September 2, 2018
WHAT NOW? WHAT’S NEXT?
Richard Williams, Director of UUPLAN

Richard Williams, will present his thoughts about our current challenging political times and how we might make the world more just and peaceful. Stay after the service for his twenty minute PowerPoint program “How to Change the World in Three Simple Steps and One Just Slightly More Complex”.

September 9, 2018
INGATHERING AT UUCNH
Rev. Don Rollins and Dana Poss, Director of Lifespan Faith Dev.

As summer winds down, we’ll gather to celebrate the new church year with a multi-generational service including the Water Communion. If you collected water from your travels, from your kitchen tap or just want to borrow from the pitchers provided, you’re welcome to join in. Dana and Don will lead the service, which will include blessings for our 2018-19 LFD teachers, backpacks and Dana, herself.

September 16, 2018
WHY GO TO GA? OR DOES ANYONE OTHER THAN A UU CHURCH GEEK ATTEND GENERAL ASSEMBLY?
Midge Miles, David Miles, Carol Ballance

Come experience the annual UU gathering called General Assembly or GA for short. Come for the pagentry, tradition, music, and worship services. Come to socialize, shop and meet up with friends. Make some new friends. Set the course of the denomination. Debate social justice issues. Learn the best practices other churches are growing with. Through the magic of the internet we’ll help you get a taste for GA.

September 23, 2018
CHECKING IN 3:0: WHAT’S YOUR BASELINE?
Rev. Don Rollins

As we look ahead to the remainder of the interim period, Don will offer some reflections, ideas and stories about how to use this time.

September 30, 2018
BEYOND CATEGORICAL THINKING
Mary Johnson, Unitarian Universalist Association

When you consider our new settled minister, what images come to mind? Was it a person of a particular gender, race, or age? Beyond Categorical Thinking is a highly recommended part of the search process for our congregation.
I once served a rural UU congregation rich with history and stories. Founded in the late nineteenth century, the church has seen its share of highs and lows, yet through it all has retained a sense of purpose. Of all the tales I received over the course of my time with them, it’s the Great Curtain Controversy that still resonates. Turns out that not long after the church’s structure was complete, a painting of Jesus was commissioned and hung directly behind the pulpit. (Befitting the congregation’s firmly unitarian theology, the portrait was that of Jesus as shepherd, not savior.)

As with many historically Christian UU congregations, subsequent decades brought about an increase in humanist thought. Jesus continued to preside over the church’s Sunday mornings, but rationalist members were chafing at his presence. A theological divide was inevitable, complete with an ensuing conflict.

Then, having seen a church conflict or two, some wise church elders proposed a solution: hang curtains on either side of the painting, and let the worship leader decide if they’re open or closed. Jesus or no Jesus, take your pick. Not everyone was thrilled with the compromise. (Actually, pretty much nobody was exactly thrilled about it.) But all these decades later, the practice is still in place.

The point? As UUCNH hits some “sophomore year” interim ministry bumps, the Great Curtain Controversy is instructive on three counts: 1. The world of church is always in flux, leaving both congregations and ministers with the knotty challenge of remaining true to their core mission, yet relevant in the present and future; 2. Friction almost always happens as those congregations and ministers wrestle with which practices to keep, and which to let go, and 3. As the people who study congregational patterns counsel, the only congregations without some degree of tension are either dead or dying.

To bring all this home, at issue at UUCNH is whether to position the church for growth (numerical, generational, and otherwise) in today’s post-denominational, post-church-as-we-know-it America - whether to copy the good habits (best practices) of vital congregations UUCNH’s size. This is of course a deep and extended conversation, worthy of time and attention. To that end, let me bring you up to date on some of the ways you can be part of that conversation.

Your new Director of Lifespan Faith Development, Dana Poss, and I met with a UUA Regional staff person last weekend to identify priorities for this second year of interim ministry. You’ll have input and opportunities for feedback as we go along.

