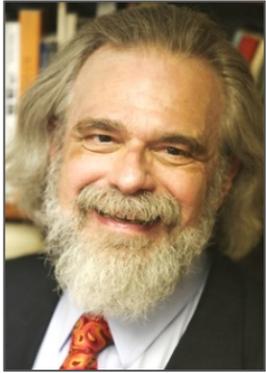




## From the Minister

The Rev. Dr. Tony Johnson is serving as UCH Minister 2018-20.



As a child, I always found the weeks from Halloween to Thanksgiving to be pretty boring. If we were lucky, the winter weather would hold off and, if we were really lucky, Thanksgiving Day itself would be bright and warm enough for the children of the extended family gathered at our house to get outside and away from the adults while they digested dinner and enjoyed adult talk and adult drinks

before it became dark. In my family, we were fortunate that adult alcoholic drinks were consumed in moderation, which was not true of all families. And in the era before take-out coffee was available anytime and anywhere, a pot of fresh brewed coffee with their rice pudding was one of the adults' treats at large family gatherings.

But those November weeks leading up to Thanksgiving were dreary even if sunny and bright. By the first week of November, there was rarely a need to mow the lawn, and it would not be long before all the hardwood trees had dropped their leaves. Dusk was coming too early for us to complete homework and do a bike ride before supper. We could stretch the Halloween candy out only so long, and Christmas was still almost two months away. In early November we might catch some of the excitement leading to Election Day, but not until high school was I paying real attention to issues and candidates. By then I was working every day after school and half-a-day on Saturday. Life took on a different rhythm.

As an adult, I find these weeks neither boring nor dreary. I love being outdoors any day of the year in any kind of weather. As an adult, I enjoy the gray days of autumn and the blinding snow of winter as much as the fresh growth of spring and the summer sun. But there are many people who do not enjoy the gray and dark of fall and winter. Some people become depressed. This is a real affliction, not a personal failing. Some are people in this church, and some are close family and friends. The last thing I want to do is to try to convince them to deny their own experience and feelings.

Rather, I want to be available and for the church to be available as a support to anyone who in a season of the year or a season of their life finds the sky closing in and the day discouraging. I want the church to be a place where people are welcome wherever they are in life and find love and friendship—and the opportunity to be a member of this growing and giving religious community.

There is much happening at UCH through the month of November. Some of the activities are for personal and spiritual growth. Some are for service. Some are for building up this beloved church. Details are elsewhere in this newsletter.

However this month and the season it begins affects you and me, let us live it together.

*The Rev. Dr. Anthony P. Johnson*

### Guest Minister Nov. 3

Our guest minister Nov. 3 is the Rev. Dr. Gabriele Parks, who most recently served at the UU Congregation of York until retiring earlier this year. Rev. Parks emigrated from Germany to the U.S. in 1991 with her husband and children. She discovered Unitarian Universalism in Columbia, MD, where she joined the church in 1996.

After serving in many volunteer roles at the church, she felt the call to UU ministry and went to Lancaster Theological Seminary in 2001, where she received her Master of Divinity. Since then, she served as an intentional interim minister at five congregations across the U.S. In 2015, she returned to seminary, this time to Wesley in Washington, D.C., where she graduated with the Doctor of Ministry in the field of Narrative Theology.

### Worship Services

Sundays at 10:30 a.m.

Date	In the Pulpit	Title
3-Nov	Rev. Gabi Parks	The Mind-Body Connection: Aren't We Missing Something?
10-Nov	Rev. Johnson	How to Love a Country
17-Nov	Rev. Johnson	In Covenant: Listen with Compassion and Speak with Love
24-Nov	Rev. Johnson	Thanksgiving (multi-generational service)

President's Message



By David Spear, President, Board of Trustees

Have you noticed the revitalized entryway at Clover Lane? There's new paint and new carpet. Dust and dirt have been removed. Windows have been cleaned. It gives me a more cheerful welcome when I enter the building, and it improves my spirit each time.

Thanks to the many who have enlivened our building. Keva Brown spent many, many hours painting. Kel Kyle arranged for the new carpet. Dave Forster spent hours removing carpet and sanding. Many others spent a day removing dust and grime.

