



*The Unitarian Church of Harrisburg: an inclusive, loving community of faith committed to welcoming and nurturing all with dignity and respect*

## From the Ministers

*The Rev. Drs. Kathy Ellis and Sandra Fees are serving as UCH Ministers through July 2024.*



Our theme for the month of October is the gift of Heritage. Unitarian Universalist theologies can be traced back to the earliest days of Christianity or even back to the [Axial Age](#). (See [The Great Transformation: The Beginning of Our Religious Traditions](#) or [A History of God: The 4,000-Year Quest of Judaism, Christianity and Islam](#), by Karen Armstrong.) We acknowledge ancestors in the European Reformation, especially Michael Servetus, our Unitarian martyr, and Francis David. David advised the one and only Unitarian king, John Sigismund in Transylvania. In 1571, this king declared that he was a Unitarian and declared that there would be religious toleration. King John Sigismund died young and Francis David was found guilty of innovation, a very serious crime. Still the Unitarian tradition continued in Transylvania. Nowadays, we probably pay more attention to our American Unitarian and Universalist forebears.

Rev. Sandra and I will talk about our Universalist, Unitarian and Humanist heritages throughout the month. The proposed Article II revision highlights our heritages of values:

We draw from our heritages of freedom, reason, hope, and courage, building on the foundation of love. Love is the power that holds us together and is at the center of our shared values. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love...

We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect...

Grateful for the religious ancestries we inherit and the diversity which enriches our faith, we are called to ever deepen and expand our wisdom...

Congregational freedom and the individual's right of conscience are central to our Unitarian Universalist heritage.

With these values as our foundation, we will continue to learn and grow as individuals, as congregations and as a living faith tradition.

See you in church,

*Rev. Kathy*

## Worship 10:30 a.m. Sundays

### October Theme: The Gift of Heritage

#### Oct 1: Banned Books, semi multi-generational service

Celebrate the beginning of "[Banned Books Week](#)." Did you know that PA is second on a recently published [list of states](#) with the highest number of banned books? This month we also kick off the monthly Banned Books Club (page 4), designed for all ages. Coordinated by Cory Ness. Youth in grades 6 and up will attend the service while our younger children will attend faith development class

#### Oct 8: Many Hands and Many Hearts: The Abundance of Universalism, Rev. Dr. Ellis

Universalist faith teaches that there is love enough for everyone. How can we live that assurance? How can we share it with the world? We will recognize and honor our 25- and 50-year members.

#### Oct 15: To Trust Our Own Experience: The Heresy of Unitarianism, Rev. Dr. Fees

Historically Unitarians believed that every person could have a direct connection to the divine and to truth. This morning we explore this heresy and other gifts from the Unitarian side of our faith, including this church, which was founded by Unitarians.

#### Oct 22: Abner Kneeland, Clinton Lee Scott & John Hassler Dietrich. Universalist, Unitarian and Humanist: Spiritual Growth and Change, Rev. Dr. Ellis

A look at some of our religious forefathers with Pennsylvania connections and how they grew and changed. We are all spiritual beings, and we are all humanists.

#### Oct 29: Monsters, Mermaids and Ninja Warriors: A Multigenerational Halloween, Rev. Dr. Fees (multi-generational)

The practice of wearing costumes—including masks—is an ancient one. It's a fun Halloween tradition that also has deep and abiding significance. Join us today in story, song, and a little mask-making. And don't forget to come in costume!

Sunday services normally stream on Zoom and [YouTube](#). Please contact the [church office](#) to receive the Zoom link on Sunday morning, or watch directly on YouTube.

## Note from the Board

*Ed. Note: This year, the Board of Trustees is rotating responsibilities for the monthly column.*

*By Lois Voigt, Board of Trustees*



My wife left me last night . . . to sit at the hospital bedside of a critically ill cousin. His closest relatives are Marjy and one other cousin, who tagged off this morning so Marjy could come to church with me.

I grew up near a host of relatives. Nine of my dad's ten siblings and half of my mom's lived in the same county, and most lived within two miles. Three of dad's siblings were blind, and when we got our driver's licenses, we often served as their taxi service. But they did as much or more for us than we ever did for them. They were family. We were there for them, and they were there for us.

Few Americans live in anything like the world of my youth. If we're lucky, like Marjy's cousin, we might have a few relatives nearby, and if we're luckier still, we may even like some of them, but the "bench" is often small. There may be freedom in not living near the memories and expectations of relatives who have known you for your whole life, but there can also be loneliness.