• Mark your calendars for **Saturday, September 15th, from 9 am – 2 pm (with lunch provided)**, when I’ll be facilitating “The Story of Us”, UUCNH has a rich history, full of ups and downs (mostly ups) that help us understand both our past and present. Join us in the West Room on Saturday, September 15 from 9-2, as we tell the story of us, decade by decade. We’ll give additional attention to Rev. Scott’s time with us. A light breakfast and catered lunch will be provided. Mark your calendars!

• Be sure to attend the “Beyond Categorical Thinking” (BCT) session on **Saturday, September 29th @ 4:00 – 7:00 pm**. While BCT focuses on how congregations think about ministers and ministry, it also touches on congregational dynamics/practices;

Although the date is still in the works, I’ve contacted the East Central Regional Group (our direct denominational support base) requesting a date to facilitate a workshop on growth at UUCNH. Watch the weekly news and October Intercom for details. Meantime, it might be helpful to get a feel for what I mean about how churches grow these days. In case you’re interested, check out some of the resources below, or just go to [uua.org/leadership](http://uua.org/leadership) and browse.

Either way, remember the lesson of the little church that hung curtains around Jesus all those years ago. They faced the winds of change, kept talking, and found a way. (Postscript: This humanist never closed those curtains for a single sermon. ‘Figure d I could use all the help I could get!)

• [www.uua.org/leadership/blog/congregational-governance](http://www.uua.org/leadership/blog/congregational-governance)
• [www.uua.org/leadership/blog/inform-and-equip-your-leaders](http://www.uua.org/leadership/blog/inform-and-equip-your-leaders)
• [www.uua.org/leadership/blog/leadership-learning-not-expertise](http://www.uua.org/leadership/blog/leadership-learning-not-expertise)

Blessings,

Don
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.

PRESIDENT’S REPORT

“A VIEW FROM MY CUSHION”

Change, conflict and anxiety seem to be everywhere in our world today. Judith Walker-Riggs in “In the Interim” talks about things that heighten anxiety and conflict in congregations. She mentions changing worship services, building projects and the ending of a troubled ministry. Brubaker in “Promise and Peril” says that changes to decision-making structure and worship are highly correlated with conflict while community outreach efforts are negatively correlated with conflict.

We have so many changes going on at UUCNH. Some of our problems, like the West room air conditioning, are about to be solved. Some of our long talked about improvements are about to happen, like the TV screens in the West room. Reid Suddaby and his Boy Scout team have just completed our new awesome fire pit and benches. Our new settled Director of Lifespan Faith Development, Dana Poss, is here and has joined our church bringing valuable insight and sage counsel. Our ministerial search team is working on the many tasks preceding our calling a settled minister next spring. And so many more things are changing and evolving.

Change seems to have a way of raising our anxiety level even when the changes faced are good. The recent troubling comments regarding UUism have started a challenging safety conversation here at UUCNH. We need to think seriously about how we balance our values and our need for safety. Sunday Services team is leading conversations about the shape of our worship service and Joys and Sorrows. This topic requires us to talk deeply about what is important to us, what things mean to us and how to move forward. These difficult conversations have resulted in some hurt feelings and stopped discussions.

In this anxious time, I keep coming back to our Board and staff and relational covenants. Increased anxiety that often accompanies change is personal and I feel it too. I keep thinking about the short statement within our Board and staff covenant that says “Always assume good intentions.” This one statement is at the top of my mind as I enter church conversations especially those that are controversial or change related. Our UUCNH relational covenant has an equally important statement that says “Needing a safe, healthy environment, I will enter into conflict in positive way, speaking with people directly, without divisiveness, honoring boundaries, and remaining respectfully engaged.”

I ask that we each take time to consider how the enormous changes we have navigated in the past year have and are affecting you. I ask you remember that each person is serving here and engaged out of love for our church and has the long-term health of our community at heart. From that foundation, we can manage through the challenges we face today and those we surely will encounter as we continue to travel together. Thank you for working to make UUCNH vibrant and healthy today and in the future.