I love our beloved building, although it does need some sprucing up. It was built around 1963, with expansions and upgrades in the 1980s, and of course it needs periodic tending. Please consider volunteering at an upcoming work day.

As summer fades away and cooler temperatures arrive, we look to our heating system to keep us warm. Unfortunately, one of the two compressors that provide the heat has failed. The office is currently getting quotes for replacing that, although considering the age of the system, replacing both compressors will likely be the wisest choice.

Thankfully, your generosity over the past year, together with the sale of the Market Street building, made it possible to replenish our Capital fund to help meet these kinds of unhappy but inevitable surprises. We believe that the current balance is adequate to complete the replacement and repairs. I will be grateful when the Common Room is warm in the colder months ahead of us.

October saw the last of the warm weather, and November will lead us into Autumn. The temperatures are falling, and the leaves are changing their colors. I love to drive through the winding, narrow roads that are lined with leaves of yellow, red, and orange. It reminds me that harvest season is coming, and with it come apples and all things pumpkin.

Table with 2 columns: Date, Trustee. Rows: 3-Nov Ed Sykes, 10-Nov Guy Dannelley, 17-Nov Dennis Hursh, 24-Nov Patti Hazell.

November also brings us Thanksgiving, which is my favorite holiday of the year. I probably mentioned this a year ago, but I can't help but share my attachment to it. I love the holiday's focus on gratitude, which I should keep in mind all year round.

I'm immensely grateful for the Unitarian Church of Harrisburg. I'm grateful that it exists and for the numerous ways that it enriches my life. I'm grateful for a place to learn and grow spiritually. I'm grateful for a place to call home, where I have friends and community, where I am accepted for who I am. I'm grateful for an oasis of support and encouragement as I navigate my life.

As President, I'm grateful that our congregation can worship together each Sunday morning. I'm grateful to see increasing unity and harmony within the congregation, especially as we begin to develop our mission statement. I'm grateful that our church members show such commitment to supporting the church, remaining active, and finding our next steps forward.

With gratitude,

David Spear

Missioning Sessions

The members of the Church have adopted a Vision. Now, what is its Mission? What will it actually do in the world that is concrete as well as visionary? How can this Mission be stated briefly enough that if someone asks you about your church or its beliefs, you have an honest and complete (though not detailed) answer?

We will do this work in small groups on two Saturdays: November 16 and 23. Please block out those days, knowing that you will not need to attend all day on either day. A half-day on one of those days will do.

About a week following the auction, a message with details will go to every member.

Please watch for it and respond promptly.

- Submitted by Rev. Anthony Johnson

### 2019 Auction Update

The auction is the happening scene this month on Saturday, November 2, at 5:30 p.m.!!

At Woodstock the going rate for acid and mescaline was \$4. We will be legal at the UCH auction and, for less than Woodstock's illegals, there will be beer, wine, and "magic" mushrooms (a blast from the past made by Dave Forster from the late Don Hoskins' recipe with permission from Don's family). Tickets for a serving of these legendary, enchantingly delicious mushrooms will be on sale at the auction for only \$1.

Drop off Thursday, Oct. 31, from noon to 2:00 p.m., Friday, Nov. 1, from 4:00 p.m. to 8:00 p.m., or Saturday, Nov. 2, from 3:00 p.m. to 5:00 p.m. Or contact [Patti Hazell](#) for other arrangements.

Bring:

- Any food item (with an ingredient list) that you signed up to bring by 5:30pm
- Auction items you donated
- Cash for the 50/50 raffle, mushrooms, wine and beer bar (you will be invoiced later for auction items)
- Your entry ticket, but if you can't find yours, no problem, we have a list
- Your 50/50 raffle ticket (must be present to win!)
- A friend- tickets can be purchased at the door
- Your love of UCH and sense of humor
- Woodstock-themed clothing welcome!

If you can't make it, Kelly O'Neill will again be providing proxy bidding. Contact her at [oneill.kelly.m@gmail.com](mailto:oneill.kelly.m@gmail.com) before Nov.1.

Come discover all the rad stuff on Nov. 2nd and get "magical" too. Be there or be square!

