Unitarian Universalist Church of the North Hills

INTERCOM

JULY 2017
A LOOK AT OUR NEW INTERIM MINISTER

By Robyn Travers

As we have said, our new interim minister Don Rollins was the first choice of the Board of Trustees, out of the eight candidates we received. I know that many of you are curious about him and what to expect from his ministry. After getting his permission, I thought that sharing some of what he put in his application about himself would help the congregation to get a sense of him. While we will each create our own relationship with Rev. Rollins, it is my hope that this brief introduction will lower any anxiety you may have regarding the future of our ministry. So here we go...

Reverend Rollins describes himself as “a fit, energetic 60, blessed to be in a committed relationship with a wonderful partner (Mary) and her two (most times) amazing children. Our home base is in my native southern Ohio.”

As to his credentials, he is a fully-accredited Interim Minister. He has been an Interim seven times, intermixed with times in full- and part-time minister positions.
When asked how he functions with lay leadership: “There are times when I point the way, offering a new idea or path. But the longer I serve our congregations, the more I’ve come to trust their innate wisdom. I still advocate for copying the habits of vital congregations, but, when warranted, rely on a given set of leaders’ experience, insights and sense of timing. “

His non-professional interests include exercise both physical and spiritual every day. He enjoys sports, and is a “fairly serious baseball fan”. He likes cycling, movies, travel, reading and music, and time with his partner Mary.

His approach to religious education of children, youth, and adults: “For me, lifespan faith development is central to becoming a spiritually mature human being... I have a good rapport with kids and teens. Think of me as the rowdy uncle who has a blast with your children, then sends them home for you to unwind.” He says he is an active partner with our lifespan programs and staff and loves “getting goofy with kids and youth”.

His view of music and arts in the congregation: He highly values the performing arts, especially music. He is a folk/rock musician/songwriter, but he supports a variety of performing and visual arts. He uses his guitar in many of the services and classes he leads. Prior to being a UU minister, he was a guitar instructor and a semi-professional musician.

I had an opportunity to watch a video of a song he wrote for the children in one of his churches. We should definitely ask him to sing “Nose Holes” for our kids; it was amusing and has an awesome message.

Some final words he used to describe himself: “I see myself as a versatile, energetic minister. As worship leader, I use a variety of styles but lean toward a contemporary, rather than formal and traditional, style. Not sloppy, just more music, story, tears, silence and laughter.”

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:

Kathy Cypher: alkate@consolidated.net; 724-625-7912 h; 724-316-4694 c
Susan Powers: susan-a-powers@comcast.net; 412-427-7300
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: brich@consolidated.net 724-776-4183 H

MEMORIAL GARDEN

An in-ground granite memorial stone and the cremains of Jeffrey Kant were placed under a flowering cherry tree in UUCNH’s Memorial Garden on Saturday, June 10, 2017 by his wife, Julie, his two sons Benjamin and Peter and their families. The stone reads, “In Loving Memory, Jeffrey Alan Kant, Oct. 4, 1946 – Sept. 29, 2012.”
UPCOMING SUNDAY SERVICES
SUMMER THEME IS “JOURNEYS”

July 2, 2017
CULTIVATING METTA: STRENGTHENING THE HABIT OF IMPARTIAL GOOD WILL
Deanna Burkett

In daily life, as we meet situations that typically incline the mind toward fear and aversion, we can begin to ask ourselves, "Are these reactions beneficial to me? To others? And what other reactions are possible here?" Cultivating Metta offers us another option. Join us as Deanna Burkett, a Mindfulness-Based Stress Reduction teacher and masters-level mental health professional, offers us a way to incorporate this practice into our lives.

July 9, 2017
THE HEALING POWER OF NATURE: A UU WALK IN THE WOODS
Marsha Albright and Julie Kant

At 2,186 miles, the Appalachian Trail is the longest “hiking only” footpath in the world, winding up and down the mountains of 14 different states with an elevation gain and loss equivalent to ascending Mt. Everest 16 times! Why are more and more hikers drawn to the trail every year? Marsha Albright and Julie Kant will share what their “walk in the woods” has taught them.

July 16, 2017
LETTERBOXING: GETTING LOST AND FOUND
Rev. Robin Landerman Zucker

Letterboxing is a quirky hobby combining orienteering, puzzle solving, journaling, and treasure hunting, dating back to the 1850’s in England. We’ll explore Letterboxing as a spiritual metaphor for getting lost (in healthy ways) on the journey -- stepping off the well-worn paths of getting from here to there in our lives, and getting “found” in unpredictable territory. For those feeling lost in a murky moor, this service will offer some compass points for blazing new trails into the clearing.

