October 7, 2018
UNITARIAN UNIVERSALISM IN 20 QUESTIONS
Rev. Don Rollins

To be a religious liberal is to struggle with how to talk about what is more a way of life than a list of beliefs. Don will pose some familiar questions we encounter, and offer some ways to respond.

October 14, 2018
SHARING OUR GIFTS: HOW WE SERVE UUCNH
Susie Wood

Our volunteers are the life blood of the church. So much that is done to keep UUCNH functioning takes place behind the scenes. Volunteers not only get the necessary jobs done but personally benefit from working together in ways that impact our children, each other, our denomination and the greater community. Come hear the stories and discover the many opportunities for connection.

October 21, 2018
JOHNNY CASH FOR GOVERNOR
Rev. Don Rollins

As with 35 other states, Pennsylvania will be electing its next governor in a few weeks. Using the life of Johnny Cash as a guide, Don will make the case for leaders who know life’s hard sides. EVERYBODY’S INVITED TO WEAR BLACK!

October 28, 2018
TIME FLIES LIKE AN EAGLE, FRUIT FLIES LIKE A BANANA: HUMOR SUNDAY!
Rev. Don Rollins

Maybe now more than ever, UUs could use a good belly laugh or two. Don has some jokes and humorous stories to tell, but you’re invited to submit one of your liking. Send any short and Sunday morning appropriate submissions to Don at minister@uucnh no later than Thursday, October 25th. (Please keep in mind not every submission will be used.)
There’s a memorable scene from the otherwise so-so film, “A Family Thing”, that is at once simple yet profound. Two of the main characters - the one whose life is good, but attitude is sour (Virgil); the other, whose circumstances and attitude are just the opposite (Carl) - fall into a conversation on what’s important in life.

A ways into the exchange, Virgil registers his irritation that Carl seems sunny despite hardship and disappoint. Virgil demands to know why Carl is so resilient. After a pause (and I’m paraphrasing here) Carl gives up his secret: he always has one more thing to look forward to.

What a spiritual discipline Carl has discovered! Applied to you and me, what a way to endure, resist and take care of ourselves in such trying times: just make sure we build some joy and anticipation into our lives despite the daily drip of negativity.

The reasons for our anticipation varies, of course. For some it’s time with family; for others, the chance to be alone. Maybe it’s a concert or a game. Or cooking. Or walking the dog. Or meditating. Or taking the time to do absolutely nothing.

As we wind our way toward another western Pennsylvania winter, I’m resolved to follow Carl’s example. I think he was onto something with all that talk about cultivating anticipation.

So, what say we encourage one another to schedule simple, healthy rewards into our days? Maybe always be on the lookout for just one more good thing.

Happy autumn,

Don

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**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.
“A VIEW FROM MY CUSHION”

I cannot tell you how much I enjoy the fall. I love the leaves and the cool air. I love sitting in front of the fire or snuggled up near the fire pit outside. I even love the millions of leaves that fall all around my house calling me to capture them and somehow each day they replenish themselves. Yes fall is a busy time with so much to do preparing for the months ahead.

We have had a busy summer with surprises from our air conditioning failure in the West room and the recent water line break. Now we are working to fix the new roof leaks. Additionally we have additional “breakdowns” in our systems here at UUCNH that are harder to see but just as impactful on our community.

Several of the committees and teams that work to keep this place going are in need of help now. We have a great need for additional people to help with building and grounds tasks – from making calls to vendors, meeting vendors and fixing things (like installing a new door handle). We also are working without a hospitality team to help with our annual potlucks, picnics and other events. We did have impromptu help for the Ingathering picnic last week however that plan will probably not be viable for Christmas Eve dinner. We also are hosting a wedding over Thanksgiving weekend that will need brains and brawn to set up and take down so we can have our Sunday morning service. We also have other ongoing teams that could use a few additional hands to get the work of the church done. You can hear about these needs and other groups that might be of interest to you at our Service on October 14th.

Please consider where you may be willing and able to commit and help out. We need everyone’s talent as we take care of our beloved community. We have so many opportunities for service and I encourage you to jump in. I truly believe that many hands do make light work. We always have fun during the October Work Day (sponsored by Buildings and Grounds). You might want to come for a few hours and see how you like it. I always meet new people, get something done, get to know the church better and leave with a smile and the satisfaction of a job well done.