– Submitted by Patti Hazell



### Share the Plate: Court Appointed Special Advocates (CASA) Associates

*Each month, we share half of our Sunday plate with a local non-profit organization. This month, we share the plate with Court Appointed Special Advocates (CASA) Associates of Dauphin County.*

The mission of the Dauphin County CASA program is to provide trained, court-appointed community volunteers to advocate for abused and neglected children as their cases move through the court system; their goal is to speak for the child's best interest and ensure the right to a safe and permanent home. While CASA organizations have existed throughout the U.S. for decades, the Dauphin County CASA is relatively new. UCH members Karen and Ed Sykes and Peter Adams have volunteered and can tell you about their experiences if you are interested in learning more about how you might help some of our area's most vulnerable children.



### Holiday Gift Card Fundraiser

UCH will have additional gift cards available (Giant, Weis, Karns) in both November and December. If you don't already participate in the twice-monthly program, this is a chance to get grocery cards on a one-time basis. Order forms and instructions are available [online](#), or pick up an orange order form at Clover Lane.

All forms due by November 15. Cards mailed on November 19. Email [tavia@harrisburguu.org](mailto:tavia@harrisburguu.org) with any questions.

## Helping People in Prison and Their Families (HPIPF)

### CADBI Rally Oct. 23

UCH members participated in the Coalition to Abolish Death by Incarceration (CADBI) at the Capitol Rotunda on Oct. 23. Among others, these included John Hargreaves, Darlene Kvaternik, Margaret Carrow, and Rachel Mark, as well as other UUs such as the Rev. Joan Sabatino of UUPLAN .



### Chaplain Report

The women I serve at Dauphin County Prison (DCP) Work Release Center (WRC) work at a variety of places. These are the restaurants and other businesses that give them a second chance. They deserve our business for hiring on the basis of qualification: Friendly's, Checkers, Cafe Fresco, Sizzle N Chill, McDonald's, Philip Arthur's Café, Fenicci's of Hershey, Applebee's, Keystone Candle, Holiday Inn Express, Papillon Skin Transformation, Taco Bell, Capitol Diner, Rainbow Shops, KFC, and the Crowne Plaza.

-Submitted by Jim Cavanaugh, Lay Chaplain at DCP and Women's WRC

### Examining Whiteness: Inadvertently on Purpose

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. This month's focus: Sustaining Systemic Racism.

Understand the durable effects of decades of systemically constructed disadvantage. Please review "Wealth: America's Other Racial Divide (This is the Economy in Black and White)", CNN Money ([Youtube](#), 2.01 min.)

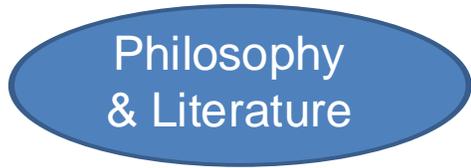
- Submitted by Cordell Affeldt and Chris Dutton

### UUnistriders

The UCH fielded a team of nine for this year's Breast Cancer Awareness fundraiser on Oct. 19. The march was organized this year by UCH member Nej Meflah Salinkas, and the group raised \$1,396.