July 23, 2017
A SPARKLE OF ROYAL BLUE
Hazel McLean-Petersen

As a teenager in Trinidad, UUCNH member Hazel McLean-Petersen was determined to take a Physics class. This determination led her to become the first – and the only – female student at Queen’s Royal College, an all-male college. Hazel-Ann will share stories of that experience from her memoir, A Sparkle of Royal Blue.

July 30, 2017
FORGIVENESS: A REQUISITE FOR PEACE
Linda J. Philpott, LPC

Our Story is Forgiveness. The painful thoughts and awareness of our feelings of anger, hate and betrayal regarding life's unfairness can lead us to a deep awakening of compassion and forgiveness. When we feel anger toward someone, we can consider - had we experienced the same circumstances and suffering as the other person, might we not act in the same way? Join us in a meditational experience of practicing forgiveness.
It is the end of an era: our dear minister Reverend Scott Rudolph has closed out his time with us. As a community, we came together in such an amazing way to say goodbye. The UUies Talent and Awards show was an excellent showcase of how we can call upon the many talents in our community to collaborate to create something astounding. Is this even a surprise? This congregation has been doing this for over 50 years now to create our beloved community. That Saturday night, we laughed a lot, cried a bit, but mostly showed so much appreciation together. We have such a culture of gratitude and generosity in this church. On Sunday, we said our true goodbye; our chairs were filled near to bursting to be a part of Scott’s final service, and even in our sadness, our gratitude and generosity were on display. The religious education classes created a wonderful gift of advice for Scott to use in the future. The craft group organized a love offering to give the Rudolph family extra money to help with their transition. Alex Landefeld combined all the videos from the congregation onto a flash drive so that Scott can see all of your kind words, and the Board asked Greta Porter to paint a water color of our unique church barn as a gift. I know Scott felt the love and gratitude of our congregation and will move forward knowing that his first settled ministry was a success.

Think of all we have accomplished during our time with Scott. We created a church covenant. Our covenant speaks so well to the culture that we try to perpetuate in our church. We created a mission statement that is so heartfelt and worthy of repeating every week. (I still choke up occasionally when we read it at the end of a service; it truly speaks to me of who we actively work to become). We have seen a consistent and strong increase in budget and stewardship for the last six years. We have seen our membership change. Our numbers may not have grown much, but active engagement in the church has definitely increased. We have seen our social justice work become more prevalent in our culture, from the acceptance of our support of the “Black Lives Matter” movement to our recent vote to begin working on “Green Sanctuary.” We have let our legislators know what we expect of them and marched together. We have engaged in interfaith work. We have agreed to enact a new governance structure.

These are some of the larger church accomplishments, much of which are thanks in part to Scott’s leadership, but there have been so many individual ones as well. With all of this, the normal work of our church has continued, those parts of our church life that make our congregation so special. Individual relationships were built and sustained; leaders were created. Our children and youth programs have thrived, drawing more families to come and stay with us. We have had sacred conversations, one-on-ones, and shared deeply and from the heart in covenant circles. We have fed those in need, within our church and outside of it, at men’s and women’s shelters. We have celebrated each other, from baby dedications to coming of Age services. We have laughed, cried, sung, eaten, and played together more times than I can count. I am sure there is more than I have recalled. Each of us has our own story to tell of what it is to be a member or friend of this congregation. None of this ends with the exit of the Rudolph family. While it is important that we take the time in the next year to grieve, we must not forget that there is still work to do. We still have a mission. We want to build a loving community that nourishes the spirit, celebrates life and cherishes the connectedness of all things so that we can transform ourselves and our world. Scott set us on the path for this, and so many of these we already do well. But we can always do more loving, nourishing, celebrating, cherishing, and transforming. I know that I am not done, and I truly hope you are not, either.

~ Robyn
COMMUNICATIONS TEAM

A WELCOME TO OUR VISITORS

We’re so glad you came! We hope that you were greeted warmly and felt at home. If you have any questions on your next visit, please feel free to stop and chat with any of our ushers or greeters. If they don’t know the answer, they will gladly try to find someone who does! If you would like to learn more about Unitarian Universalism in general or about our congregation in particular, we will have informational sessions every week, held after church in the sanctuary.

