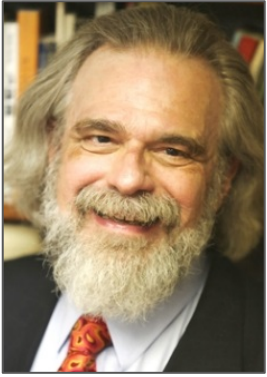




From the Minister



The Rev. Dr. Tony Johnson is serving as UCH Minister 2018-21.

I relish sitting on the front porch of my house with a beverage and something to read. I love watching the street and the movement of my neighbors, whether on foot, on bicycle or skateboard, or in a vehicle. I do not relish so much the

commercial trucks that use our street as a shortcut. Still, I see what June Jordan long ago labeled “the ballet of the streets.”

My house was built in 1906. Of the seven in a row built around that time, mine is the one that is closest to its original condition. Mine has a porch with wooden columns, railing, and deck. To the right, at the end of the block, three streets come together. My house is the fourth from that corner, so I get a good view of the activity on Central Avenue (a major street in three cities). In the other direction Essex Avenue (my street) meets Main Street four blocks away in the heart of Orange, right by the train station, the public library, and many mixed use residential and commercial buildings.

The wooden railing of the front porch and chain link fence between the lawn and the sidewalk are 16 feet apart: an effective social distance. In more settled times, I may hang out at the fence and talk with my neighbors or greet folks walking to or from their homes and mass transit connections at one end of the street or the other. A couple of years ago, I met a young woman who had just moved to our city. She had her baby in a stroller and her dog on a leash. We talked and, after meeting a second time, I invited her to join a local political action group that was working on issues in public education. She is now one of our leaders.

When school is in session, I can observe large numbers of students (the younger ones with parents) walking to one of the three public schools within two blocks of the house. There are times I walk to catch a local bus (there are stops at either end of my block) or the train (four blocks away) that travels to Newark and New York City. Sometimes I get into my car and drive somewhere too far to walk to and not on a convenient transit line.

Because of the pandemic, I returned home on March 14 for a longer stay than is typical. I mostly work in my office at the rear of the second floor of the house. Still, I have noticed that both vehicular and foot traffic are lighter than usual. I see commuters running to catch a train, but not so many. I see teenagers on the street, but not the usual crowds. I never see young children walking except with parents.

In some ways, our church is like my porch, from which we can look out on the world. By this, I do not mean the view from the wall of glass in the sanctuary. I mean this as a metaphor for the way the congregation gathers to do its work together and to understand and connect to the world beyond its doors. Like my front porch, it is a perch to view the world and to connect with others in it—but not a place to withdraw from the world. It is a place to leave in order to go further out into the world, while knowing that you can return home.

From my porch I can see that the ballet of the street is attenuated, people are self-isolating, relationships are stretched and stressed. The same thing is happening in Harrisburg and in society at large. This means that we must be attuned to our community, our connections and our values, and use the means we have to sustain and expand these. Through services on YouTube, more frequent electronic communication, meetings and ministerial office hours via Zoom, we can do more than hold the church together and support its members in this time of crisis. We can grow our faith and our community in new ways, so that—when the time is right—we will gather again in person and rejoice.

The Rev. Dr. Anthony P. Johnson

Worship Services

Sundays at 10:30 a.m.

Date	In the Pulpit	Title
5-Apr	Rev. Johnson	Comfort in the Darkness
12-Apr	Rev. Johnson	The Dearest, Freshness Deep Down Things
19-Apr	Rev. Johnson	In Covenant: Support All Who Serve
26-Apr	Rev. Johnson	Lessons from Buddhism

Each Sunday morning, the church will email:

- A link to the components for the Sunday service
- A link to Zoom session for 11:30 coffee and conversation

Check-in with Rev. Johnson

Rev. Johnson is scheduling times when you can reach him by Zoom, without an appointment, to check in, talk about your concerns, and stay connected. These virtual office hours will be on [Wednesday and Friday](#) from 11:00 a.m. to 12:30 p.m. and [Thursday](#) from 7:00 p.m. to 8:30 p.m.

President's Message

By David Spear, President, Board of Trustees

*I do not like being stuck at home, I do not like to be alone.
I do not like it any day, I do not like it in any way.
I'm angry at Coronavirus, I'm angry that it divides us.
I do not want it in my home, I do not want it on my phone.
I do not want it in my church, and worry where the virus lurks.
I do not want it in my town, don't want it anywhere around.
I do not like being stuck at home, I do not like to be alone.*

I don't know anybody who is happy about the isolation. Even introverts like me are finding this difficult. It must be even worse for extroverts.

I'm thankful that we have our church community to ground us and keep us connected. The Board, the minister, and the staff are working very hard to adapt to this new situation and keep us connected. It's a learning experience for churches around the country, as we all find new ways of living and being in community.