Maybe that's why some of you, like me, sought out this church: we needed a tribe to celebrate with us in the good

times, and to sit by our bedside in the bad ones. And to teach us how to look within, and to look beyond to the needs of the wider world.

Decide what you need most this week: to help another church member, to get help from someone, or to reach beyond the church walls to help others. We all need family. We all need to be family for others..

\*\*\*

And yes, the above is why I'm serving as Treasurer during this last of my six years on the Board of Trustees. Money is not the reason this church exists, but churches with none cease to exist. Because of you, this congregation survived last fall's crisis in excellent shape: we continue to serve one another and others, perhaps even better than we did before. And members kept their financial commitments in a way that allowed us to finish our fifth consecutive year with an operating surplus. Please see the report (page 3) for additional information about the fiscal year that ended June 30. Contact [me](#) directly or the Trustee's section of the bulletin board downstairs if you want more detailed information.

Lois

## Board of Trustees' September Report

*This is a synopsis of activity from last month's Board meeting. We plan to publish this type of synopsis on a monthly basis.*

The UCH Board of Trustees had its third monthly meeting of the fiscal year on Tuesday, Sept. 19. In addition to routine business, the Board addressed three matters of special significance.

- 🕒 **Ministerial Search.** The Board approved four members to conduct the search for our next minister, who will start August 1, 2024. The search is for a contract minister, meaning the minister will not be called by the congregation but will enter into a contract with the Board. This is the current arrangement we have with our ministers. We will likely include in the contract an option to call the minister at the end of the contract period, if all goes well. The search committee consists of Sharon Vaughn, Karen Baker, Kevin Geist, and Chris Dutton.
- 🕒 **Capital Campaign.** Andy Back, the Board Clerk and a member of the Capital Campaign Task Force, presented a report to the Board that included a high-level schedule of events leading up to the launch of the Campaign, proposed for mid-March 2024. The Board approved a motion to formally appoint the members of the Capital Campaign Task Force and to authorize the Task Force to take the necessary next steps: move forward with a financial feasibility study; work with the architects and contractors to develop a preliminary design and cost estimate; and to prioritize projects. The members of the task force are Mary Henninger-Voss (chair), David Spear, Guy Dannelley, Lois Voigt, Rev. Sandra Fees, and Andy Back.
- 🕒 **Organization Chart.** The Board in recent years has focused on governance improvements. At the September meeting, an organization chart setting forth the committees, task forces, and teams of the church and their relationship to the overall structure of the church was presented by the Governance subgroup, consisting of Andy Back, Rev. Sandra Fees, Ed Sykes, and Justin Sciamanna. The Board approved distribution of the organization chart to the chairpersons of the various church groups. A template is being developed for distribution to the chairs sometime this Fall. This will help with organization and help Kate Carpenter, our volunteer coordinator, to hone her efforts more finely. More on that later.

*Submitted by Chris Dutton, President, UCH Board of Trustees*

## Operating Plan Results for Fiscal Year 2022-23

UCH completed the fiscal year ending June 30, 2023 (FY23) with operating income exceeding expenses by \$52,581 (chart). Income was \$22,443 higher than expected because of strong giving (Stewardship, Unpledged, and Plate) and trust income. Expenses were \$30,138 below the approved plan because the Ministerial position was unfilled from late September through December.

After receiving the fiscal year results, the Board voted to transfer \$42,000 to the Capital Reserve Fund. Some of those dollars have already been deployed to install a rain garden to assist with some of our runoff issues and to remove dead and dying trees. Most of the remaining dollars were transferred to the Sabbatical and Ministerial Transition Fund. The accrued cost for staff sabbaticals (Faith Development, Music, and Minister/s) should be budgeted annually, but we have been unable to do so. Reserving funds when available will allow us to hire at least partial replacements when Cory Ness or Yvonne Duval take a sabbatical leave as allowed for in their contracts.

	FY23 Planned	FY23 Actual
<b>Income</b>		
Pledged (net of Allowance)	350,400	363,029
All Other	92,800	102,614
<b>Total Income</b>	<b>443,200</b>	<b>465,643</b>
<b>Expenses</b>		
Salaries & Benefits	336,500	303,503
All Other	106,700	109,559
<b>Total Expenses</b>	<b>443,200</b>	<b>413,062</b>
<b>Net Income (Deficit)</b>	-	<b>52,581</b>

## Financial Reserves Targets

During FY23 the Board adopted a *Financials Reserves Policy* to establish guidelines to ensure the stability of the mission and ongoing operations of the church. The policy also helps guide “how much is enough” cash liquidity and when dollars should be used for other purposes or invested long-term. The first two targets are stated as a multiple of one month’s worth of