Susie Wood
FINANCE COMMITTEE

ONLINE GIVING IS AVAILABLE

Visit our website [www.UUCNH.org](http://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](mailto:jnc312@mail2world.com) - 412-367-2088

**Joyce Kepner:**  [kepnerje@gmail.com](mailto:kepnerje@gmail.com) - 412-996-9778

**Marsha Albright:**  [mkalbright@gmail.com](mailto:mkalbright@gmail.com) - 412-487-4565

**Mark Swihart:**  [mswihart@spang.com](mailto:mswihart@spang.com) - 412-369-9321

**Chris Hill:**  [chill613@comcast.net](mailto:chill613@comcast.net) - 412-366-9553

**Lynn Richards:**  [lynnbessar@gmail.com](mailto:lynnbessar@gmail.com) - 724-776-4183
Friends and colleagues of any faith are cordially invited to attend the ordination of John Ballance into the Unitarian Universalist ministry

Saturday, September 22, 2018 at 1:30 p.m.

The ordination will be held at:
The Unitarian Universalist Church of the North Hills
2359 West Ingomar Road, Pittsburgh, PA 15237

A reception with light refreshments will be offered following the ordination

Please RSVP to John via email at johnbballance@gmail.com or via telephone or text message at 724-312-4712
MEMBERS OF OUR BELOVED COMMUNITY, A FEW MORE UPDATES FROM THE MST!

THE SURVEY IS LIVE! Our Congregational Survey is NOW 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, via this link: https://www.surveymonkey.com/r/NewMinister2019. You can also check the E-News and the link will be emailed to you separately. Also, over the course of the six Sundays the Survey is live, from August 26 to September 30, 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 9:30 am to 12:30 pm, and will be staffed with MST members 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 while it is still hot out! 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, on September 29th @ 4:00 – 7:00 pm and September 30, 2018, the UUA will be hosting a Beyond Categorical Thinking service and workshop. It will consist of a 3-hour Saturday workshop and a Sunday Service. We ask that everyone please attend as much as you are able. Food and childcare will be provided for the Saturday workshop. 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

CONNECTIONS TEAM

GETTING TO KNOW YOU

The Connections Team wants you to get to know us - all of us - as individuals and the loving religious community we seek to build. We’ve designed a path to do just that.

- Greeters: friendly faces to welcome and acclimate you.
- Visitors' Table: another friendly face to answer your questions during Coffee Hour.
- Meet the Church: Sundays at noon. Sept. 16, October 21, Nov. 18 - an hour-long program in the West Room (where the service was held.) A chance to learn, ask and share with other newcomers.
- Exploring Path to Membership: a longer workshop (with lunch!) to prepare you for membership in the Unitarian Universalist Church of the North Hills. An October Sunday is anticipated.
- New Member Sunday - Individuals ready to commit their time, talents and treasure sign the Membership Book and are lovingly welcomed as voting members. Look for this special day in November.
- Deepening Our Connections - an occasional light-hearted evening designed for all congregants to deepen our connections to each other and to our church.

The Connections Team meets the 3rd Wednesday of each month at 6:30 pm - check us out! Questions? Contact Tassi Bisers tbisers@yahoo.com or Beverly Wise at docbevcatmom@gmail.com.
Dear Members and Friends,

I am excited to welcome you all back to a new program year in Lifespan Faith Development at UUCNH. I’m Dana Poss, your new DLFD, and I look forward to getting to know all of you.

CHILDREN AND YOUTH FAITH DEVELOPMENT

Registration Forms Due for Children and Youth

It’s time to register your children and youth for Faith Development classes. We ask that you register your child(ren) every year, although you need not be a member to register.

- REGISTER ONLINE HERE

Families begin in the service together each Sunday morning at 10:30am. Children are dismissed to their Faith Development classes after the Time for All Ages. Caregivers are asked to pick up their children in their classroom after the service.

