



## President's Message



By David Spear, President, Board of Trustees

I was taken by surprise at the recent town hall meeting. Maybe I shouldn't admit that, but I was. I thought people would want to wait a few more weeks before continuing our previous plans. I thought you needed a few more weeks to process the situation.

But no, you want to move forward, and you want to do so now. You realize that we can continue to process the recent events while still looking forward.

Isn't it great to be wrong from time to time!? I was very glad to be wrong this time! So, forward we go!

**M**any of you stressed that this is our church and we should make it what we want it to be. This is indeed our church, as each UU church is independent. If you have visited other UU congregations, you have probably noticed that they can be very, very different from one another.

What do we want this congregation to be? Active and vibrant? In what ways? Perhaps social opportunities to help us bond? Maybe classes to help us grow? Opportunities to get involved in various ways?

Whatever we want this congregation to be, we will need to do it ourselves. Even if we hire a minister, we must be the ones to form the church into what we want it to be, especially in the next few months. We must create the opportunities, the classes, and the events that we want.

Do you have an idea? Please talk to the relevant staff person or Board member, so we can coordinate your idea with other things happening in the church.

**T**he Board is continuing to look for ministers to serve our congregation. I use the plural word, because it's unlikely that we can find a single person to be a full-time minister, given the national shortage of ministers.

One option is to find one person who can do preaching and Sunday morning services, and one or two more to coordinate administration and pastoral care. This would be a variation on the traditional model of having one minister, but we could also try a different structure. No decision has been made on this, and it's a topic we can discuss at our next town hall meeting (below).

Whatever path we choose, we are fortunate to have Keith Kron helping us. He is the Director of the Transitions Office at UUA headquarters in Boston, and his role is to help ministers and churches find each other. That is often through the search process, but also with interim ministers, contract ministers, and situations like ours.

The Board met after our town hall meeting, and we prioritized what we think our church might need, based on your input and our own observations. We sent these to Keith, and he replied that he is already looking on our behalf. The timeline is uncertain, but we hope to have something in place by January.

**O**ur next town hall meeting will be on Sunday, November 13th. The format will be the same as before: An update from the Board and other leaders, then time for your questions and suggestions. It will help our congregation to take the next step in our life together, and I hope you can attend.

## Worship 10:30 a.m. Sundays

### November Theme: Change

#### Nov. 6: Rev. Chris Kapp, "Mr. Rogers, Nevin Lehman, and Other Minor Prophets"

Rev. Chris Kapp [they/them] is a graduate of the Salvation Army's Seminary and Officer Training College in New York City. Among other things, Chris spent their ministerial internship as a first responder and then long-term relief worker at Ground Zero after 9/11. They subsequently spent nearly a decade serving as interim/transition ministers, then left the Salvation Army to pursue a career in homelessness advocacy. Today Chris serves as a Housing Systems Change Advocate, working with agencies across 33 counties in Central Pennsylvania. They are also an active member of UUCV in Boiling Springs, where they preach regularly and serve as the Worship Committee chair, YoUUth Group Leader, and lead OWL facilitator.

#### Nov. 13: Rev. Jé Exodus Hooper, PhD, "Word to Ya Mutha: A Language of Love"

Both as performer and clergy within the First Unitarian Society of Minneapolis, Jé (they/them) has grounded their work in the art of homiletics and Black Intellectual Thought. Their love word-working emphasizes human freedom and interconnectedness through embodiment, intuition, creativity, and improvisation. These kinds of transdisciplinary approaches console and agitate communities in re-imagining and re-claiming narratives that honor the inherited worth and dignity within all people-- a love-work that Jé is committed to!

#### Nov. 20: Dorothy Brown

Our own Dorothy Brown leads a service steeped in poetry for the harvest season.

#### Nov. 27: Multigeneration Bread Communion

Cory Ness and Yvonne DuVal lead a multigenerational Bread Communion service.

Sunday services stream on Zoom. Please contact the [church office](#) to receive the link on Sunday morning.

*David Spear*

## Reflections on Congregational Singing

By Yvonne DuVal, Director of Music

Throughout the pandemic, the UCH choir still met each Thursday evening to rehearse through Zoom and recorded individual parts to create virtual choir performances. As time went on, fewer and fewer vocalists participated in virtual rehearsals. I often heard singers express their frustration; they were grateful there was a place where music was still happening, but it just wasn't the same as in person. During "normal" times, these individuals showed up to every rehearsal, prepared and excited to sing with their friends. They worked hard. They sang their hearts out. But, when the world changed, the excitement of singing was lost.