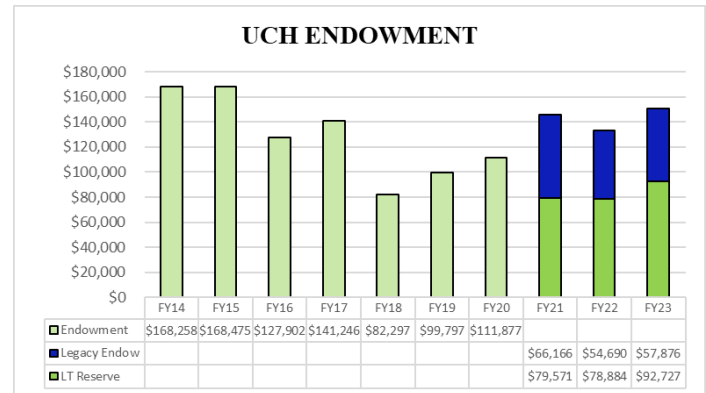
	Minimum Balance	Target Balance	Maximum Balance	6/30/23 Balance	7/1/23 Post-FY23 Trfs
<i>Balances stated as a multiple of one month's of operating expenses</i>					
<b>Short-Term Reserve Fund</b>	1 month	1.5 months	2 months	3.3 months	1.7 months
<b>Long-Term Reserve Fund</b>	2 months	4 months	None	2.6 months	2.6 months
<b>Capital Reserve Fund</b>	\$10,000	2% of insured replacement value (\$42,000 in 2022)	None	\$33,329	\$75,329

operating expenses. Because we exceeded the Short-Term Reserve maximum target, most of the FY23 surplus was moved to the Capital Reserve Fund. The far-right column (chart) lists the balances after the fiscal year-end transfers were completed and uses the FY24 expense budget, which is lower than in FY23. UCH exceeded two of the three targets at the start of the FY24 fiscal year.

## Endowment

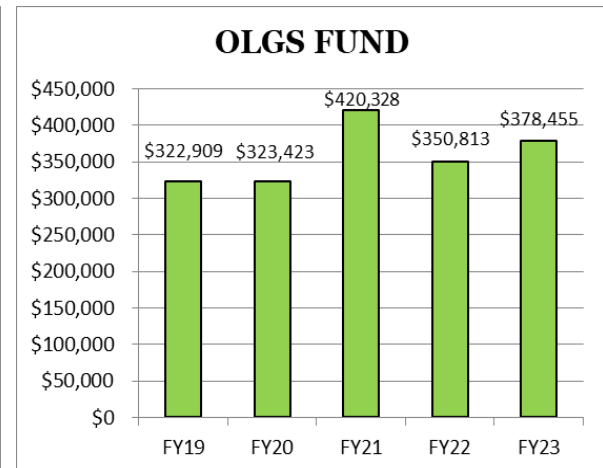
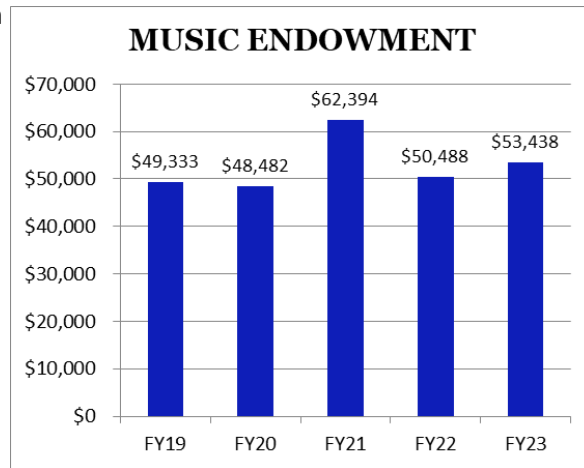
UCH’s long-term assets are invested in the UUA’s Common Endowment Fund. It earned 9.6% for the fiscal year ending June 30. Three percent of the invested balance of the Legacy Endowment and the Long-Term Reserve Fund is included in annual operating income.

UCH’s first endowment fund was invested like an endowment, but early donors knew their gifts might be spent for emergencies. During FY21, that original fund was divided into two: the Legacy Endowment Fund (arising from permanently restricted endowment gifts), and the Long-Term Reserve Fund (funded by transfers of estates, memorials, surpluses, and other unrestricted sources).



From FY14 to FY18, the church withdrew nearly \$143,000 for capital needs and to fund operating deficits.