There's no good time to have a pandemic, but this has been especially untimely for our Stewardship Campaign. The kickoff luncheon was scheduled for March 15, which was the first Sunday that services had to be cancelled. The Stewardship Committee is quickly making alternate plans, so please be on the lookout for more information. Please also see the related article in this issue.

Stewardship is a vital issue for us. It's the financial backbone that keeps us in existence and enables all the work that we do. We know that the economy and finances are unstable right now, but I still ask that all of you consider how you can support our church community.

Rev. Johnson Contract Renewal

The Board has unanimously voted to renew Rev. Johnson's contract for another year. The Board thanks him for his diligent work over the past year and for his collaborative efforts in helping to move our congregation forward.

The contract was originally signed for one year in 2018, then renewed in 2019, and now renewed for a final year. We anticipate that Rev. Johnson will complete his work with us when a settled minister arrives in August 2021.

— Submitted by David Spear

Ministerial Search Committee

We are off and running! The Ministerial Search Committee has started working towards its goal of finding a settled minister for our congregation.

The Board had hoped to introduce the nominees to the congregation at the congregational meeting on March 29. Since that wasn't possible, the Board instructed the committee to begin its work. Thanks to the congregation for nominating these individuals: Marsha Dulaney, Chris Dutton, Laura Edinger, Bridgette Parker, Dan Vaughn, and Emily Webb.

— Submitted by David Spear

The Congregational Meeting that was scheduled for March 29 has also been postponed. We were intending to introduce the nominees for the Ministerial Search Committee, and also discuss and vote on the new church Mission.

In the meantime, the Board has asked the Search Committee nominees to begin their work. It was our goal to have the congregation give a vote of confidence for these seven individuals, but their work needs to begin promptly. The Board is responsible for making sure a committee exists, so we asked them to begin.

A lot of schedules and plans are changing, and we don't yet know for how long. I'm confident that we can work out the logistics of everything that needs to be adapted. Your leadership is full of good planners and organizers.

The more challenging part is to stay connected. With most of my weekly activities postponed, I'm perplexed about how to connect in different ways. As I talk to others, it's abundantly clear that I am not alone in this, that all of us are finding the same struggles.

Please make sure to keep yourself connected to others. When you need a connection, call somebody. If you know that someone needs a connection, please reach out to them. Schedule an online event and invite others. Join other events that have already shifted online.

This pandemic will eventually pass, but in the meantime, please help keep our community strong and vibrant, until we can meet together again in person.

David Spear

Stewardship

The day we closed the church building, Sunday, March 15, was the day we were scheduled to launch the LEAP campaign for pledges of support for the 2020-2021 church year. We are briefly deferring the start of the campaign until we have checked in with the members of the congregation.

In the meantime, please keep your current year pledges and other contributions to date [electronically](#) or by mail to the church address, if you have trouble with on-line giving. It is at times like these that we know how important the Unitarian Church of Harrisburg is to our community.

— Submitted by Rev. Johnson and David Spear



Share the Plate: Hall Manor Community Check-Up Center

Each month, we share half of our Sunday plate with a local non-profit organization. This month, we share the plate with the Community Check-up Center in Hall Manor.

The [Community Check-Up Center](#) is a community-based non-profit organization working in partnership with the community to improve the health and wellness of low-income women and children through high-quality compassionate care. Founded in 1994, the 501(c)3 organization provides pediatric services for patients up to 21 years of age and gynecological/family planning services to women of all ages.

— Submitted by Michael Mark



Grocery Cards/Peapod

About a month ago, I wanted to write up something for the News UU about my recommendation for using Giant's Peapod delivery service. And well, then - you know - it was put on the back burner. And now, more than ever, we need to gather and share info about services to help each other.

I started using Peapod in mid-December while recovering from shoulder surgery and needed help getting groceries. Years ago, I had experience using another grocery delivery service, and surprisingly it was a great experience, so I thought, why not try it out. I'm still using the service and pleased to recommend it. Peapod has an app (Android | iPhone) and or you can use a web browser to place your order. You will need to create an account with Peapod to begin using the service.

⊕ Cons/Reality

Delivery used to be as little as one day now starts at least five days after you submit your order, but that's to be expected. My last delivery was missing seven items due to being out of stock - also expected. Sometimes they will make substitutes for items out of stock and there is an option to say no to that when placing your order.

⊕ Pros

One of the nice features of the ordering process is that you can use Giant gift cards to pay for your order. [Plug Alert - If you are not already receiving gift card mailings, you can place a one-time order to check it out. UCH earns 10% for every Giant card sold. Contact [Tavia Flanagan](#) to sign up.] You can add or subtract items up to 24 hours before delivery time, which is helpful for those last-minute "Oh I forgot..." moments. Every delivery person has been respectful, helpful, and kind. Should you have a problem or question, their customer support service is one of the better support services I've experienced, but it takes a long, long time to get through, this was the case even before now.