Please join in – UUCNH benefits from more hands, more ideas, more helpers, more smiles, more fun and more work done. Thank you so much for your generosity of spirit, talent, time and treasure.

Susie Wood
**FINANCE COMMITTEE**

**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:

If you are ever in need of pastoral care, or know of someone who might, please contact our minister or one of the LPCT team members.

- **Rev. Don Rollins** - 740-988-7834 (c) – minister@uucnh.org
- **Marsha Albright** - 412-487-4565 (h) – mkalbright@gmail.com
- **Bernita Clover** - 412-367-2088 (c) – jnc312@mail2world.com
- **Chris Hill** - 412-366-9553 (h) – chill613@comcast.net
- **Joyce Kepner** - 412-996-9778 (c) – kepnerje@gmail.com
- **Lynn Richards** - 724-776-4183 (h) – lynnbessar@gmail.com
- **Mark Swihart** - 412-369-9321 (h) – mswihart@spang.com
CALLING ALL COMMITTEE/TEAM CHAIRS AND FELLOWSHIP GROUP LEADERS!

The Ministerial Search Team, working with the Communications Team, is updating the uucnh.org website using the UUA template. Part of this process will be to update the information on the website. If you are leading a committee, team, or fellowship group, please review the information that is currently on the website for your group to make sure it is still correct and relevant. Any updates should be sent to Cris Graham at cmg1@zoominternet.net by October 1st so that we can get the changes into our staging area. Potential ministerial candidates will be taking a close look at our website so we want it to be up-to-date and looking good!

CONNECTIONS TEAM

MEET THE CHURCH

If you're new and want to find out more about the Unitarian Universalist Church of the North Hills and Unitarian Universalism, Meet the Church is for you! **Sundays at noon, October 21 and Nov. 18** - an hour-long program in the West Room (where the service is held.) A chance to learn, ask and share with other newcomers.

The next step toward joining our loving religious community is Exploring Path to Membership: a longer workshop (with lunch!). A Saturday, in October or November is anticipated.

The Connections Team meets the **3rd Wednesday of each month at 6:30 pm** - check us out! Questions? Contact Tassi Bisers **thisers@yahoo.com** or Beverly Wise at docbevcatmom@gmail.com.
COMMUNICATIONS TEAM

PLEASE CHECK OUT OUR NEW WEBSITE!

Due to launch in early October, UUCNH is getting a new and improved website. In addition to being easier to navigate, it will have more information on future events, updates on recent events, as well as additional information on our many wonderful committees, groups, and adult education opportunities. If you take a look and have any changes, please contact Cris Graham at cmg1@zoominternet.net.

SUNDAY SERVICE TEAM

ACTIVITIES FAIR

During Coffee Hour, following the October 14th service, visit the UUCNH Activities Fair in the Sanctuary. Talk to folks at the tables, ask questions and pick up flyers. Joining a committee or activity group is a great way to learn a new skill, meet new people, share your talents and find your place at UUCNH!

UUCNH WORK PARTY

On October 20th UUCNH will be having another one of its outstanding WORK PARTIES. Starting at 9:00 am and going to 3:00 pm (lunch and child care included). There is lots to do and many hands help the work go faster and it is a lot more fun to share in the experience.

So....mark your calendars for October 20th and bring your energy, elbow grease, buckets, gloves, and tools. You can come for the day or a just few hours. We welcome your fellowship and assistance to help us with the work, and to make our Spiritual home be the shining star of the North Hills. Sign-up sheet is in friendship hall.
SAFETY PREPAREDNESS TEAM

There is now a new Safety Preparedness Team for UUCNH. While the team will initially address situations of intentional physical violence aimed at UUCNH, we will eventually also tackle topics like fire safety and evacuation procedures, medical and other emergencies. The Team is currently gathering information from various resources in order to add building improvements and develop a formal UUCNH Safety Preparedness Plan which we will present to the board for approval. If you wish to participate or have questions, please reach out to team members Jan Hoeter, Randy Minnich, Barb Draa, John Ritzert, Jody Clark, or Ellen Saksen.