There were no excess withdrawals in the past five years; we received nearly \$5,000 in Legacy Endowment Fund gifts and transferred more than \$50,000 to the Long-Term Reserve Fund, primarily from unrestricted estate and memorial gifts.



— Submitted by Lois Voigt, Treasurer

## Opportunities for Lifespan Faith Development

By Cory Ness, Director of Lifespan Faith Development

We have many opportunities this month for children, youth, and adults! All are welcome.



### Children and Youth October Calendar

- 🕒 **Oct 1:** Faith development for Nursery – Grade 5 (only); Grades 6-12 attend the Banned Book Service
- 🕒 **Oct 8:** Faith development for all children/youth
- 🕒 **Oct 15:** Faith development for all children/youth
- 🕒 **Oct 22:** Faith development for all children/youth
- 🕒 **Oct 29:** Multigenerational Halloween service for all ages

### We are offering three programs this year:

- 🕒 Nursery: 6 mo. – Kindergarten
- 🕒 Elementary: 1st – 5th grade
- 🕒 Youth Group: 6th – 12<sup>th</sup> grade

Our classes will be learning from our Soul Matters themes in age-appropriate experiences. This year’s overarching frame is *The Gifts of Our Faith*, where we will focus on ten beloved UU values and explore their potential to shape us and in turn shape the world. Monthly themes are summarized in the accompanying matrix.

### Monthly Themes - The Gift of ...

Month	Theme	Month	Theme
September	Welcome	February	Justice & Equity
October	Heritage	March	Transformation
November	Generosity	April	Interdependence
December	Mystery	May	Pluralism
January	Liberating Love	June	Renewal

### Youth Group Bonfire Nov. 11

Please save the date! On Saturday, Nov. 11, we will have a bonfire for all youth in Grades 6 -12 from 5:00 p.m. – 8:00 p.m. in the back of the church. Youth are invited to bring a friend. More details we be available soon.

### Adult Opportunities

We have multiple lifespan activities for adults. Banned Books is open to children/youth, based on the topic.

Activity	Date/Time	Description
Covenant Groups	Second Monday at 5:30 p.m. or second Wednesday at 1:00 p.m. on site	Monthly faith-sharing, following curriculum provided by Soul Matters Sharing (below).
Creativity Matters	1:00 p.m. on 4 <sup>th</sup> Wednesday via Zoom	Craft work/creativity following the cycle of material provided by Soul Matters Sharing (below).
Who Me, an Elder?	11:00 a.m. on alternate Thursdays, started Sept. 21 through Nov. 30, on site	Six sessions, led by Rev. Kathy Ellis, for anyone age 60 or older.
Depression Support	1:00 p.m. on 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday via Zoom, starting Oct. 4	Support group led by Cory Ness and Jim Handshaw, limited to 12 participants.
Banned Books Club	6:30 p.m. last Thursday via Zoom, starting Oct. 26	We start this month with <i>Maus I: A Survivor's Tale: My Father Bleeds History</i> , by Art Spiegelman.

### Theme-Based Ministry

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 October is “The Gift of Welcome.”

### The Gift of Heritage

*Some people are your relatives, but others are your ancestors, and you choose the ones you want to have as ancestors. You create yourself out of [their] values. — Ralph Ellison*



Be on the lookout, friends. The ghosts are on their way! After all, you can't talk about heritage without talking about - and encountering - ancestors. And we're not talking about relatives here. As Ralph Ellison points out, there's a big difference between relatives and ancestors. Relatives give us our brown eyes and bowed legs; ancestors bestow a legacy. Relatives are those we tell stories about; ancestors call us to carry stories forward. Relatives live on in our DNA; ancestors live in the whispers of our hearts. Our relatives allowed us to be here; our ancestors tell us why we are here. The difference comes down to values. Values we use to construct not just our stories but ourselves.

Take success. Remember that old line, "He was born on third base but believes that he hit a triple." People with a clear sense of heritage and ancestry know the truth of how they got where they are. Instead of telling tall tales about their magnificent swing, they speak of "the shoulders on which I stand." Hubris or humility? Ancestors at their best never let us forget the latter.

You will also hear ancestor-conscious people speak of blessings differently. When we get gifts from the kind of ancestors Ellison is talking about, those gifts always come with a responsibility. There is no such thing as keeping the gifts of heritage to oneself. They are meant to be passed on. Ancestors don't just remind you that they came before; they remind you of those who will come after.


And in the end, maybe that's what this heritage thing is all about: seeing ourselves as part of a sacred chain. We are not small. Our lives are not insignificant. Our lives aren't even entirely our own. Every choice we make has consequences for others. Every word we write with our lives twists and propels a plotline that began before we got here and will continue after we are gone.