There are three benchmark moments where I remember getting goosebumps within the last year:

- 🕒 Our first in-person rehearsal in August 2021 (outside, masked, and distanced)
- 🕒 Our first indoor rehearsal in December 2021 (masked and distanced)
- 🕒 Our first performance without masks just a few short weeks ago

Each of these moments marked a significant change in both our sound and spirits, like sunlight incrementally creeping towards you across the grass as the sun travels through the sky after dawn. I am so happy we have been able to maintain our music with weekly rehearsals throughout these months! I am also pondering the power of singing together in community.

Each Sunday, we offer at least three moments for the congregation to join in song. Unlike the choir, we sing without rehearsing and embrace our neighbors who may sing out of tune or clap on beats one and three. (In complete fairness though, our beloved choir doesn't always sing in tune and many are very aware of their challenges with clapping!) Why is it, then, that we include congregational singing each week? We recognize how a multigenerational community can be brought together through song. Whether individuals choose to belt out the melody, find a harmony, clap awkwardly, or even sit in quiet contemplation, we come together as a community engaged in an activity as one. Music allows us to further process the spoken words of service, often in a space of heart over head. For some, music is a time to worship a higher power or to speak lyrics into being. It can serve to teach us about love and how we desire to interact within our community and beyond. I often wonder what a service without any music would feel like and have actually contemplated doing just that. Perhaps an experiment of that nature would grant me further insights on the role music plays in worship.



Music Ministry

We each have our unique music preferences and, while some congregants will be quite excited about this week's hymn selections, others will not be. Each of us will experience music drastically different than the person next to us. As much as congregational singing is a community experience, it is also a deeply personal one. Some may find the lyrics of a hymn particularly moving and choose to spend the time in deep reflection or communing with a higher power.

The next time we are together, I encourage you to take note of how you feel during different songs. Evaluate how it makes you feel and what memories it may evoke. Where do you feel the song in your body? Your head, heart, stomach, feet, elsewhere? Allow your body to move or sway to the song. Perhaps even look up and around to sing *with* each other rather than into your hymnal.

What are your thoughts about congregational singing? When do you find it most meaningful to you? I look forward to hearing from anyone willing to share their reflections.

In gratitude for our beloved community,

Yvonne

## Opportunities for Religious Exploration

By Cory Ness, Director of Religious Exploration (DRE)



### Children/Youth

Our RE program for the new church year has begun! If you haven't already done so, please register your child using [this link](#). Here is the RE calendar for November:

- 🕒 **Nov. 6** – RE for Elementary & Middle Grades & Youth Group
- 🕒 **Nov. 13** – RE for Elementary & Middle Grades & Youth Group
- 🕒 **Nov. 20** – RE for Elementary & Middle Grades
- 🕒 **Nov. 27** – Multigenerational Service - No RE

If you are interested in volunteering with the Children/Youth RE program, please contact [Cory Ness](#). Please also refer to our children and youth [RE newsletter](#) for additional information.

### Theme-Based Ministry

#### Welcome to the Path of Change

We have chosen to work again this year with [Soul Matters Sharing Circle](#), a resource-sharing UU collaborative involving hundreds of UU churches. Our theme for November is CHANGE. From Soul Matters:

*I wonder, particularly in a time where everything seems urgent, what the role of pause and breath is, in this season, to help us gear up for whatever this transformational moment we find ourselves in is.*

— Rev. Jen Bailey

*[We need] space to imagine a new way, and new self. Not moving or pushing but sitting and cultivating... [the goal] is to allow you space and time to reflect on your past, present, and future. To imagine a new beginning.*

— Rev. Sara LaWall



What if pushing is only half of it?  
What if there is time to waste?  
What if rushing is what got us into this mess?  
What if catching our breath shrinks the clouds  
and expands our view?

What if space for breathing  
is what enables the seed of change to take root?  
What if pausing allows the longing to grow?  
What if it's not about taking control of life,  
but being quiet enough to hear life speak?  
What if slowing down is what allows us  
to notice we're not the only ones who long for change?

