resource Coordinator Jackie Boggs at jmboggs@nhco.org or 412-408-3830 x 3217.

ASK THE ATTORNEY SESSIONS FOR LOW-INCOME FAMILIES - Free 30-minute legal consultation for non-criminal issues such as divorce, bankruptcy, credit issues, family matters, rent disputes and more is available for families in need at North Hills Community Outreach locations the third Wednesday of each month at 7:00 pm except December. The next ATA sessions are August 15 in North Boroughs and September 19 in Millvale. Attendees MUST preregister for these sessions by contacting Jackie at jmboggs@nhco.org or 412-408-3830 x 3217.
A GIANT EAGLE GIFT CARD

YOUR PORTAL TO SHOPPING AT MANY PLACES

• Did you know that Giant Eagle gift cards can be used to buy gas at GetGo stations or to purchase gift cards to a wide variety of stores and restaurants? But, more importantly, did you know that buying gift cards at UUCNH benefits our church AT NO EXTRA COST TO YOU? In other words, you pay $25 and you get a $25 gift card and UUCNH gets 5%!
• A Giant Eagle gift card can be used at the grocery store to buy a gift card for Kohl’s, Home Depot, Advance Auto Parts, Applebee’s restaurants and many other businesses.
• If, for example, you’re remodeling a room and you need to spend $1,000 at Home Depot, you can do that by buying $1,000 in Giant Eagle gift cards at UUCNH and then using the gift cards at Giant Eagle to buy $1,000 in Home Depot gift cards. You just raised $50 for UUCNH at no extra cost to you! Giant Eagle pays the $50.
• When you use a gift card to buy gas at GetGo, you still will receive any discount on the posted price of the gas that is due you.
• UUCNH uses the income from the sale of gift cards to help fund our budget.
• We also sell gift cards for Kuhn’s and Whole Foods. Look for us after the service each Sunday on the bench by the office window.

Gift cards: They’re not just for groceries anymore!

Thank you from the Gift Card Team

NOW YOU CAN SUPPORT UUCNH THROUGH AmazonSmile

YOU SHOP. AMAZON GIVES. UUCNH BENEFITS.

AmazonSmile is a simple and automatic way for you to support UUCNH every time you shop, at no cost to you. When you shop at AmazonSmile, you’ll find the exact same low prices, vast selection and convenient shopping experience as on Amazon.com. UUCNH has partnered with Bellwood Preschool to join AmazonSmile. The church and school will split the donations from AmazonSmile, which is 0.5% of all purchases made by everyone who has selected “Unitarian Universalist Church of the North Hills” as their designated charity.

Get started with these easy steps:

• Use AND BOOKMARK the UUCNH Link to AmazonSmile: https://smile.amazon.com/ch/23-7429191
• Sign in. Simply use your existing Amazon credentials, and then start shopping. It’s that easy!
• Please remember to shop our smile.amazon.com link every time. Purchases on the main Amazon.com site do not support UUCNH. To help remember, BOOKMARK OUR LINK.

Spread the word! Once you’ve checked out, Amazon makes it easy to spread the news with your friends and family by giving you an option to share on Facebook and Twitter. Please be sure to let everyone know you've supported UUCNH.

Questions? Contact the AmazonSmile Administrator at uuncnoffice@uucnh.org.
INTERCOM SUBMISSION

Intercom article submission Deadline for September Intercom will be on August 21st

• All submissions are to be sent to office@uucnh.org.
• Please put in the SUBJECT line: Intercom Submission.
• Format your submission in PLAIN TEXT in a Word or PDF document, single spacing, and CALIBRI 11 font (if possible). Also, if you send a picture or flyer please send each as a JIF, JPEG, or image file.
• Review and/or edit your submissions before sending and also confirm that the dates you list are correct. Submissions go to print as received.

PUBLICATIONS DEADLINE REMINDERS

Managing the UUCNH’s Intercom, E-News, Order of Service Announcements and any other periodic publication needs the timely support from everyone. Late or last minute requests cause undue stress and add to the delay of production. Here is a few suggestions to help lighten the load and to keep the finalizing of these documents and reports on a timely schedule:

• Treat the deadlines as firm: the Intercom is the 21st of each month, the E-NEWS and OOS Announcements are due Tuesdays by end of day. Late submissions mean more work.
• Please submit a “lean” copy, proofread by you.
• Space in the OOS Announcements is limited, so please be patient if your event doesn’t always get listed.

Thank you in advance for your kind attention to our publications details and reminders!