CLASS NOTES:

PREK/Kindergarten – SPIRIT PLAY - A UU Montessori Method of religious education.
Class coordinator: Amy Terrizzi. With Elizabeth Erbrecht, Zach Erbrecht, and Mark Swihart

First/Second Grade -- MORAL TALES - Moral Tales uses stories that teach a lesson to provide children with the spiritual and ethical tools they will need to make choices and take actions reflective of their Unitarian Universalist beliefs and values.
Class coordinator: Lara Patton and Erin Terrizzi. With Vanessa Picard, Denise Haver, and Kip Ruefle

Third/Fourth Grade – WINDOWS AND MIRRORS - Windows and Mirrors nurtures children's ability to identify their own experiences and perspectives and to seek out, care about, and respect those of others. The program teaches that there are always multiple viewpoints and everyone’s viewpoint matters.
Class coordinator: Justin Weinbaum. With Jenny DeMann, Alison Smith, Brian Sullivan, and Kelly Sullivan

Fifth/Sixth Grade – AMAZING GRACE - Amazing Grace helps fifth and sixth graders understand right and wrong and act on their new understanding. It equips them for moving safely and productively through the middle- and high school years, when they will be continually tugged toward both ends of the ethics continuum.
Class coordinator: Allyson Zadnik. With Andy Zadnik, Tony Palermo, and Ed Patton, and Bill McAdams

Youth Group – Grades 7 and Up - This group meets the third Sunday of the month 6:15 – 8:00 pm, as well as during the service on the fourth Sunday of the month and for special events. Learning, Fellowship, Leadership Development, Social Action, Worship, Congregational Involvement are the components of a healthy youth group. The group generates ideas and together with their advisors work to make them happen.
Advisors: Alex Saksen, Rachael Smart, Robyn Travers, Chris Vaughn

We will also offer OUR WHOLE LIVES, a comprehensive sexuality education class with a strong values component, for grades 5th – 6th and 7th – 8th beginning this winter on Sunday mornings. More information will be forthcoming.

It is looking to be a busy and fun year at UUCNH!

Dana
CHILDREN AND YOUTH CALENDAR

- **September 3** – Labor Day weekend. Combined age classes.
- **September 8** – Teacher Orientation @ 8:00 am – Breakfast @ 8:30 – 12:00 pm. Introductions with the new DLFD, Orientation and Scheduling Time.
- **September 9** – Ingathering Sunday. Intergenerational service, Teacher Dedication. PreK – 2nd grades will be sung out to classes. Potluck picnic to follow.
- **September 16** – First day of classes
- **September 23** – Regular classes
- **September 30** – Regular classes

SUMMER CLASSES 2018


**SAVE THE DATE FOR AN ALL AGES HALLOWEEN PARTY**

The UUCNH Youth Group will be hosting an all ages Halloween Party on **Saturday, October 27**th, time-TBD. Planning is still in the works, but we anticipate such activities as a costume contest, dancing, a 50/50 raffle, food, a photo "booth", and more..... Don't miss out on the party of the year!

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.
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.

HUMANIST DISCUSSION GROUP

Facilitator: Dick Myers – dmyers.rlm@gmail.com
When: September 23rd at Noon– 1:15 pm
Where: Justice Room

Hospice Care – what we may not know about it - On Sunday, September 23, Noon – 1:15, in the East Room, Richard Haverlack will facilitate a discussion on hospice care and associated end-of-life issues. As a hospice volunteer, Richard has been has been writing memoirs for hospice more than ten years. He has just published a book about his experiences. It is entitled "Paths of Heart - Writing Stories Told at Life's End." Richard will speak to us about three things: 1. A bit about his unusual and unusually rewarding work. 2. How he came to be doing this work in the first place, and why his journey to it is important to YOU. 3. Some information about mortality - causes and places. He also promises a true Unitarian - Universalist finale!