These interactive sessions, called “Getting to Know UU,” will last one hour and will cover a variety of topics on a rotating basis. Longtime members and first-time visitors alike are welcome, and for those contemplating membership, attendance is especially encouraged. Childcare is provided, and you will have time to grab a snack at coffee hour before each session begins. We hope to see you there!

Weekly After-Church Sessions

Did you ever wonder how we came to meet in a barn? Do you know if Unitarian Universalism has Christian roots? Is anyone in our congregation involved in the effort to end mass incarceration? What do UUs teach kids about the Bible, why do we light a chalice every Sunday, and what the heck do ukuleles have to do with anything?

Come find out! In May, we started holding interactive Getting to Know UU sessions in the West Room at noon each Sunday. One of eight topics will be presented each week, with the schedule repeating throughout the year. Visitors and longtime members alike are welcome to join in for one or all! Each session will last no more than one hour, and childcare will be provided.

The upcoming sessions of Getting to Know UU sessions are listed below. If you can’t make a session that interests you this time, don’t worry—we’ll revisit each topic again in the fall. Keep an eye out for further updates!

July 2 – Friendship, Caring, and Fun
Lay Pastoral Care Team
(Caring Ministries and Fellowship Activities)

July 9 – Our Work in the World
Carol Ballance
(Social Action and Community Service)

Come join this week’s Getting to Know UU session and explore what it means to be a part of a community that cares for each other, supports each other, and knows how to have a good time! Visitors and longtime members alike are welcome. Feel free to pick up some snacks at coffee hour and then head back into the sanctuary; this interactive session begins at noon and will last one hour. Childcare will be provided.
July 16 – Membership 101
Becky Ridgeway

Come join this week’s Getting to Know UU session as we talk about the experience of joining our community and what it means to “sign the book” of a Unitarian Universalist fellowship. Visitors and longtime members alike are welcome!

Feel free to pick up some snacks at coffee hour and then head back into the sanctuary; this interactive session begins at noon and will last one hour. Childcare will be provided.

Upcoming on September 24
Learning for a Lifetime

Jennifer Halperin
(Agent and Children Ministries & Faith Development)

July 30
Questions & Answers
(topic subject to change)

Come join this week’s Getting to Know UU session as we bravely take on any and all questions from the floor (provided they’re on-topic, anyway!). Visitors and longtime members alike are welcome.

Feel free to pick up some snacks at coffee hour and then head back into the sanctuary; this interactive session begins at noon and will last one hour. Childcare will be provided.

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:

1. Use AND BOOKMARK the UUCNH Link to AmazonSmile:
   https://smile.amazon.com/ch/23-7429191

2. Sign in. Simply use your existing Amazon credentials, and then start shopping. It’s that easy!

3. 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
UU THINGS TO DO
THIS SUMMER

BUUs Night at the Ballpark 2017

Come out for a night at the ballpark with UU pals to watch the Pirates play the Dodgers on Monday August 21! Pregame gathering at the Clark Bar at 5pm. Game time 7:05pm. Tickets are discounted to $20, reserve yours by July 15. Free hat included! David Miles of the UU Church of the North Hills is coordinating again this year.

Tickets available at www.uupittsburgh.org

UU’s of Greater Pittsburgh Summer Picnic

Sunday July 30 2017 12:30-3:30pm
Chapel Shelter at Riverview Park

Come out for the UUs of Greater Pittsburgh Summer Picnic at Riverview Park’s Chapel Shelter on Sunday July 30!

This is a social gathering and all are welcome, including members and friends of local UU congregations and also "free-range UUs". There will be lots to do: walking and hiking trails, playground, pool, lawn games, kibbutzing, and more. Family-friendly, and there will be some kids activities planned. Rain or shine as the building is covered. We set the event for 12:30-3:30pm, but the building is reserved for us from 11am until 9pm, so feel free to arrive early or stay late! Hosted this year by Allegheny UU Church. Please bring: a dish to share, your own beverages, and a folding chair! You’re also invited to bring games or stuff to do. More at http://uupittsburgh.org/

Questions? Email or call me at 412-378-2472. Mark Tomlinson, UUs of Greater Pittsburgh

Please Save The Date

Sunday, October 15, 2017 @2:00 pm-3:30 pm
Celebrating openness and welcome as part of October Gay History Month. “Welcoming, Affirming, Embracing… Together We Can!”