And what if catching our breath isn't about resting up,  
but the way we finally and fully feel our pain?  
What if the quiet is what enables us to notice  
how uncomfortable this life of comfort has become?  
And what if comfort has been withheld from us?  
Wouldn't that mean that rest is a revolutionary act,  
allowing us to combat a culture that works to keep us tired,  
and numb?

What if, in the end, it is silence that allows us to hear  
the still small voice inside  
that says,  
"We can no longer wait!"

#### What Does it Mean to be a Family of Change?

We parents, guardians, grandparents, and grand friends live our lives almost through a kaleidoscope, seeing the young ones at the centers of our worlds simultaneously in the past, present, and future, that ever-changing nature being the constant of life with children. When I look at my seven-year-old, I see them as they are, as well as who they were last year, and even as a toddler; I

also see their older sibling at the same age or stage; and sometimes, I even see myself! And tomorrow, the kaleidoscope will turn and I'll see something new. But while we have come to accept this flux as a defining characteristic of childhood, it can still throw us off-kilter sometimes. Constant change makes it hard to feel competent or confident as a parent; today's strategies might not work tomorrow, and as kids age into teenagers, they and we both encounter new and more worldly struggles.

In addition to this, we ourselves are changing, though slower, of course. And our communities are changing. And our planet is changing. It's a lot to adjust to.

In art, we sometimes hear about the value of "giving the eye a place to rest," maybe a corner of neutrals in a piece otherwise riotous with color, or a figure that is motionless amidst others blurred with movement. It can be easy to become overwhelmed by change unless we have the opportunity to rest and reflect. This month, we will wander together over the canvas of family life, exploring both the dynamism of change as well as what makes all that change manageable respite.

As we playfully engage our theme with a mad-dash playground game, artistic transformation, colorful plate of maybe-new-to-us foods, as well as our usual stories and questions aimed at going deeper together, know that the masterpiece that is your family is seen, appreciated, and loved exactly as you are now, as well as who together you are changing into.

Until the next beautiful turn,

— Teresa, on behalf of the Soul Matters team

### **Childcare Position Available**

🕒 **10:00am – 12:00pm Sundays \$15.00 per hour**

📅 **Start date: ASAP**

Warm, cheery, and experienced childcare provider needed for a variable group of children, ages 18 months to 6 years old, while parents attend Sunday services. Provider will be assisted by one adult volunteer in a safe, enclosed space with age-appropriate toys and activities. Additional hours for special events are also available.

Please send a letter, outlining relevant experiences and reasons for interest, as well as at least three references, to our Director of Religious Exploration, Cory Ness ([cness@uchbg.org](mailto:cness@uchbg.org) or 717-564-4761 x. 705). Interview and background check is required. Employment is contingent on a successful interview, impeccable references, and a clear background check.

Please feel free to forward this announcement to appropriate candidates.

### **November Share the Plate: Ecumenical Food Pantry**

*Each month, we share the Sunday plate with a local non-profit. This month, we share with the Ecumenical Food Pantry.*

For 50 years the [Ecumenical Food Pantry](#) has worked to meet the emergency food needs of people in the greater Harrisburg area. The Pantry is currently providing a 3-day supply of food to about 300 households (900 people) every month. The Pantry is managed and operated entirely by volunteers. Pantry operations and procedures were completely reworked to keep volunteers and clients safe. The Pantry is located at Messiah Lutheran Church in Downtown Harrisburg. It is supported by many area churches, businesses, organizations, individuals, and a state grant. Your support is vitally important.

UCH members Michael Mark and Mary Lynn Fecile have both served on the board of directors of this organization in the past.





*Ed. Note: The Oliver LaGrone Scholarship is available annually to graduates from any of the four campuses of Harrisburg High School. A unique component of the award is a match to a UCH mentor of like circumstances or area of interest.*

## Scholar Report

Great news! Our 2019 LaGrone Scholar “Kenny” Akingbesote is back in school, resuming her work on her nursing degree. Family complications requiring a pause have been resolved; she is enrolled at Harrisburg Area Community College, Gettysburg. The remaining \$5733.33 from her 2019 scholarship total is back in play. Kenny has expressed to the Oliver LaGrone Scholarship Committee (OLSC) sincere appreciation for our welcoming her re-engagement.