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, third Sunday, September 16th, after the service, upstairs, follow the yellow signs – Roaming through the gospels of Mark, Matthew and Luke, we discovered a very human Jesus evolving into a person apart from the humanity of his time. By the time of John’s gospel, though, his image had changed to one of near-God proportions. We’ll discuss John which, along with the writings of Paul, form two of modern Christianity’s largest inputs. See Tony Palermo for details. tpalermo@consolidated.net.
PSI [PHILOSOPHICAL, SPIRITUAL INSIGHTS)

Facilitator: Tony Palermo – tpalermo@consolidated.net
When: September 2nd from noon – 1:15
Where: Upstairs (follow the signs)

PSI Group [Philosophical, Spiritual Insights], first Sunday, Sept. 2nd, after the service, upstairs, follow the yellow signs –

The first stirrings of Life on Earth came from the chemical soup present in the oceans of 4.3 billion years ago. We’ll delve further into Life’s chemistry, being very careful to maintain clarity and enthusiasm for all attendees. See Tony Palermo for details: tpalermo@consolidated.net.

SISTERS-IN-SPRINT

Facilitators: Rachael Smart and Michelle Broge-Connor
Contacts: thesmartfamily3@yahoo.com, brogemm@gmail.com
When: September 12, 2018 @ 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 order to be more in sync with the church year, we have decided to change our new member months to October and April. To learn more about the group or to find out how to join up with us come October, contact either Rachael Smart at thesmartfamily3@yahoo.com or Michelle Broge-Connor at brogemm@gmail.com.

UU CHRISTIAN PERSPECTIVES

Facilitator: Joe Meier – meierke@msn.com
Facilitator: Edie Swihart
When: September 9th 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!
WONDERFUL WEDNESDAYS

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 September 5th 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.

FELLOWSHIP GROUPS

BOOK DISCUSSION GROUP

Facilitator:
When: No September Meeting
Where: UUCNH, East Room

The Book Discussion Group will not meet in September. Also, because of the short period of time between the Intercom publication and the time that the group meets (the second Friday of each month), interested parties should watch for email announcements and the weekly UUCNH newsletter.

BREAKFORTH ENSEMBLE

Facilitator: David Miles – miles@ohiou.edu
When: Second & Third Sunday mornings at 9:00 am

Break Forth Ensemble plays music from various sources on occasional services at UUCNH. The present group includes folks who have been playing a year to those who haven’t played for 30 years. Generally rehearsals occur on the second and third Sunday mornings at 9:00 AM, with schedule reminders by email. For more information, please see David Miles or send a note to miles@ohiou.edu.
COFFEE HOUR

MEMBERS! Deadline for DATE or DEFERRAL! September 24th!

COFFEE HOUR Sign-ups
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 24th, 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 – luebbert.unicorn@gmail.com or call 412-366-9553
When: Tuesday, September 11th, 7:00 – 8:30 pm & Tuesday, September 25th, 7:00 -8:30 pm
Tuesday, October 9th and October 23rd, 7:00 – 8:30 pm
Where: West Room/Sanctuary

We welcome anyone interested in mindful meditation, whether you have little or no experience in meditation, or you have practiced for years. At each meeting we practice silent meditation, and walking or another form of movement meditation. Generally, a third to a half of each meeting deals with a different aspect or form of meditation which varies meeting to meeting. Examples from recent meetings are: guided meditation, readings or talks (audio or video) from wise teachers, and sound meditation with crystal bowls. I send updates and a reminder of each meeting the day before to anyone on the meditation email list. To add your name to the list or if you have questions, please contact, Sue, at luebbert.unicorn@gmail.com or call 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: September 11th at 10:00 am – 2:00 pm
Where: East Room

Quilters' will meet Tuesday, September 11th at 10 am. We are hoping to admire our hand work on the stole! As always all are welcome to join us for a discussion of quilting projects and techniques while we work on our quilts. Please bring lunch if you plan to stay until 2 pm.