GREEN LIGHTS –WATER RESCHEDULED

The water-related activity originally planned for September was delayed due to our watery weather early in the month, on our (Waterless) Water Communion day no less! So we’ve rescheduled, and October will now be our water-themed month. Come to the service on the first Sunday in October (October 7th), and bring your ideas, stories, questions or news items related to water. We’ll have a flip chart or white board for you to share your thoughts, and we’ll summarize the results later in the month through the e-news and the Sunday Announcements. If you’re not at church on the 7th, just email your ideas to GreenLights@uucnh.org or jennfontaine@gmail.com.

SPECIAL REQUEST

I am looking for people who might have known either Kay Thorsteinson or Brenda Lee Green. Kay was a member about 1985 and Brenda, about 2002. Please contact Irene Dinning at dinning1@comcast.net if you can help. Thank you.
FAITH DEVELOPMENT

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 10:30 am. 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 Sakseen, 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.

CHILDREN AND YOUTH CALENDAR

- October 7th – Children’s Chapel
- October 14th - Regular classes
- October 21st – Regular classes
- October 28th - Children's Chapel. UNICEF pumpkin event. Children decorate pumpkins for pumpkin “contest” after the service. “Vote” for your favorites by putting coins in the UNICEF boxes next to each pumpkin.
LOOKING AHEAD

THANKSGIVING AT EVERY TABLE FOOD COLLECTION - Please help our children and youth collect food items for North Hills Community Outreach’s Thanksgiving at Every Table. Each of the following classes will have boxes in their classrooms to collect the following items. **We will be collecting November 5th and 12th.** Thank You!

- Nursery – package of turkey gravy mix/napkins
- Preschool/Kindergarten – large box stuffing mix/large box instant mashed potatoes
- 1st/2nd grades – 15-oz can cranberry sauce/16-oz can vegetable
- 3rd/4th grades – box pie crust mix/29-oz can “easy” pumpkin pie mix – Justice room
- 5th/6th grades – 12-oz can evaporated milk/box muffin mix – Growth room
- Youth - $10 grocery card (to purchase turkey)

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.

UUCNH FAMILIES GROUP HALLOWEEN PRE-PARTY

WHEN: Saturday, October 27th at 4:30-6PM

Please join us at church for Halloween crafts, snacks and an outdoor mini-parade (weather permitting). Costumes optional but certainly encouraged! Be sure to stick around for the main event, an All Church Dance Party hosted by the Youth Group from 6-10PM.

Check out our Facebook group for updates: [https://www.facebook.com/groups/1088036844642160/](https://www.facebook.com/groups/1088036844642160/)

SAVE THE DATE FOR AN ALL AGES HALLOWEEN PARTY

The UUCNH Youth Group will be hosting an all ages Halloween Party on Saturday, October 27th, from 6:00 – 10:00 pm. 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!
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: October 28 at Noon– 1:15 pm
Where: East Room

Food for Thought – or, Thoughts about Food - On October 28, at noon in the East Room, the Humanist Discussion Group will consider the general topic of “food”. There will be no presenter as such: instead, we will engage in a free-form discussion that can go in many directions. Why do we eat, other than for sustenance? Is our food and the way that we grow it, safe for us and the environment? Do we know as much as we ought regarding how animals raised as a food source are treated? Can we feed eight million people without needing GMO’s and pesticides? What type of diet is optimal for personal health? If we choose an unhealthy diet, who should be responsible for any increases in healthcare costs? How do we implement a more just distribution of food? Is it fair to feed our pets while many humans are starving?

To be added to the email list and receive announcements and supplemental materials for upcoming meetings, email Dick Myers at dmyers.rlm@gmail.com. Also, if anyone planning to attend has any advance reading information regarding this subject, send that to dmyers.rlm@gmail.com and I will consolidate and distribute it.