A public interfaith witness of welcome and inclusion for LGBTQIA persons, their families and allies by varied faith communities.

JULY 2017 LFD NEWS
SUMMER SUNDAYS

JUNE 2017 LFD CALENDAR

July 2
Summer classes for children age 3 to 11

July 9
Summer classes for children age 3 to 11
Summer Institute July 9 – 15
“UU Summer Camp for all ages”
Held on the campus of Oberlin College, Oberlin, OH

July 16
Summer classes for children age 3 to 11

July 23
Summer classes for children age 5 to 11

July 30
Summer classes for children age 5 to 11

SUNDAY MORNING CHALICE LIGHTERS

Each Sunday morning one or two children light the chalice in the service. This is an important part of our time together as a multi-generational community.

We invite you to be a part of this by signing up for a Sunday via the link below, and there is information about the Flaming Chalice as a symbol of our faith to make the act more meaningful.

Chalice Lighters Sign-Up
http://www.signupgenius.com/go/4090e4cafa82aa1fe3-sunday
ADULT FAITH DEVELOPMENT

Owning Your Religious Past: UU Seminarian and church member John Ballance offers another series of “Owning Your Religious Past” this summer if there are 8 – 10 interested participants. This 4-session program invites participants to explore their religious journey in a way that promotes greater self understanding and personal peace. What do you leave behind? What do you bring to the present? What do you redefine?

Dates will be every other Wednesday evening beginning late July and August for 4 sessions. July 19, August 2, 16 and 30. 7 – 9pm. Check the church calendar for room. Please RSVP if you are interested to Jennifer Halperin atdlfdj@uucnh.org.

Jennifer Halperin will offer a two-session potluck supper and film night, showing Wilderness Journey: The Struggle for Black Empowerment and Racial Justice within the Unitarian Universalist Association, 1967-1970 (http://uufilms.org/) Ron Cordes filmed these interviews of many Unitarian Universalist leaders who lived through those complex times and created this essential historical record. August 8, 6:30 – 8:30pm.

The follow-up evening will focus on the current struggle for racial justice in Unitarian Universalism, including Black Lives of Unitarian Universalism (BLUU), and the congregational “Teach In.’ We will invite those who attended General Assembly of the UUA in June to talk about how the struggle for Black Empowerment and racial justice is manifesting itself today. August 23rd 6:30 - 8pm.

HORTON HEARS A UU
FUN LESSONS WITH
DR. SEUSS &MAKERSPACE

We are pleased to offer 9 Sundays of multi-age children’s Religious Education classes for Summer 2017.

There will be two classes: preK/K and elementary. The self-contained lessons are based on the stories of Dr. Seuss, using a curriculum developed by UU religious educators.

Please mark the following dates on your calendars:

June 25, July 2, 9, 16, 23 and August 6, 13, 20

Nursery care is available all summer long.

Our regular RE teachers need a well-deserved reprieve come the summer, so we are appealing to everyone else to take a summer Sunday or two. Please consider signing up to teach one or more summer class! There are sign-up sheets in Friendship Hall. Act 33/34 clearances required. Please see Jennifer Halperin. For more information and to sign up, please go to http://www.signupgenius.com/go/409044aa8af23ab9-uusummer
UU CHRISTIAN PERSPECTIVES

Co-Facilitators: Joe Meier, Edie Swihart
Contact: meierke@msn.com
When: Jul 9 @ 9:15am
Where: Youth 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. Long-time members and first-time UU visitors alike are welcome to drop in and join this ongoing, positive discussion!

Held the second Sunday of every month at 9:15am in the Truth & Meaning (Youth) Room. Co-Led by Joe Meier and Edie Swihart.

BARNRAISERS

Barn Raisers is a community group in which members give/receive various services in exchange for time dollars. This is a concept known as time-banking. Types of services vary greatly from babysitting to yard work to help writing resumes to painting. There are so many ways in which we can help each other through time-banking and build community and friendships at the same time. Barn Raisers will periodically host a potluck dinner where members can gather to socialize and discuss exchanges.

Our next potluck date is to be determined. For more information on the group, e-mail timebank.barnraisers@gmail.com or see our Facebook page.