THE UKE GROUP

Facilitator: Sandy Faulkner – sfaulk50@aol.com or 412-366-5973
When: Monday, September 17th at 7:00 – 9:00 pm
Where: East Room

We meet the first and third Monday of the month, except this month due to Labor Day we will only meet once. 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.
UUCNH COFFEEHOUSE!

Friday, September 7th 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: September 14th, Friday @ 12:00 – 1:00 pm
September 27th, Thursday @ 7:00 – 8:00 pm
Where: Growth Room or Justice Room

Amy Wilks is offering yoga twice a month at UUCNH. These classes will be slower flow/stretch classes that can be modified for all ability levels. Please dress in comfortable clothing and bring water and a yoga mat. A block and strap are also nice to have but not necessary. Please contact Amy with any questions: akwilks@gmail.com.

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

This was a record year for cucumbers (enough, already!), along with beans, eggplant, peppers, and now the last of the kohlrabi and choy. Green and purple pole beans are underway, and with luck will continue bearing up until frost. There will be a tsunami of tomatoes, if it ever stops raining and the sun comes out to help with the ripening. Three work projects will be upon us sooner than we like to admit: (1) teardown and cleanup after frost hits; (2) repair/replacement of the deteriorating raised beds boards ($$ will be involved); (3) a “manure run” to fetch well-composted materials from a horse farm that I know. The garden hasn't had this treat for two seasons now. We will transport in containers – don’t worry about soiling a vehicle. To offer your services for any of the above projects, email Dick Myers at dmyers.rlm@gmail.com.
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


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

Registration 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.
UU WORLD MAGAZINE

UUCNH Members, you have the option to receive a copy of the UU World Magazine that is sent out quarterly. As a UUCNH Member, if you are interested in having your name added to the master subscription list, want to know if you are currently on the list, or if you've recently moved and need your address updated then please send an email to office@uucnh.org. A reply email will be sent back to you once the addition, change, or request is made.

- Please be sure to send your current mailing address and email address with your request to be added to the list.
- Indicate as such if you've recently moved and include your new address and email address. Please send this change AFTER you are currently residing in your new location.
- Want to know if you are on the subscription list, send your question along with your current mailing address and email address....if you are not on the list you will immediately be added.
- Reminder, this applies only after you've become a UUCNH Member.

Eventually, the goal is to have a page on the UUCNH website where you can manually fill out the request online for receiving the subscription, update your address, or to ask whether or not you are on the master list. Until that time, please follow the above instructions.

SYSTEMIC CHANGE TEAM

WHAT'S UP AT SYSTEMIC CHANGE TEAM
Come to service on September 2nd. The director of UUPLAN, Richard Williams, will lead the service. Following the service he will give a 20 minute PowerPoint called “How to Change the World in Three Simple Steps and One Just Slightly More Complex”.

GERRYMANDERING SHIFTS TO GET OUT THE VOTE (GOTV)
We did not get the fair districting legislation passed in time for the fall election, so we will shift to a long-range plan. We also will wait until after the election. One of the ways we push back against gerrymandering is by making sure more people are registered, more people vote and more people think carefully about candidates and what they stand for before casting their vote. Please work on getting out the vote but please do not wear any Fair Districts PA items, they are being very careful to maintain a nonpartisan role.

Please check your voting status! Are you registered? Has your polling place changed? Who are the candidates you will be voting on? Will you be home Nov. 6? Do you know a shut-in or college student who needs an absentee ballot? We’ve got materials to help you take care of all this!