It all helps us see that it's not just relatives and ancestors that differ. Heritage and history do, too. History may rightly shout, "It's important to know where we came from!" But heritage says, "You matter! Even more than you know."

— Rev. Scott Tayler, *Soul Matters Team Lead*

### Music

Soul Matters has created two different playlists for each of our monthly themes: one in Spotify and another in YouTube. They are organized as a journey of sorts, so consider listening from beginning to end and using the playlists as musical meditations.

 <b>Soul Matters</b>	Heritage	Soul Matters (General)
	Spotify playlist <a href="#">here</a> YouTube playlist <a href="#">here</a>	Spotify playlist <a href="#">here</a> YouTube playlist <a href="#">here</a>

### Our Families Are Exploring the Gifts of Welcome

Each of us carries around a mixed bag of patterns, behaviors, traits, qualities, and epigenetic signatures. This mixed bag is our heritage. We can't put the bag down, but with some intentionality, we can take some items out and put others in. Making regular work of examining and shaping our heritage is part of being a conscientious human in community.

Do you know the story of the holiday ham? There are several versions [here](#). In short, two generations of cooks keep cutting the edges off of a holiday ham because that's the way they were taught to do it, only to discover that the act was first adopted to accommodate a pan too small to cook the ham as it was purchased. The pan was long gone, but the practice persisted.

Heritage is like that. If we're not engaging with it regularly, we're most certainly falling into—and perhaps, passing on—ways of being that don't really line up with who we want to be in the world. But the good news is, our family, friends, and co-congregants can help us see what's in our mixed bag of heritage, and we, in turn, can help others to identify what they carry.

Sometimes this looks like taking the most moving and inclusive parts of your cradle faith and integrating them into your UUism. Sometimes it looks like gently pointing out a friend's assumption based on unexamined privilege. Sometimes it's serving on a task force to petition your city to change the name of a thoroughfare from a plantation owner to a Civil Rights activist. Sometimes it's listening deeply to a cousin's story about interrupting a harmful pattern of parenting in your shared past, and then acknowledging the ways you've perpetuated that harm, and resolving to do better now, with awareness.

That's another gift of heritage. Every time we mindfully engage with our heritage, we grow more accountable and more responsible to generations past, present, and future. In other words, we grow more deeply connected. This month, may we help one another be up to the task of sifting through our heritage. May we be brave in the face of what we find, and may we delight in the gifts we uncover.

Ever yours in our shared inheritance, *Soul Matters team*

### ***Aesthetic Integrity Team: The Power of Place: Continues to Evolve***

*A note from the Aesthetic Integrity Team*

From the 1940s through the 1960s, MCM evolved. [“The Secret behind Midcentury Modern Design”](#) explores the groovy cultural elements it adopted from the post-war boom, the atomic age, the space age, pop culture and the Beatles. Enjoy!

— Submitted by Carol Buskirk



### ***Auction Team: Donation Deadline***

TODAY, October 1 is the deadline for the auction donations to make it into the booklet!!!! If you have not yet donated to the auction, email your donation(s) now to [auction@uchbg.org](mailto:auction@uchbg.org).

We continue to Blaze New Trails since Fall typically has some of the best hiking weather and beautiful views. But don't forget those pesky arachnids are still around! Ticks are a potential source of several illnesses, and you can be bitten in your own backyard as well as out on the trail! The American Hiking Society suggests tucking your shirt into your pants AND your pants into socks. Shower before bed, check often for ticks, and consider using repellent or specially treated anti-bug clothing. We want you to stay healthy! If you do find a tick, remove it immediately with tweezers! If you have not yet donated to the auction, also do that immediately!

Plan to join us as we Blaze New Trails at UCH's annual auction on November 4, starting at 5:30. Buy your auction tickets at Coffee Hour after church on Sundays (\$10/person & \$20/family). If you need childcare (at no additional cost), RSVP when you buy your ticket.

NOW, October 1, is the last day to submit your donation(s) so everyone can see them in the booklet. Fill out the form at church or email a description of the item (worth at least \$50), event, or service to [uchauction@gmail.com](mailto:uchauction@gmail.com).

— Submitted by Patti Hazell



### ***Communications***

The Communications Team and others in the congregation have been busy for over a year developing a new logo for the Unitarian Church of Harrisburg. We hired the graphic designer Alyssa Matheus to create our design, and after numerous meetings, reviews, changes and input from other members, a design has been decided upon. We feel this logo and icon will well represent our identity as the Unitarian Church of Harrisburg.