Humanist Discussion Group

Facilitator: Dick Myers
Contact: dmyers.rlm@gmail.com
When: Jul 23 @ Noon-4th Sun. monthly
Where: East Room

The Humanist Discussion Group will continue to meet on the 4th Sunday of every month from 12:00pm – 1:30pm in the East Room. The discussion for July 23 will be exploring the intersection between Humanist and Pagan beliefs with a focus on the concepts of sacred ecology, individual morality, community expectations, corresponding value systems and societal perceptions. A list of potential discussion topics will be provided ahead of time, so please contact Dick Myers at dmyers.rlm@gmail.com for the information. You can also request to be put on the group’s email info list.
MEN'S GROUP

Facilitators: Hal Dixler-halleypgh@gmail.com
When: Facilitated topic: 2nd Sunday at noon
Open forum: 4th Tuesday at 6 PM
Where: Sundays in the East Room
Tuesdays in the Youth Room

The next meeting of the UUCNH Men’s Group will convene around noon on Sunday, Jul 9, in the East Room. This is a facilitated meeting, one in which a member of the group leads a discussion of a topic of his choice.

Open Forum will meet on Tuesday, Jul 25.

The Men’s Group is open to all men, including visitors, who enjoy exchanging ideas and opinions with others. The principal obligations are an open mind and a gentlemanly disposition.

We meet the 2nd Sunday and the 4th Tuesday of every month. Sunday meetings are scheduled after the regular church service and are usually facilitated by a member. Tuesday meetings are not facilitated: discussion is free-form, with no prior definition of a subject and are scheduled for 6 PM. There is also monthly movie night being discussed.

For more information on the Men’s Group, please contact Hal.

SISTERS IN SPIRIT

Facilitators: Rachael Smart
Michelle Broge-Connor
Contacts: thesmartfamily3@yahoo.com
brogemm@gmail.com
When: Jul 12 @ 6:30pm
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 learn more about the group, contact either Rachael Smart at thesmartfamily3@yahoo.com or Michelle Broge-Connor at brogemm@gmail.com.

PSI GROUP

Facilitator: Tony Palermo
Contact: tpalermo@consolidated.net
When: On Hiatus Until September
SUMMER 2017 COMMUNITY ACTIVITIES

UUCNH QUILTING GROUP
Facilitator: Peggy Trevanion - 412-366-4348 or birdies4@comcast.net
When: Jun 13 @ 10:00am
Where: East Room

The second Tuesday of the month is when the UUCNH Quilters meet to work on projects and share interesting techniques. We meet in the East Room from 10 a.m. to 2 p.m. Bring a brown bag lunch.

For more information, contact Peggy Trevanion at 412-366-4348 or birdies4@comcast.net.

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

We are a long-time UUCNH group that welcomes other crafters: those who want to learn needlework (such as knitting, crocheting, and embroidery), 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 UKE GROUP
Facilitator: Sandy Faulkner - sfaulk50@aol.com, 412-366-5973
When: Jul 3 & 17 @ 7:30pm
Where: East Room

We meet the first and third Monday. 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.

BREAK FORTH ENSEMBLE
Facilitator: David Miles - miles@ohiou.edu
When: Jun 9 @ 9:00 am
Jun 16 @ 9:00 am
Where: Worth & Dignity Room

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.

UPCOMING RECYCLING OPPORTUNITIES!
Household Chemical Collection
The PA Resources Council (PRC) and other groups are sponsoring collection events in Washington and Allegheny Counties this summer. The next one will be at Wild Things Park, Washington, PA parking lot on Saturday, July 22nd. On August 19th, the collection will be at Boyce Park Four Seasons Ski Lodge parking lot. September 16th will have a collection at South Park Wave Pool parking lot. All events run from 9 AM to 1 PM.

You can bring aerosol cans, batteries, most old liquids, like cleaning products, auto maintenance products, home environment and improvement supplies, hobby products, personal care & pharmaceuticals, and lawn & garden care products. The cost is $3/gallon - CASH ONLY.

See information on the Social Action bulletin board, check PRC’s website, talk to Chris Hill at coffee hour, or email him at chill613@comcast.net.

Hard to Recycle Collection @ La Roche!!
The PA Resources Council (PRC) is also sponsoring collection events this year for tires, electronic waste (computers, TVs, etc.), cell phones, batteries, etc. They will take Fluorescent Tubes - a hard to safely get rid of item! There are fees for this collection, although most electronics are free. See the sheet on the social action bulletin board or go to PRC’s Hard to Recycle page for a listing.