JESUS DISCUSSION GROUP

Facilitator: Tony Palermo – tpalermo@consolidated.net
When: October 21st from noon – 1:15
Where: Upstairs, follow the yellow signs

Jesus Discussion Group meets the third Sunday, Oct. 21st after the service, follow the yellow signs. – The image of Jesus as divine grows in the flow from Mark to Matthew and Luke to, especially John. But what other gospels were written in the first and second centuries and what view of Jesus’ identity did they reflect? The discussion begins next time. See Tony Palermo for details or email him at tpalermo@consolidated.net.
PSI [PHILOSOPHICAL, SPIRITUAL INSIGHTS]

Facilitator: Tony Palermo – tpalermo@consolidated.net
When: October 7th from noon – 1:15
Where: Upstairs (follow the signs)

PSI Group [first Sunday, Oct. 7th, after the service, upstairs, follow the yellow signs] – Gluing atoms together to make longer and longer chains brings us closer to the structure of the first life forms on Earth. But which atoms are glued where is critical. We’ll continue our discussion of Life from Non-life in our next session. See Tony Palermo for details or email him at tpalermo@consolidated.net.

SISTERS-IN-SPRIT

Facilitators: Rachael Smart and Michelle Broge-Connor
Contacts: thesmartfamily3@yahoo.com, brogemm@gmail.com
When: October 10th, 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 us come October, contact either Rachael Smart at thesmartfamily3@yahoo.com or Michelle Broge-Connor at brogemm@gmail.com.

UU CHRISTIAN PERSPECTIVES

Facilitator: Edie Swihart – edie.claire@verizon.net
Facilitator: Joe Meier – meierke@msn.com
When: October 14th at 9:15 – 10:30 am
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. Longtime members and first-time UU visitors alike are welcome to drop in and join this ongoing, positive discussion!
WONDERFUL WEDNESDAYS

You're invited to join us for a potluck supper and some quiet time. Our next Wonderful Wednesday had to be pushed back a little due to scheduling conflicts and therefore will be held October 24th. **Potluck starts at 6:00 pm and vespers led by Don, at 6:45 pm.** Help with the potluck setup/cleanup is appreciated.

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**FELLOWSHIP GROUPS**

**BOOK DISCUSSION GROUP**

*When:* On hiatus  
*Where:* UUCNH, East Room

The UUCNH Book Group is on hiatus pending re-organization. Information regarding the future of the group will follow at a later date.

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**BREAKFORTH ENSEMBLE**

*Facilitator:* David Miles – miles@ohiou.edu  
*When:* October 14th & October 21st at 9:00 am – 10:00 pm

Break Forth Ensemble plays music from various sources on occasional services at UUCNH (second & third Sundays). 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.
LYME & CHRONIC DISEASES SUPPORT GROUP

Facilitator: Adam Rose – adamrosefire@gmail.com
When: October 2nd and 16th at 7:00 – 8:30 pm
Where: Youth Room

If you have been impacted by Lyme or any other chronic disease, your presence is most welcome. This group will offer the opportunity to express ourselves freely in a relaxed setting, and feel our burdens lighten as we share them with others. It will also be a chance to build one another up by committing to goals, sharing helpful information, and hopefully being able to laugh together. This group is open to anyone with a chronic condition which has had a considerable impact on their quality of life and ability to function. A medical diagnosis is not necessary to participate. We’ll meet the 1st and 3rd Tuesdays of the month, with our first meeting scheduled for October 2nd from 7:00 – 8:30 pm at UUCNH. No meeting November 6th. Any questions, contact Adam Rose adamrosefire@gmail.com.

MEDITATION WITH FRIENDS

Facilitator: Sue Luebbert – luebbert.unicorn@gmail.com or call 412-366-9553
When: Tuesdays, October 9th and 23rd at 7:00 – 8:30 pm
Tuesdays, November 13th and 27th at 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: October 9th at 10:00 am – 2:00 pm
Where: East Room

Quilters will meet Tuesday, October 9th in the East Room from 10 am to 2 pm. Holiday projects both large and small, “show and tell”. 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, October 1st & 15th 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.

UUCNH COFFEEHOUSE!

Yo, all coffeehousers. Be advised that due to scheduling conflicts, our next installment has been moved to FRIDAY, OCTOBER 19th, same time 7:30 pm. We’ll resume our regular first-Friday-of-the-month on November, the 2nd. Please spread the word!
YOGA

Facilitator:  Amy Wilks – akwilks@gmail.com
When:          October 10th, Wednesday @ 6:30 – 7:30 pm
            October 22nd, Monday @ 12:00 – 1:00 pm
Where:        Justice Room

Amy Wilks is offering free yoga classes twice a month at UUCNH, plus her classes are open to anyone as well as UUCNH members. 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 ten years. In August of 2016, she received her certification to teach children's yoga through Yoga in Schools. In June 2018, she completed her 200-hour teacher training through The Yoga Hive. Amy teaches a variety of classes through Baierl YMCA, Cranberry Township Parks and Recreation, and The Yoga Hive. She also has worked with her son's high school lacrosse team, teaches in a corporate setting for a local business, and has worked with private clients. Amy is up to date on her First Aid/CPR and all of her clearances.