Ann Stillwater, school nurse, will continue as UCH Mentor. While Kenny hoped to live in Gettysburg, the tight housing market has led to her living with a relative in Harrisburg and commuting. If you know of any fitting Gettysburg rentals, please contact Ann.

Although these recent circumstances were unique to the 2019 Scholar, support from the OLSC is always tailored to needs of the individual scholar. Over 30 years of scholarship management experience have led to the several documented policy principles by which OLSC makes decisions:

- Scholars sign an award agreement to maintain contact over the course of their matriculation.
- If the scholar fails to maintain contact with the OLSC and/or their mentor for an extended period of time, the OLSC will try to contact them directly via telephone, email, or social media. If unsuccessful, the OLSC writes a formal letter notifying of potential forfeit.
- Committee members pursue connections affirming their interest in each scholar’s success, beyond simple monetary distribution.
- Each award total is segregated before being offered and each remaining award is available throughout any mix of that given scholar’s needs.

Examples of accommodation? A potential college career involving enrollment at multiple higher education institutions, multiple states, summer enrollment immediately after high school graduation, etc. Several scholars have experienced pauses in enrollment, of varying duration; one scholar took seven years to graduate.

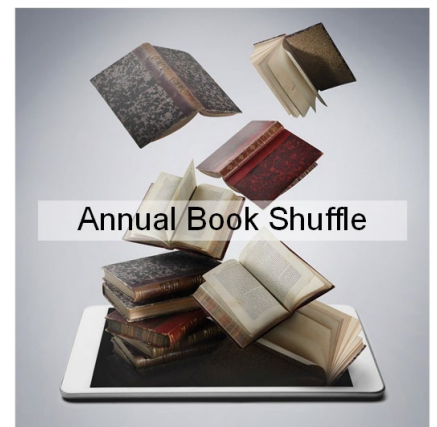
Membership on the OLSC rarely means moving through prescribed paces. Instead, a substantial Fund and total and continuous decision-making characterize our work. The OLSC is the only UCH committee for which Board of Trustees’ approval is required.

— Submitted by Cordell Affeldt and Ann Stillwater

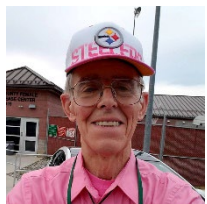
## Book Shuffle Report

The total is in: \$777.08. That’s the fresh boost from the recent Book Shuffle benefit for the Oliver LaGrone Scholarship Fund. Among the many UCH contributors and workers: Nan Cavanaugh, organizer par excellence; numerous UCH readers who offered riches from their private libraries; sorters Darlene Kvaternik and Barb Pierce; Hannah Belser, multi-talented income maximizer; Margaret Carrow, cashier; Carol Buskirk, Jim Cavanaugh and Larry Beyer, set-up/clean-up; Chris Chase, box hauler; Art Option creators Carol Bird, Katie Fowler, Ann Moore, Charlie Peters, Cynthia Tyger and Cordell Affeldt. AND all the purchasers shaping the \$777 total.

— Submitted by Cordell Affeldt and Nan Cavanaugh



## Chaplaincy Report



*Ed. Note: Jim Cavanaugh is UCH's Lay Community Minister who works for Reproductive Justice and serves as a volunteer Chaplain.*

My prison ministry continues with weekly visits to Dauphin County Women's Work Release continues, with fewer masks in sight each time. Each visit focuses on conversations with newly arrived residents, always glad to be away from "The County," as they call Dauphin County Prison (DCP). Introducing myself as being present for all residents regardless of their religious faith or not generally puts them at ease, and providing them with reading to strengthen their faith is important. I recently handed a Roman Catholic resident a Catholic Bible and offered her a rosary, which had been blessed by a Roman Catholic friend at the annual training conference hosted by the [Pennsylvania Prison Chaplains Association](#). She asked for the rosary and accepted it with a smile.

The DCP will eventually be opening to volunteers like me. A recent positive indication was a countywide "Meet and Greet" meeting with the new Deputy Warden of Treatment, Latonya Ray, attended by all three Dauphin County Commissioners, the entire DCP Prison Board, and many long-time friends who assist re-entering people to do so successfully through a wide range of nonprofits.