The next collection will be on Saturday, July 29th from 9 AM to 1 PM at La Roche College. If you have any questions, contact Chris Hill at chill613@comcast.net.
SUMMER 2017 COMMUNITY ACTIVITIES

BOOK DISCUSSION GROUP

Facilitator: Jon Hamrahi
Contact: jhamrahi@yahoo.com
When: July 14, 2017
Where: UUCNH, East Room
Title: Strangers in Their Own Land: Anger and Mourning on The American Right
Author: Arlie Russell Hochschild

Review:
Hochschild undertakes a careful exploration of the culture where the current political right in the US thrives the most: The South. She seeks to understand their perspective of life and current events, and works hard to climb what she calls the ‘empathy wall’, i.e., refraining from any impulses to lecture anybody and instead focusing on trying to see reality from eyes and hearts of those she meets.

Throughout, she keeps returning to what she calls the Great Paradox, essentially a contradiction between the anti-government, anti-regulation fervor that is so dominant in right-wing political culture, and the devastating pollution that has wrecked the health of both humans and natural habitat. To resolve this paradox she is constantly probing her subjects, but is interested in listening to their stories, and from these many conversations she comes up with a ‘Deep Story’ that serves as a coherent description of their worldview.

Many of her stories involve attendance at Tea Party rallies and conversations with Tea Party activists. And while she sets out to provide a static description of southern political culture, she spent enough time there to be able to see glimpses of transformation and shifting attitudes. -Manuel Lombardero

Future Titles:
August 11: Strangers in Their Own Land: Anger And Mourning on The American Right

September 8: Signs Preceding the End of the World by Yuri Herrera (fiction)

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UUCNH is offering Equal Exchange Fair Trade Tea in several varieties. Try some iced at your home or office—a box of 20 tea bags is only $4 (3 for $10). You’ll be supporting UUCNH and giving small farmers a more livable, consistent wage.

The types (all Organic) we have right now are Chai, Rooibos (red tea from Africa), Chamomile and Darjeeling. There are many other varieties, so we’ll try some others over time. If there’s a specific tea you’d like, contact Chris Hill during Tea Time on Sunday!

**Meditation With Friends**

There will be no formally scheduled meetings this summer. However, we hope to meet occasionally, particularly to enjoy the opportunity for walking meditation on our beautiful grounds when the weather is favorable! We practice silent meditation, guided meditation, and either walking meditation or another form of movement meditation.

Any summer meetings will be announced with at least a day’s notice via the meditation email list. To add your name to the list, please contact Sue Luebbert at luebbert.unicorn@gmail.com

Meetings will be from 7:00 to 8:30 in the sanctuary. Generally I will look for Tuesday or Wednesday nights as possibilities this summer.

We welcome anyone interested in mindful meditation, whether you have little or no experience in meditation, or you have practiced for years. Questions or comments, please contact Sue Luebbert at luebbert.unicorn@gmail.com, or (412) 366-9553.

The cool thing about vegetable gardening is that every year, even doing everything properly, there is something that grows spectacularly and something that doesn’t do well at all. Life lesson: do what you know you should be doing, appreciate the gifts, and don’t whine about the disappointments. This has been a great spring for salad greens, onions, and especially bok choy (to the delight of Lindsay Scott!).

But the same wet weather has the lima beans off to a weak start. But we’re already into second plantings of the leafy greens, choy, yellow beans, and kohlrabi. The broccoli and hybrid tomatoes are off to a good start, and the heirloom tomatoes (Thanks, Peggy) are settling in.

We’ve moved some of the deer-resistant herbs into a new raised bed outside the enclosure (thanks again, Peggy). Also thanks to the Suzanne B., Dawn L. and Isaac T. for pitching in with watering and harvesting when I can’t be there.

~ Dick Myers

**UU Cluster News**

Check out our local Cluster Website at www.uupittsburgh.org. See what is happening with other UU’s in our area, and for UU events that are open to all.
WALK, RUN OR VOLUNTEER IN THE BUBBLE RUN AND HELP

Walk, run or volunteer in the Bubble Run and help NHCO

North Hills Community Outreach is again the charity partner of Bubble Run at Hartwood August 19. Bubble Run is a bubble-filled, family-friendly 5k walk/run in which participants run or walk through mounds of colored foam. Registrants can choose to donate to NHCO at the end of their registration form. Visit bubblerun.com/ and search for the Pittsburgh run.