CHAIR YOGA

Facilitator:  Barbara Pane – barb@pane.net
When:          October 21st, Sunday @ 6:30 – 7:30 pm
Where:        East Room

Chair Yoga is a beautiful yoga practice for everyBODY!

Join Barbara Pane, certified yoga instructor, for this gentle, satisfying yoga practice incorporating mindful breath and movement while seated in a chair. Looking for a slower, more relaxing practice to balance out other intensity...or maybe you are taking care of an injury or have some mobility issues...or just want to try something different? This class is for any person of any age, body type or fitness level. Yoga from a chair has all of the benefits of yoga including developing balance, flexibility and strength both in our physical body as well as our emotional body. As some wise people have said, “If you can breathe you can do yoga.” Feel free to contact Barbara with any questions at barb@pane.net. Hope to see you there, and bring a friend! This class is free. First class is at church on Sunday October 21st from 6:30 pm - 7:30 pm.
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.

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


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.
UUPLAN Leadership Training Day

UUPLAN (Unitarian Universalist Pennsylvania Legislative Advocacy Network) will be holding a Leadership Training Day, Saturday Oct. 13, at the Unitarian Church of Harrisburg. Details and registration are at uuplan.org. This day will give us a much needed "shot in the arm" and is aimed at both seasoned activists and novices. The speakers will be Rev. Neal Jones of the Mainline Unitarian Church in Devon, PA, and Rabbi Michael Pollack of March on Harrisburg fame. They will support us as we face the November elections as well as provide specific information on how best to interact with our legislators in the long process of introducing and passing or defeating bills in Harrisburg. Join us for fellowship and fun! See Liz Perkins or Steve Fuegi if you have questions.

Rev. Dr. Neal Jones is the Senior Minister at Main Line Unitarian Church. A native of North Carolina, Neal earned his B.A. in political science from Wake Forest University, his M.Div. from Southeastern Theological Seminary, and his Psy.D. at Baylor University. He has served as the minister of a United Church of Christ and a Moravian church in North Carolina and of two UU congregations – the UU Fellowship of Waco, Texas, and the UU Congregation of Columbia, South Carolina. He was also the clinical psychologist of the Pastoral Counseling Center in Columbia.

Rabbi Michael Pollack grew up in Rockville, Maryland, and graduated from the University of Maryland in 2012. He then went to the Reconstructionist Rabbinical College in Philadelphia, where he graduated in June of 2017. During his last year of rabbinical school, he founded March on Harrisburg, a group dedicated to healing our wounded democracy and restoring trust to the republic by passing anti-corruption, pro-democracy bills in Pennsylvania. March on Harrisburg lobbies, marches, and does nonviolent civil disobedience to move their bills and build an honest and productive relationship between citizen and state. Michael's hobbies include convincing politicians to not be corrupt, long marches through the Pennsylvania countryside, and sitting down in inconvenient places in the State Capitol. Learn more at www.MarchOnHarrisburg.org.
**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. Send your change AFTER you are currently residing in your new location. Please keep in mind depending on month the change is made, there’s a chance your magazine may still go to your old mailing address but hopefully will forward to your new one.
- 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.
- Also, keep in mind that even though your name is added a certain month, there’s a chance you might have missed the distribution timing for receiving your quarterly magazine. Rest assured you will receive the next quarterly magazine in a timely manner thereafter.

**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!

HARD TO RECYCLE COLLECTIONS

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. Go to [PRC’s Hard to Recycle page](#) for a listing. The next collection will be on **Saturday, October 6th from 9 AM to 1 PM** at Settlers Cabin Park in Robinson. If you have any questions, contact Chris Hill at 412.366.9553 or chill613@comcast.net.