Date	Time	Group	Location
Sat 2	9:00	Adopt-A-Highway	Clover Lane
<p>The Adopt-a-Highway cadre is responsible for two miles of Lindle Road near the Clover Lane campus. Policing actions are held in the spring, summer, and fall. <b>THIS IS THE DAY.</b> PennDOT provides orange safety vests and highway warning signs that we use during litter pick-ups. It also provides trash bags and picks up the bagged litter from the roadside. Volunteers must be at least eight years old, and those under age 18 must be accompanied by an adult. Meet at Clover Lane to start. Please contact <a href="#">John Hargreaves</a> for information.</p>			
Mon 4	6:30	Amrit Yoga (Weekly)	Clover Lane
<p>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 <a href="#">Ed Sykes</a>. <b>Repeats every Monday.</b></p>			
Tue 5	6:45	Mindfulness Meditation Group (Weekly)	Clover Lane
<p>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 <a href="#">Chuck Daley</a>. <b>Repeats every Tuesday.</b></p>			
Wed 6	6:00	QueenSpirit (Monthly)	Clover Lane
<p>QueenSpirit is a co-created women’s spirituality circle that normally meets on the first Wednesday of the month. This month Donna Hoover and Jessica Lybarger will be leading our circle as we celebrate The Day of The Dead. Feel free to bring an item or memento to place on the altar. Please bring a favorite snack or beverage to share. All women, and those who gender-identify as women, are welcome. Please bring a favorite dish, dessert or beverage to share. Potluck dinner at 6:00 p.m. Circle starts at 7:00 p.m., ending at 8:30 pm. Contact <a href="#">Rebecca Waldemar</a> for further information.</p>			
Sat 9	4:00	Plastic-Free Life Workshop and Concert	Clover Lane
<p>Are you working to reduce your personal plastic use? Join actor Mary Braasch (for the last year has attempted to go plastic-free) and Ann Stillwater (starting to decrease plastic use) at 4:00 p.m. for <i>Plastic-Free Life</i>, a conversational workshop to help end our reliance on plastic. Afterwards continue the conversation and enjoy dinner before Mary’s <i>Concert for Sustainable Peace</i>, 7:00 p.m. – 9:00 p.m. Mary is also a singer-songwriter/guitarist who will share audience participation activities between songs about sustainable peace. \$20 for the workshop, dinner and the concert. \$10 for just the concert. This event is cross-listed as an auction item; all proceeds go to UCH. For dinner, RSVP by November 6 to <a href="mailto:annstillwater@gmail.com">annstillwater@gmail.com</a>. Sponsored by Green Sanctuary</p>			
Sun 10	9:30	Sunday Morning Forum (Weekly)	Clover Lane
<p>Facilitated by <a href="#">Fred Binkley</a>, <a href="#">Barb Pearce</a>, 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. <b>Forum does not meet Nov. 3.</b> Topics are as follows:   <b>Nov. 10:</b> Guest speaker Janelle Crossley will lead a discussion on gender identity issues.</p>			

Date	Time	Group	Location
<p>🕒 <b>Nov. 17:</b> Steve Long will lead a discussion about his article on a working class "Citizens Dividend" for what it is owed.</p> <p>🕒 <b>Nov. 24:</b> Cordell Affeldt will examine the question "Is Racism Caused by Ignorance?"</p> <p>Please contact <a href="#">Barb Pearce</a> for additional information.</p>			
<b>Sun 10</b>	<b>noon</b>	<b>Solstice Planning Session</b>	<b>Clover Lane</b>
<p>Would you like to help create the winter solstice ritual that will be held at 4:30 p.m. on Saturday, December 21? Please join us for the next planning meeting at noon on Sunday, November 10, in the Priestley room. QueenSpirit has chosen the theme of honoring the moon, with an easy-for-all simple dance or two. All church members and friends are welcome to help make this a memorable and meaningful solstice ritual!</p> <p>Any questions? Contact <a href="#">Rebecca Waldemar</a> for more info or if you can't make the meeting.</p>			
<b>Sun 10</b>	<b>7:00</b>	<b>Philosophy and Literature Group (Monthly)</b>	<b>Clover Lane</b>
<p>The Philosophy &amp; Literature Group meets on the second Sunday of each month, normally at 7:00 p.m. at Clover Lane. This month, the group meets to discuss <i>Invisible, Biography of Eunice Carter</i>, by Stephen Carter. From one online reviewer:</p> <p>She was black and a woman and a prosecutor, a graduate of Smith College and the granddaughter of slaves, as dazzlingly unlikely a combination as one could imagine in New York of the 1930s—and without the strategy she devised, Lucky Luciano, the most powerful Mafia boss in history, would never have been convicted. When special prosecutor Thomas E. Dewey selected twenty lawyers to help him clean up the city's underworld, she was the only member of his team who was not a white male.</p> <p>Please contact <a href="#">Don Brown</a> for information.</p>			
<b>Tue 12</b>	<b>6:30</b>	<b>Women's Night Out (Monthly)</b>	<b>Off-site</b>
<p>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.</p> <p>Our group meets Tuesday, November 12, at <a href="#">Peachtree Restaurant</a>, 215. N. Progress Avenue, Harrisburg. Please RSVP to <a href="#">Chris Dutton</a> or <a href="#">Diane Stables</a> by the Sunday beforehand.</p>			
<b>Tue 19</b>	<b>10:00</b>	<b>CroneSpirit (Monthly)</b>	<b>Clover Lane</b>
<p>The lay-led ministry CroneSpirit meets from 10 a.m. - noon in Fuller Chapel on the third Tuesday of the month. Our topic this month is <i>Maybe You Should Talk to Someone</i>, a book by Lori Gottlieb. We are:</p> <ul style="list-style-type: none"> <li>🕒 A discussion group for women over 65, both UCH members and non-members</li> <li>🕒 Honoring a crone tradition of conscious female aging and self-power</li> <li>🕒 For personal enrichment, such as through intellect, knowledge, comfort or companionship, anticipating a maximum of 10 women</li> <li>🕒 Sharing, listening and learning, without gossip to or about each other</li> </ul> <p>We look forward to seeing you. For information, please contact <a href="#">Joan Hellmann</a>.</p>			