In addition, volunteers will be needed for packet pickup, August 18, and event day, August 19. If a quota of volunteers registers on behalf of NHCO, NHCO will receive a financial donation to support our many services. Please note that the link to volunteer directly for NHCO is not yet available. Those interested in volunteering on behalf of NHCO should contact Harriet now at 412-408-3830 x 3204 or hzgibbs@nhco.org.

NHCO FOOD PANTRY DONATION CUPBOARD

For July - Pasta, Spaghetti Sauce

Please don’t forget to contribute to the Donation Cupboard for the NHCO Food Pantry located in Friendship Hall. The NHCO request for this month – Pasta, Spaghetti Sauce – to be brought to church.

Also consider bringing laundry detergent, toilet paper, toothpaste, shampoo, bar soaps or other toiletries as they are always needed. And thank you to all who have contributed recently!

Plastic bags are always needed by NHCO: If you bring your extras to the church, please drop them off at the NHCO Donation Station where they can be used to sort food at the food pantry.

NHCO ANNUAL BACK-TO-SCHOOL COLLECTION IS ON!

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. Gently used Texas Instrument graphic/scientific calculators are also needed for high school students. NHCO provides more than 1,200 backpacks full of school supplies for students each year.

Donations can be dropped off Monday through Friday, 9a.m. - 4p.m. through July 31 at any NHCO office including NHCO Allison Park, 1975 Ferguson Road, Hampton, or NHCO North Boroughs, AGH-Suburban Campus, 100 S. Jackson Avenue, 2 South, Bellevue. Special donation hours will be held 9am-noon, Saturday, July 29 in the food pantry behind the main office in Hampton, or alternate arrangements can be made by calling 412-487-6316 option 1.

EMPLOYMENT HELP IS AVAILABLE AT NHCO

North Hills Community Outreach offers multiple 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.

NHCO OFFERS FREE LET’S COOK WORKSHOPS IN MILLVALE

NHCO, in partnership with Christ Lutheran Church of Millvale, is offering free Let’s Cook workshops for those interested in learning tips and techniques for eating healthy on a budget. Topics include soups, roasting vegetables, freezing and storing, stir-frying, oven-frying, microwaving, fermenting, smoothies, and herbs and spices. Classes are held 10:30am to noon, the third Saturday of each month through November at 917 Evergreen Rd. The next classes are July 22 and August 19. Please register by calling 412-408-3830 x 3225. A limited number of walk-ins are welcome.
Systemic Change Team meeting has been moved from July 4 to July 6, 7:00-8:30 p.m. at the church. All are welcome to attend.

Citizens’ Immigration & Refugee Action Committee

One of UUPLAN’s partner organizations, Citizens’ Immigration & Refugee Action Committee (CIRAC) is hosting a training in **Lancaster PA on July 8, 9:30 a.m. to 3:00 p.m.** Free! Lunch is on your own.

Citizens’ Immigration & Refugee Action Committee (CIRAC) is hosting a training by the New Sanctuary Movement of Philadelphia. We welcome people of all faiths who want their congregations to take action and leadership in assisting vulnerable members of their community.

This training will include:

1. Best practices for physical Sanctuary
2. Accompaniment
3. How to start Sanctuary in the Streets raid response
4. How to coordinate with local and statewide campaigns

We encourage congregational decision makers and active congregants to sign up for this training. We see the current political climate as the birth of something big and beautiful and powerful: a new way of providing Sanctuary for all.

The New Sanctuary Movement invites communities of faith to join forces to protect and engage with the undocumented persons among us.

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GROCERY CARD FUNDRAISER

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. The Gift Card Team

INTERCOM SUBMISSIONS IN JULY
FOR THE AUGUST ISSUE

The article submission Deadline for the August Intercom will be on July 21. PLEASE NOTE – the editor will be leaving for Pennsic and will not be able to extend the deadline for August’s Intercom.

So please get your articles into me by July 21 to be included in the August Intercom issue. If you need an extension on the deadline, please call or email me and we’ll work something out. Otherwise, if your material isn’t in by the deadline, it will NOT be included.

If you email your submissions (preferred), please do it IN PLAIN TEXT ONLY; please, do not format the article in any way. If you have a formatting request, please contact me or include it with your submission. Please send your Intercom submissions to Rowan@OctoberMorning.com
Happy 4th of July