HOUSEHOLD CHEMICAL COLLECTION

The PA Resources Council (PRC) and other groups are sponsoring three collection events in Allegheny County this summer. The final one for this year will be at Bradys Run Park on **Saturday, October 13th, 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/galloon-CASH ONLY. See the information on the Social Action bulletin board, [PRC’s website](#), or talk to Chris Hill at coffee hour.
NHCO BOARD RAISES $38,000 TO MATCH DONATIONS - The board of directors of North Hills Community Outreach recently raised $38,000 to encourage matching donations from individuals in the community. The first $38,000 donated by individuals through December 31, 2018, will be matched dollar for dollar. Last year, North Hills Community Outreach assisted nearly 3,500 local families in hardship and poverty. This fiscal year began with flooding that has resulted in a significant increase in requests for help. Checks can be mailed to NHCO, 1975 Ferguson Road, Allison Park, PA 15101. Online donations can be made at nhco.org.

NHCO ANNUAL THANKSGIVING FOOD COLLECTION BEGINS OCTOBER 9 - North Hills Community Outreach is collecting food items to create complete Thanksgiving meals to distribute to hundreds of local families in need. Items that make a meal include: grocery store gift cards of $20 for turkey or other protein purchase, large boxes of stuffing mix and instant mashed potatoes, canned cranberry sauce, canned vegetables, any dessert mix, muffin mix, turkey gravy mix and napkins. Donations are accepted through November 9, but preferably before October 26 for a timely distribution. NHCO offices, including the main office at 1975 Ferguson Road, Hampton, are open weekdays, 9am-4pm. The pantry behind the main building in Hampton will be open for donations 9:00am-noon, Saturday, October 6 and Saturday, November 3. For more information, visit nhco.org or call 412-487-6316 opt. 1.

GOT IT COVERED! CONCERT TO BENEFIT NHCO - Three local bands will perform at Got It Covered! on Friday, October 19 at the Greater Pittsburgh Masonic Center, 3579 Masonic Way, Ross. Cover bands Midlife Crisis, The Tuberculosis and headliner Corned Beef & Curry will perform. Enjoy complimentary appetizers and snacks. Soda provided by Masonic Temple. Beer and wine provided by the bands. T-shirt tosses between band sets. Doors open at 7:30 pm, first band plays at 8pm. Tickets are $25 online at nhco.org through October 18, and $30 cash only at the door October 19. Proceeds support NHCO's many free programs and services for local families facing crisis, hardship and poverty. For more information, contact Harriet at hzklatte@nhco.org or 412-408-3830 x 3204.

NHCO WINTER COAT DRIVE CONTINUES THROUGH OCTOBER 12 - NHCO will collect new and gently worn winter coats for local families in need continues 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. NHCO offices, including the main office at 1975 Ferguson Road, Hampton, are open weekdays, 9am-4pm. The pantry behind the main building in Hampton will be open for donations 9:00 am to noon, Saturday, October 6 and Saturday, November 3. For more information, visit nhco.org or call 412-487-6316 opt. 1.

NHCO URGENTLY SEeks ONE-TIME VOLUNTEERS TO CONDUCT HOME SAFETY CHECKS - North Hills Community Outreach seeks volunteers 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’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.

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 October 17 in NHCO Allison Park and November 14 in NHCO North Boroughs. Attendees MUST preregister for these sessions by contacting Jackie at jmboggs@nhco.org or 412-408-3830 x 3217.

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.

COURTESY BLURB FROM NHCO: Coping with Divorce classes at St. Paul's UMC beginning Sept 17 - St. Paul's United Methodist Church is offering “Coping with Divorce” classes, 6:30-8:00 pm, every other Monday beginning September 17 and running through November 26. Dr. Michele Reiss will focus on emotional healing and mutual support. St. Paul's is located at 1965 Ferguson Road, Allison Park, PA 15101. Registration is requested by emailing Karen at kslusser@stpaulsumc.com or by calling Darla at 412-486-7006.
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**

Intercom article submission Deadline for **NOVEMBER Intercom** will be on **October 21st**.

- All submissions are to be sent to [office@uucnh.org](mailto:office@uucnh.org).
- 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.
- Keeping the same blurb but dates change only, still send in the new date(s) for that month.
- 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 mid-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!
Happy Halloween....