⊕ Fees

And finally, there is, of course, a delivery fee from \$6.95 to \$9.95 depending on the amount of your order. There is a minimum of \$60 to place an order, and that delivery charge is \$7.95. There are specific slotted times that you can save up to \$5 on the fees, so be sure to scroll through all the times of day/night when choosing your delivery time.

Well, that's my \$.02. Peapod has done well by me and may be an option for UCH members to consider. Either way, please know we appreciate your continued support of our gift card program.

— Submitted by Kel Kyle

Harrisburg UUs Helping Each Other

Many UCH members are stepping up to help others where you can. A team of 12 members has been reaching out to every member to let each of you know that UCH is here for you. Many have stepped up one-to-one to help each other.

We now have another group of UCH members who have offered to help those who need assistance with grocery shopping. If you need help, please complete our [online request form](#), and you'll be hearing from one of the team members. You can type your shopping list into the e-form or dictate it to the person who calls you. In either case, someone will call you to discuss the order and confirm logistics.



VOLUNTEERS are also needed to help with grocery shopping

and delivery to our members in need. If you are able to help, please complete this [form](#) and we'll get back to you. Thank you!

And a big shout-out to Emily Webb, who is coordinating this program for UCH!

LaGrone Book Shuffle

The Book Shuffle, originally scheduled for April 19 and 26, has been canceled. Please feel free to make monetary donations directly to the Oliver LaGrone Scholarship Fund. A LaGrone scholarship is awarded each year to provide financial assistance to students of the Harrisburg School District for post-secondary education.

– Submitted by Diane Stables

Examining Whiteness: Building Inequality

Since 2017, a lay-led group of UCH members and friends has been exploring [Examining Whiteness: An Anti-Racism Curriculum](#) and developing thought-provoking synopses. In response to continuing requests for updates, the lay-led group presents "Examining Whiteness in 2020." This month's focus: *Unpacking the Invisible Backpack*.

Addressing the American myth that white success has nothing to do with other people's losses. From a former participant: "I gained an appreciation for why race relations in America are still so fraught and how I unwittingly contributed to that."

📌 "How the Racial Wealth Gap Was Created" – government policy impact – 6 min. [video](#)

📌 "White Supremacy Culture" – list by Tema Okun of organizational characteristics you've experienced, perhaps disquieting - an 8-page [document](#).

– Submitted by Cordell Affeldt and Kate Quimby

Heart Rhythm Meditation for the Pandemic

Friday mornings/Monday & Wednesday afternoons

In the spring 2017, I taught a 5-week course at UCH on Heart Rhythm Meditation (HRM). Many of you participated in the course, In this time of anxiety and panic, it's good to try to both connect and to try to keep our anxiety down, so I will be offering and leading meditations based on heart rhythm meditation three times per week over Zoom to help us connect and to try to reduce our anxiety and to keep up our sense of community. I will both offer the meditations but will begin each session with some review and teaching of specific techniques.

The session times are Fridays 9:30 a.m. - 10:30 a.m. and Mondays and Wednesdays 4:30 p.m. - 5:30 p.m. People can drop in or out as they want. We will be using Zoom to meet online. Click [here](#) to attend on Friday mornings and [here](#) for Monday/Wednesday at 4:30 pm.

How will the sessions be run

These sessions will introduce the practice of HRM, as well as explain some of the spiritual underpinnings behind its development, and will be both informational and experiential. They are offered over zoom, and each session will include time for discussion on your experience, though the format will emerge as we go.

– Submitted by Libby Tisdell

Date	Time	Group	Location
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Wed 1	6:00	QueenSpirit (Monthly)	Clover Lane
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QueenSpirit is a co-created women’s spirituality circle that meets on the first Wednesday of the month. **This month, the group will not meet due to coronavirus.** All women and those who gender-identify as women are welcome in a co-creating sacred space.

Please bring a favorite dish, dessert or beverage to share. Bring your place setting and serving spoons and plates.

Potluck is 6:00-7:00 pm; circle 7:00-8:30 pm. Contact [Rebecca Waldemar](#) for further information.



Sun 5	10:30	Sunday Morning Forum	Clover Lane
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Facilitated by [Fred Binkley](#), [Barb Pearce](#), and others, the group meets for an hour of discussion on Sunday mornings at Clover Lane during the hour prior to services, with varying topics. **Forum is cancelled for April.** Topics for the month are as follows:

Please contact [Barb Pearce](#) for additional information.



Mon 6	6:30	Amrit Yoga (Weekly)	Clover Lane
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Amrit yoga is a form of hatha yoga developed by Yogi Amrit Desai. The entire process moves and stretches every part of your body for an energetic workout and includes a calming, meditative relaxation at the end.