UUCNH SPREADS THE WORD
September 16th, following the service we will go out to an underserved community to help residents register to vote. We will provide lunch and do some training while we eat. We’ll carpool out to Ambridge, do our campaign and return to UUCNH. Plan to spend your afternoon saving democracy!
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 RECYCLING UPDATE

We recycle paper in the green & yellow bin by the overflow parking lot. Please remember for the PaperRetreiver bin: **no cardboard/boxboard/waxed paper/telephone books allowed.** And be sure the items are clean—no food, plastic, dirt, etc. on them. Recently we have had all these bad things and other items in the PaperRetreiver bin. These contaminate the stream and can lead to an entire load of paper being sent to the landfill. Please keep the quality up, so the recyclers can profitably sort and sell it.

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!

CORRUGATED CARDBOARD RECYCLING UPDATE

We recycle **FLATTENED corrugated cardboard** in the smaller bin by the overflow parking lot. **Please be sure nothing else goes into this bin.** Recently we have had people leaving trash, plastic bottles and other items in the 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. Any questions, please contact Chris Hill at 412-366-9553 or chill613@comcast.net.
NORTH HILLS COMMUNITY OUTREACH

NHCO IS COHOSTING CAREER FAIR IN BELLEVUE - NHCO, JFCS Career Development Center and the United Way are hosting a Career Fair, 9:00 a.m. until noon, Thursday, September 13 in the Knights of Columbus, Bellevue. Attendees will have the opportunity to meet with representatives from a variety of employers and training providers to discuss available job and training opportunities. At least 25 corporations, businesses and training providers will be present. Registration is preferred via email at gyoung@cdcpgh.org although walk-ins are welcome.

NHCO WINTER COAT DRIVE BEGINS SEPTEMBER 4 - North Hills Community Outreach will collect new and gently worn winter coats for local families in need September 4 through October 12. All sizes are appreciated; children’s and adult XL - XXL are especially needed. Coats should be clean and have working fasteners. Hats, gloves and scarves are also welcome. Donations can be dropped off at NHCO Allison Park, 1975 Ferguson Road, Hampton, Monday – Friday, 9am-4pm, September 4 through October 12. Due to space limitations, NHCO is unable to accept coats after October 12. For more information or alternate donation options, please contact Vicki at vdburst@nhco.org or 412-487-6316 opt 1.

NHCO REQUESTS DONATIONS TO ASSIST WITH FLOOD RELIEF - North Hills Community Outreach is still assisting hundreds of families in multiple communities affected by the July floods. Financial donations and gift cards to Lowes and Home Depot are needed to help people replace furnaces, appliances, electrical work and plumbing. 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.

PITTSBURGH NORTH HILLS HARMONY LINE CHORUS SHOW 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 p.m., Saturday, September 8 in St. John’s Lutheran Church of Highland, 311 Cumberland Road, McCandless. 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 SEEKS ONE-TIME VOLUNTEERS TO CONDUCT HOME SAFETY CHECKS - North Hills Community Outreach seeks volunteer groups or individuals to do home safety checks for seniors, either once or on a regular basis. Volunteers need to complete simple background checks. The volunteer session includes a brief training, and then volunteers pair up to visit homes of local seniors to do safety assessments for fire and fall hazards, and install smoke detectors. People wishing to volunteer or seniors who would like a safety check should contact Cathy Pschirer at 412-307-0069 x 3313 or clpschirer@nhco.org.

NHCO PROVIDES HOMEMEDS SCREENINGS FOR SENIORS - North Hills Community Outreach offers free HomeMeds 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 extension 3313.

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. For information, call Abby in North Boroughs (Bellevue) at 412-307-0069, Nicole in Millvale at 412-408-3830 or Sheila in McKees Rocks at 412-331-1685 ext. 233.

EMPLOYMENT HELP IS AVAILABLE AT NHCO - North Hills Community Outreach offers help with career counseling, updating a resume, job search techniques and more. Please 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 p.m. except December. The next ATA sessions are September 19 in Millvale and October 17 in NHCO Allison Park. 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 uucnhoffice@uucnh.org.
INTERCOM SUBMISSION

Intercom article submission Deadline for OCTOBER Intercom will be on September 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!
In Recognition of Labor Day, the Office will be closed on Monday, September 3, 2018