My work for reproductive justice (RJ) was two-fold in October:

🕊️ The Main Line Unitarian Church in Devon hosted an excellent RJ event featuring elected legislators and clergy of all faiths. Despite the careful planning, unexpected legislators and clergy showed up and were welcomed by an enthusiastic audience. Because I could not be present, I sent the host our banner, brochures, bumper stickers, and a sign so the [Pennsylvania Religious Coalition for Reproductive Justice](#) (PARCRJ) would be represented. A few bumper stickers were returned and are available to anyone who donates at the PARCRJ website. We will send you one as our "Thank You."

🕊️ And recognizing its importance to women in prison and their families statewide, I led the PARCRJ to mount an email/social media campaign in support of the [Dignity for Incarcerated Women act](#) (House Bill 1419). It passed the House unanimously Sept. 19 and was sent to the Senate – where it has sat in the Judiciary Committee ever since. Since Sen. Lisa Baker, the chair, is the only one who can call a meeting on the one remaining session day this year (Nov 15), I emailed her and used our MailChimp list to encourage hundreds of others to do likewise. If not passed this year, it will die and have to be re-introduced next year. If you have time, please feel free to contact Sen. Baker directly! You can submit a comment on her [web portal](#).

## Raising Up Reproductive Justice in Pennsylvania

**Interfaith Advocacy in Action**



Main Line  
Unitarian  
Church

**Saturday, October 15, 2022**  
3 - 6 PM  
**Main Line Unitarian Church**  
816 S. Valley Forge Road, Devon, PA 19333






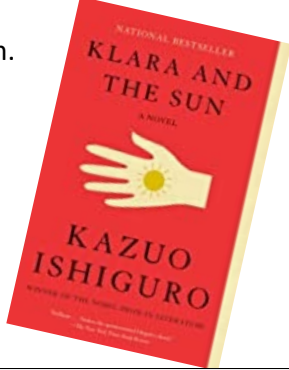

UUJusticePA

**Reproductive Justice is under attack.**

## DIGNITY for INCARCERATED WOMEN ACT

What's included

- ✓ BANS shackling pregnant people + enhances restraint documentation
- ✓ BANS solitary confinement of pregnant people
- ✓ FREE period + incontinence products
- ✓ Trauma-informed training for all employees who work with pregnant + postpartum incarcerated
- ✓ 3 days of post-delivery bonding time between mother and new born child
- ✓ Transportation to a safe location upon release
- ✓ Enhances visitation rights for incarcerated parents

Date	Time	Group	Location
<b>Wed 2</b>	<b>6:00/7:00</b>	<b>QueenSpirit (Monthly)</b>	<b>Common Room</b>
<p>QueenSpirit is a co-created women’s spirituality circle that meets on the first Wednesday of the month. This month, on November 2, we honor the Day of the Dead. Altar-making on Day of the Dead is a way to acknowledge and honor a person who has transitioned to the ancestral realm. The altar-making and altar create space for any work we may want to do like giving thanks for the person’s life, working with emotions that arise after the loss of the person, communicating and communing with our ancestors, and/or doing other ritual work.</p> <p>QueenSpirit’s November Circle will be creating an ancestor altar and also learning to create personal altars at home. Bring an item that is connected to a deceased loved-one. If you choose to bring a photo it is recommended that the photo not have people who are still living. An offering of something that person would have liked is suggested as well. Flowers (especially white ones), food, or an herb are sometimes offered. Whatever makes sense to you will be fine. Also, please bring something that makes sound like a bell, a rattle, chimes, etc.</p> <p>All who identify as women are welcome in a co-creating sacred space. This is an in-person event. Please bring a favorite dish, dessert or beverage to share, your place setting, and serving spoons. Potluck begins at 6 p.m. and our circle begins at 7 p.m. Contact <a href="#">Rebecca Waldemar</a> (717-364-2029) for further information.</p>			
<b>Fri 4</b>	<b>Various</b>	<b>Heart Rhythm Meditation</b>	<b>Zoom</b>
<p>Heart Rhythm Meditation (HRM) is a type of meditation that involves conscious breathing, in which the individual consciously controls their breathing in order to influence their mental, emotional, and physical state. Join Libby Tisdell in twice-weekly sessions, via Zoom.</p> <ul style="list-style-type: none"> <li>🕒 Monday afternoons from 4:30-5:30 p.m.</li> <li>🕒 Friday mornings from 9:00-10:00 a.m.</li> </ul> <p>People can drop in or out as they want. Please contact <a href="#">Libby Tisdell</a> for the Zoom link.</p>			
<b>Mon 7</b>	<b>6:30</b>	<b>Amrit Yoga (Weekly)</b>	<b>Clover Lane</b>
<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.</p> <p>No experience necessary! Contact <a href="#">Ed Sykes</a>. Repeats every Monday.</p>			
<b>Sun 13</b>	<b>7:00 p.m.</b>	<b>Philosophy and Literature Group (Monthly)</b>	<b>Zoom</b>
<p>The Philosophy &amp; Literature Group meets on the second Sunday of each month, normally at 7:00 p.m. and (historically) at the church. During the current pandemic, the session is a virtual meeting via Zoom. This month, the group meets to discuss <i>Klara and the Sun</i>, by Kazuo Ishiguro. From Amazon.com:</p> <p style="color: blue;">Here is the story of Klara, an Artificial Friend with outstanding observational qualities, who, from her place in the store, watches carefully the behavior of those who come in to browse, and of those who pass on the street outside. She remains hopeful that a customer will soon choose her. <i>Klara and the Sun</i> is a thrilling book that offers a look at our changing world through the eyes of an unforgettable narrator, and one that explores the fundamental question: what does it mean to love?.</p> <p>Please contact <a href="#">Don Brown</a> for information.</p>			
<b>Wed 16</b>	<b>6:00 p.m.</b>	<b>Clover Grove</b>	<b>Clover Lane</b>
<p>Clover 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. This month, we are planning a Gratitude Potluck Dinner with some drumming on the side! After the dinner, we will circle up and drum a little bit with a gratitude rhythm.</p> <p>Please contact <a href="#">Wayne Minich</a> for further information.</p>			