The logo features a stylized UCH silhouette that is both modern and timeless. The icon is a simple yet elegant design that features a flaming chalice, symbolizing our identity as a UU congregation, our passion for social justice and our commitment to UU values. Style guidelines will soon be introduced to the congregation.

We are excited to unveil our new logo to the congregation and to the community. We believe it is a fitting representation of our church's values and our mission to make a difference in the world.

— Submitted by Dan Vaughn



### ***Safer Congregation Team***

Welcome to fall and the crisp autumn air. Do you have a crisp or snappy idea for the Safer Congregation Team? We want to hear from you! What ideas or procedures do you think would be an excellent suggestion for our UCH community? Please contact Patti Hazell at [phazell@uchbg.org](mailto:phazell@uchbg.org).

— Submitted by Patti Hazell

## Grounds & Gardens

This summer the G&G team noticed that several of our oak trees appeared to be in distress, and we scheduled a walk-around with Eric O’Neal from Good’s Tree and Lawn Care. Eric is a forester and graduate of Penn State with a master’s degree in plant pathology. His report was sobering – and will require several more trees to be removed from the church grounds. The large pin oak tree on the west side of the church has bacterial leaf scorch and cannot be saved. There are also three silver maples, one of which is outside the sanctuary’s glass wall, that continually shed large branches. These trees present safety issues and unfortunately also need to be removed. There are also 23 dead and diseased spruce trees along our west boundary that will be removed as well. Finally, there are two more large pin oaks that require soil growth regulator, soil root stimulator and trunk injections of iron. We are doing our best to save our large trees; however, climate change is taking a toll. This work will be accomplished in three stages: the pin oak removal and tree fertilizer is scheduled for this fall. After the leaves are down, the silver maples will be removed, and this winter the work on the spruce trees will be completed.

It is traumatic for many of us to lose these large trees, but sadly, it is unavoidable. We would love to be able to replace them with a native tree from our G&G approved list. If you would like to contribute to replenishing our stock, please speak with someone on the G&G Team about the choice of trees available and consider making a contribution to the Grounds & Garden fund to purchase a replacement. The replacement plan will be included in the Capital Campaign, but we would love to be able to plant several trees this fall. “The best time to plant a tree is 20 years ago, the second best time is now”. ~Chinese Proverb.

Now for the good news. We are installing a rain garden to absorb the stormwater that has been a problem in our neighbor’s yard on the west boundary. The rain garden is scheduled to be installed adjacent to the front parking lot in the beginning of October by Campisi Landscaping. The rain garden will be planted with different varieties of Pennsylvania native plants, especially ones that love “wet feet.” For more information on rain gardens, [use this link](#).

🌻 **Save the date** – October 14 – UCH Fall Garden Day.

— Submitted by Anita Mentzer

## Membership News

### UCH Membership Anniversaries: Oct. 8 Celebration

The Unitarian Church of Harrisburg invites all and sundry to celebrate these membership anniversaries. During worship service Oct. 8 we will celebrate the following members:

#### 50-Year Members

We will celebrate 50-year membership of the following UCH members: Mary Ann Rhoads and Richard Guthoehrlein (1967); Marilyn McHenry and Leah Kuhns (1970); Joyce Hoskins (1972); and Nathalie Hoke and Michael Mark (1973).

#### 25-Year Members

We will also celebrate 25-year anniversaries of nearly two dozen other UCH members. Congratulations to all!

Member	Year
Guy Dannelley	1976
Robert Pearce	1978
John Aponick	1985
Pam Desch	1989
Kate Quimby	
Gail Jackson	
Donna Hoskins-Helm	
Phil Hoskins-Helm	1990
Carlotta Capitani	
David Forster	
Marjorie Forster	

Member	Year
Rugh Henderson	1990
Sylvia Henderson	
Peter Trufahnestock	1994
Janet Kelley	1995
Cynthia Tyger	
Margaret Carrow	1996
Ronald Skrabut	
Jane Yeater	1997
Sarah Hopkins	1998
Ellen Roane	
Charles Peters	
Kendra Trufahnestock	



**After services  
on Sunday, Oct. 8**

## Lay Community Minister's Report



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

My chaplaincy at Dauphin County's Women's Work Release is primarily about conversations with residents, which always begin (for newcomers) with, "I am here for all residents, regardless of your faith or non-faith. Do you have a religious faith you feel connected to?" Many responses are about how they grew up with a parent's faith – which may/may not still be relevant.