No experience necessary! Contact [Ed Sykes](#). Repeats every Monday. **This month, the group will not meet due to coronavirus.**



Tue 7	6:45	Mindfulness Meditation Group (Weekly)	Clover Lane
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Mindfulness is an acquired skill, practiced while meditating but vital in our everyday lives. Mindfulness is helpful in reducing stress, managing pain, focusing attention, and overcoming habitual negative behavior. Mindfulness can also point the way to spiritual practice, calming the mind and developing awareness and insight.

The ability to be mindful is strengthened through consistent practice. Mindfulness Meditation Group provides a space for us to practice together in support of one another. Contact [Chuck Daley](#). Repeats every Tuesday. **MMG is on hiatus until further notice. Check the status of MMG at the [meetup link](#). And in the meantime, we can all keep meditating and stay centered!**



Wed 8	7:00	UU Christian Fellowship Communion	Virtual
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The local UU Christian Fellowship (UUCF) organization will hold a communion service at 7:00 p.m. on Wednesday, April 8. This will be via Zoom.

Please contact [Jim Cavanaugh](#) if interested in joining the service or otherwise participating. All are welcome.



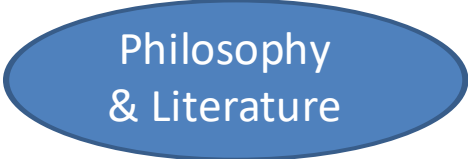


Tue 14	6:30	Women’s Night Out (Monthly)	Off-site
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Women’s Night Out is a lay-led ministry that focuses on the friendship and support of its members and giving back to our local community. We normally meet on the second Tuesday of the month at a local restaurant, alternating locations between the East and West Shores. Each month at dinner, participants take a collection. Proceeds are divided between the Ecumenical Food Pantry and UCH.

The group is not meeting in April, due to coronavirus. We hope to meet again in May. Please RSVP to [Ann Sitrin](#) (717-766-4767) by the Sunday beforehand.



Date	Time	Group	Location
Wed 15	6:30	Clower Grove (Monthly)	Clower Lane
<p>Clower Grove is a group of earth-centered and pagan spiritualists that meets on the third Wednesday, with a program that varies based on the cycle of seasons and forces of nature. The group is not meeting in April, due to coronavirus.</p> <p>Please contact Wayne Minich for further information.</p>			
Tue 21	10:00	CroneSpirit (Monthly)	Clower Lane
<p>The lay-led ministry CroneSpirit meets from 10 a.m. - noon in Fuller Chapel on the third Tuesday of the month. This month, the group will not meet, due to coronavirus.</p> <ul style="list-style-type: none"> 👩 A discussion group for women over 65, both UCH members and non-members 👩 Honoring a crone tradition of conscious female aging and self-power 👩 For personal enrichment, such as through intellect, knowledge, comfort or companionship, anticipating a maximum of 10 women 👩 Sharing, listening and learning, without gossip to or about each other <p>We look forward to seeing you. For information, please contact Joan Hellmann.</p>			
Sun 19	7:00	Philosophy and Literature Group (Monthly)	Virtual
<p>The Philosophy & Literature Group meets on the second Sunday of each month, normally at 7:00 p.m. at Clower Lane. We meet on the third Sunday this month to avoid conflicting with Easter. This month, the group meets to discuss <i>Reality Is Not What It Seems: The Journey to Quantum Gravity</i>, by Carlo Rovelli. From the internet:</p> <p style="color: blue;">What are the elementary ingredients of the world? Do time and space exist? And what exactly is reality? In elegant and accessible prose, theoretical physicist Carlo Rovelli leads us on a wondrous journey from Democritus to Einstein, from Michael Faraday to gravitational waves, and from classical physics to his own work in quantum gravity. As he shows us how the idea of reality has evolved over time, Rovelli offers deeper explanations of the theories he introduced so concisely in <i>Seven Brief Lessons on Physics</i>. Rovelli invites us to imagine a marvelous world where space breaks up into tiny grains, time disappears at the smallest scales, and black holes are waiting to explode—a vast universe still largely undiscovered.</p> <p>In April, the session is a virtual meeting via Zoom. Please contact Don Brown for information.</p>			
Tue 28	6:30	Auction Planning Committee	
<p>Theme: The Roaring 20's Date: November 7, 2020</p> <p>The Auction Planning Committee meets the fourth Tuesday of each month in the Priestley Room. Come brainstorm ideas, themes, and be a part of the fun, food, and fabulous Auction Committee. Your talent and help planning the 2020</p> <p>Church Auction is always welcome. We are looking for ideas to make this year's auction a huge success. Please contact Patti Hazell (717-576-9848) for additional information. The group is not meeting in April, due to coronavirus.</p>			