### At UCH

#### Nov. 5: UCH Auction

*I Don't Want to Spoil the Party, but It Won't be Long!* Whether *Baby You're a Rich Man* or not "You better make your mind up fast!" The annual UCH Auction is almost here! The fun starts at 5:30 p.m. Saturday, November 5. *It's for You* to decide: A *Hello Goodbye Hello*, *A Hard Day's Night*, *Come Together*, *Help* or *Strawberry Fields* themed basket of goodies, along with other collections for your enjoyment. There are gift cards and tickets for area businesses and museums. Start to strategize ahead of time with the [auction booklet](#). Bring cash for the 50/50 raffle, cash bar (wine and beer), and "Ringo Bingo." Beatles-era clothing encouraged!

CLICK HERE TO LINK TO  
AUCTION BOOKLET

Drop off your auction items at the lower level at church from 4:00 p.m. – 7:00 p.m. on Thursday (11/3) or Friday (11/4) between 5:00 p.m. and 5:30 p.m. on Saturday (along with food items). Can't be there? Email [Kelly O'Neill](#) for proxy bidding before the end of Friday, November 4.

— Submitted by Patti Hazell

#### Nov. 13: Town Hall Meeting (noon)

Please join us for a second town hall meeting after the Sunday service on November 13.

The first town hall meeting was even better than we had imagined. Thank you for bringing your ideas about the future of this church.

At this upcoming meeting, will give you whatever additional updates we have, and we will ask for your additional thoughts and recommendations about our future.

The meeting will be held in the sanctuary and also by Zoom.

—Submitted by David Spear

### Offsite

#### UUtheVote\_PA - Weekend of Action

UCH's UUtheVote\_PA team wrote 1,100 letters for Vote Forward that were mailed on October 29! Thanks for all of your efforts. If you didn't have a chance to participate in the letter-writing or you wish to help make the final push for the Nov. 8 election, there are still many opportunities to get involved. Mark your calendar for **November 5, 6, and 7!** The national UUtheVote team is planning a **Weekend of Action** for the final days before the election. Check out how you can connect to non-partisan activities in Pennsylvania by clicking on the link for [UUJusticePA](#).



—Submitted by Anita Mentzer

#### UUJusticePA ~ Giving Tuesday

GivingTuesday is a global generosity movement unleashing the power of radical generosity. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

UUJusticePA is planning a [#GivingTuesday](#) that will be bigger than EVER! Help us raise awareness about the work of this non-profit organization by sharing your support on social media and using the hashtag #GivingTuesday to get your friends and family involved!

—Submitted by UUJusticePA

GIVING  
TUESDAY