Last Monday an older resident described her Christian upbringing, and then continued that the idea of God is no longer relevant. So when I taught her the breath prayer all new residents are offered, it was "Peace in me/me in peace," and she liked that.

Typical conversations are about: Coping with other residents who are more interested in stirring up discord than working on their own issues. We then talk about the value of keeping to yourself; dealing with temptation after release (we talk about focusing on what will lead them away from prison, rather than the usual prison counselor focus on avoiding the people/places/things that got them into prison); and the need to change some relationships, because they are not the same person who went into prison a while back. The last can be more stressful because sometimes the resident will need to hold loved ones at arm's length while a new relationship evolves. For example, back when I was counseling men inside Dauphin County Prison, one guy confided he could not go home after leaving prison because there was always marijuana on the living room table and he knew he'd have to live somewhere else. And a woman who was proud she had learned to think for herself and be her own person knew she'd have to change her relationship with her child's father, who was used to making decisions for both of them.

UU Community Ministers like me have an organization that supports us. Formerly the Society for the Larger Ministry, it changed its name (while I was on the Board of Directors) to the UU Society for Community Ministries (UUSCM). Note the intentional plural, because there are so many community ministries. Our website at UU Society for Community Ministries - Home ([www.uuscm.org](http://www.uuscm.org)) has more information.

My reproductive justice ministry focused on having the [Pennsylvania Religious Coalition for Reproductive Justice](#) (PA RCRJ) reach out to potential partners like Planned Parenthood Keystone Planned Parenthood Keystone (as the PA RCRJ signed a letter of support to help them get an important grant), and the [YWCA Greater Harrisburg](#), as we gave them a donation in support of their October anti-violence efforts (details at [YWCA Week Without Violence](#).) Our blog at the PA RCRJ site will be featuring guest articles by our partners. And our opposition to Crisis Pregnancy Centers continues as they continue to give out misleading and sometimes harmful information.

And because all politics are local, we are circulating our bumper stickers! As we move into Fall, we will be giving out our favorite, in exchange for any donation whatsoever: Check us out at coffee hour!



## Unistriders: Oct. 21

Join the UUniStriders on Saturday, Oct. 21, 2023, as we Make Strides Against Cancer by walking with thousands of other people in pink. While the focus is on breast cancer, other forms of cancer can affect people's lives, and long-time UCH member Libby Tisdell has OK'd our marching in her honor. JOIN US!





More info at [Making Strides of South Central PA](#)

— Submitted by Jim Cavanaugh



# Calendar of Recurring Events

October 2023

Date	Time	Group	Location
<b>Mon 2</b>	<b>Various</b>	<b>Heart Rhythm Meditation</b>	<b>Zoom</b>
<p>Heart Rhythm Meditation is a type of meditation that involves conscious breathing, in which the individual controls their breathing in order to influence their mental, emotional, and physical state. Join Libby Tisdell and Jim Handshaw in twice-weekly sessions, via Zoom.</p> <p>🕒 Monday afternoons from 4:30 – 5:30 p.m. via <a href="#">Zoom</a></p> <p>🕒 Friday mornings from 11:30 a.m. – 12:30 p.m. via <a href="#">Zoom</a></p> <p>People can drop in or out as they want. Please contact <a href="#">Jim Handshaw</a> for the Zoom link.</p>			
<b>Mon 2</b>	<b>6:30 p.m.</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="#">John Hargreaves</a>. Repeats every Monday.</p>			
<b>Tue 3</b>	<b>6:00 p.m.</b>	<b>Mindfulness Meditation Group (MMG)</b>	<b>Clover Lane</b>
<p>Mindfulness is an acquired skill, practiced while meditating but vital in our everyday lives. Mindfulness helps in reducing stress, managing pain, focusing attention, and overcoming habitual negative behavior. Mindfulness can also point the way to spiritual practice, calming the mind, developing awareness and insight, and bringing us into the present moment. The ability to be mindful is strengthened through consistent practice. MMG provides a space for us to practice together in support of one another.</p> <p>Please join MMG each Tuesday evening for meditation, readings, discussion, and/or dharma talks led by Rebecca Waldemar and the Rev. Lileigh “Keva” Brown. Please contact <a href="#">Rebecca Waldemar</a> or <a href="#">Keva Brown</a> for additional information. Repeats weekly.</p>			
<b>Tue 3</b>	<b>6:30 p.m.</b>	<b>Safer Congregation Team</b>	<b>Zoom</b>
<p>The goal of the Safer Congregation Team is to help members of the congregation care for themselves and the building during both routine events and in case of an emergency. The team meets the first Tuesday of each month via Zoom. Please contact <a href="#">Patti Hazell</a> for the Zoom link or additional information on the team.</p>			
<b>Wed 4</b>	<b>6:30</b>	<b>QueenSpirit (Monthly)</b>	<b>Clover Lane</b>
<p>QueenSpirit is a co-created women’s spirituality circle that meets on the first Wednesday of the month. This month our theme is “Letting Go,” facilitated by Lisa Brinton-Wilson. Letting go begins at birth when we let go of the Sacred Security of the Womb and evolves into a conscious practice. We will discuss and share what letting go means to each of us and our experiences recognizing and letting go of attachments that harm us, keep us from being fully present, or from evolving/becoming.</p> <p>Our gathering begins at 5:30 p.m. with a potluck in the Common Room. Please bring a dish to share and your own place setting. The circle begins at 6:30 and ends no later than 8:30. QueenSpirit is a co-created women’s spirituality circle. All who identify as women are welcome in a co-creating sacred space. Contact <a href="#">Rebecca Waldemar</a> (717-364-2029) for further information.</p>			
<b>Sat 7</b>	<b>9:00</b>	<b>Adopt-A-Highway</b>	<b>Clover Lane</b>
<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, and we’ll be joining other teams for the Great PA Clean-Up. 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.</p> <p>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; clean-up lasts about 90 minutes. Please contact <a href="#">John Hargreaves</a> for information.</p>			