Date	Time	Group	Location
Wed 20	6:00	Clower Grove (Monthly)	Clower Lane

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 third Wednesday is the week before Thanksgiving this year. Clower Grove is opting to try something new this month: A Cornucopia of Sharing. This means that folks are welcome to bring in gently used items for bartering, trading and selling within the Pagan Group and within the Pagan aspect. Consider Altar items, tools, and other magical items.

We gather on Wednesday, Nov. 20, at 6:30-ish in the Common Room. As always, food is welcome, but not expected. Merry Meet and Merry Part until we Merry Meet Again... every Third Wednesday of the month. Please contact [Wayne Minich](#) for further information.



**Looking Ahead:**

***Dec. 5 Humanism Lay-Led Ministry***

In celebration of Carl Sagan Day, the Humanism LLM will discuss the book, *The Demon-Haunted World. Science as a Candle in the Dark*, at 7:00 p.m. Thursday, Dec. 5. Read the book, join the discussion, or come as you are. "Science is more than knowledge, it is a way of thinking. Finding the occasional straw of truth awash in a great ocean of confusion and bamboozle requires vigilance, dedication, and courage."...Carl Sagan. All are welcome. For additional information, please contact [Rachel Mark](#).

***Volunteer & Community Engagement Fair***

Did you know: through UCH you can help keep a neighboring highway clean, practice yoga or meditation, talk about some excellent fiction or non-fiction books, participate in charity walks, work with our children on Sunday mornings, beautify the church grounds, and many other diverse activities?

Your chance to learn more about these opportunities and many others comes on **Sunday, January 26, 2020**, during the Volunteer & Community Engagement Fair. We will be hosting many lay-led ministries and other organizations that are looking for new people to join their ranks.

The Fair will be held in the Common Room following worship. Each participating group will have a display explaining its purpose and work, handout materials, and a sign-up sheet for new members. Someone from each organization will be at the display to discuss the group's activities, the time commitment involved, and the need for new members. Each group also will provide some snacks to go with your coffee!!



We also would like to help UCH members and friends recognize service to the church as an integral part of one's spiritual journey. In working together on a variety of projects through our church, we help build the beloved community that we seek.

By working together in a variety of ways, we can do great things building a stronger community of communities. The Fair is a fun way to find out what all is going on and how you can be a bigger part of the action. Please join us on January 26, 2020, to Share our Service and Strengthen our Spirit. For additional information, please contact [Guy Dannelley](#).

**Member News**

***Beverlee Lehr***

On October 2, UCH member Beverlee Lehr was the featured artist on *New Arts Alive*, a monthly program on Berks County Television (BCTV). The [broadcast](#) features Beverlee talking about her ceramic wall hangings. The interview was part of the New Arts Program, which runs an annual national competition for a solo show at their gallery in Kutztown. Beverlee is the 2020 recipient, and her show will open January 18, 2020. Congratulations, Beverlee!

***Deborah Lynn Johnson (1965-2019)***

Deborah Lynn Johnson, the youngest sibling of Rev. Anthony Johnson, died on Wednesday, October 23, at her home in Danbury, CT. She was 54 years old. Born with Down Syndrome, she lived a full life with the support of family, friends, and the staff of Ability Beyond. Services will be held at 2:30 p.m. Nov. 5 at St. James Episcopal Church, Danbury.