## Calendar of Recurring Events

October 2023

Date	Time	Group	Location
Sun 8	6:00 p.m.	Philosophy and Literature Group (Monthly)	Off site
<p>The Philosophy &amp; Literature Group meets on the second Sunday of each month. This month, the group meets at <a href="#">La Fiesta Mexican Restaurant</a>, 3957 Paxton Street, to discuss <i>The Man Who Ran Washington: The Life and Times of James A Baker</i>, by Peter Baker. From Amazon:</p> <p>Brilliantly crafted by Peter Baker of The New York Times and Susan Glasser of The New Yorker, <i>The Man Who Ran Washington</i> is a page-turning study in the acquisition, exercise, and preservation of power in late twentieth-century America and the story of Washington when Washington ran the world. Their masterly biography is necessary reading and destined to become a classic.</p> <p><b>November:</b> TBD. Please contact <a href="#">Don Brown</a> for information.</p>			
Tue 10	5:30 p.m.	TBD	Off site
<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. <b>We are not meeting in October.</b> This will give anyone who plans to get the new COVID vaccine time to get the extra immunity before another restaurant dinner. We hope to be able to meet in November. Please contact <a href="#">Ann Sitrin</a> (717-766-4767 or text 717-439-6090) for additional information.</p>			
Wed 18	6:00 p.m.	Clover Grove	Clover Lane
<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, it's Pagan Day. Clover Grove offers its expertise in Paganism; what it is and how to practice several aspects of it. We offer an open-minded explanation to a variety of Pagan Paths.</p> <p>Please contact <a href="#">Wayne Minich</a> for further information and/or join the Clover Grover <a href="#">Facebook Group</a>.</p>			
Tue 24	6:30 p.m.	Auction Committee	Zoom
<p>Auction Date: November 4, 2023 Place: UCH Clover Lane Theme: Blazing New Trails</p> <p>The Auction Planning Committee meets the fourth Tuesday of each month. This month, the meeting is via Zoom. Start thinking now about auction ideas and donations for 2023! Come brainstorm ideas, themes, and be a part of the fun, food, and fabulous Auction Committee. Your talent and help planning the 2023 church auction is always welcome. We are looking for ideas to make this year's auction a huge success. Please contact <a href="#">Patti Hazell</a> for additional information. A Zoom link will be sent to committee members a few days prior to the meeting.</p>			

Women's Night Out

Clover Grove  
Pagan Day

2023 Auction

### October Share the Plate: Gather the Spirit for Justice

Each month, we share the Sunday plate with a local non-profit. This month, we share with Gather the Spirit for Justice.

[Gather the Spirit for Justice](#) (GTSFJ) is a non-profit 501(c)3 organization that brings together Allison Hill residents, area organizations, businesses, and churches to address issues of social justice and economic equity. It was jointly founded by UCH and the Shared Ministry during the time we operated at 1508 Market Street. It now operates out of Christ Lutheran Church, 124 South 13th Street.

GTSFJ strives to be a place where people can find common ground, to meet and discuss the changes that need to be made to make Harrisburg a great place to live for all of its citizens.

– Submitted by UCH Finance Committee

