



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 2023.

### Rev. Dr. Sandra Fees



*Be soft. Do not let the world make you hard. Do not let pain make you hate. Do not let bitterness steal your sweetness.*

~ Kurt Vonnegut

Often when I think of resistance (this month's Soul Matters theme), the first thing that comes to mind is taking a stand on social justice issues. I also think about the need to resist societal pressures of busyness, overconsumption, and unexamined prejudice. This work of resistance can be pretty exhausting and discouraging. It can lead to cynicism and despair. No wonder Kurt Vonnegut advises: "Be soft. Do not let the world make you hard."

How do we remain soft when surrounded by cultural forces that incite hate and bitterness, that keep pushing us to do and be more and more? Some of the ways to preserve that sweetness are to practice joy, lovingkindness, and sabbath time. These are spiritual practices the church encourages, teaches, and provides. And this month, I'll be preaching about opening to joy and about widening the circle of lovingkindness. I invite you to reflect on where you are finding joy. How are you widening the circle of love in yourself and in others? How are you nourishing your sweetness?

Yours on the path of resistance,

*Rev. Sandra*

### Rev. Dr. Kathy Ellis



I write on the day after yet another shooting in an elementary school; yet again children and teachers have been murdered. And still, we cannot trust that our political leaders will act to protect us from gun violence. Every day, in our 24 hour, 7 day a week international news cycle, we hear bad news, terrible news. It is easy to follow the path to despair. In fact for me, this season of early spring has always called me to depression. I have never known why and I've decided that it doesn't matter. I need to recognize that in myself and take care of myself. It's a kind of resistance.

Resistance is the SoulMatters theme for April. It's a complicated idea with many different possible meanings. One way of resisting is to resist despair, to resist anxiety and to resist unnecessary fear. Much of the world is constantly teaching anxiety and fear. Fear and anxiety are big money

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## Worship 10:30 a.m. Sundays

### April Theme: Resistance

**April 2: Democracy Conquers Absurdity**, Rabbi Michael Pollack  
Rabbi Pollack, Executive Director of [March on Harrisburg](#), presents "Lessons from the Front Lines of the Democracy Resistance."

**April 9: Mary Magdalene: Apostle to the Apostles**, Rev. Ellis  
Women were important leaders in early Christianity; Mary Magdalene was the first apostle. Sophia, the divine feminine wisdom, has always been present if hidden and suppressed. Consider what divine feminine wisdom in the Christian tradition might mean to you. The children are invited to participate in a canned goods hunt after the worship service.

**April 16: Widening the Circle of Lovingkindness**, Rev. Fees  
Our spiritual community is committed to acceptance, inclusion, and belonging. It isn't always easy. But the practice of lovingkindness can help us to widen the circles within us and in the world.

**April 23: The Blue Green Hills of Earth**, Rev. Ellis  
This is a multigenerational service. We will celebrate our beautiful blue boat home and consider how to care for it. Please bring your favorite toy animal to the service, even if it's a dinosaur or a snake or a bug!

**April 30: Opening to Joy**, Rev. Fees  
Brené Brown asks, "Who are we to be joyful?" Who are we not to be joyful? This morning we'll consider some practices to help us spot joy and savor its blessings.

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

## April Share the Plate: Harrisburg Center for Peace and Justice

*Each month, we share the Sunday plate with a local non-profit. This month, we share with Harrisburg Center for Peace and Justice.*

Founded in 1965, the Harrisburg Center for Peace & Justice educates the Harrisburg community about housing issues and opportunities and provides counseling and advocacy for individual clients. It responds to daily calls about rights and responsibilities of tenants and landlords, provides assistance regarding impending eviction notices, negotiates payment plans to maintain utility services, meets with clients with credit problems, and serves as Representative Payee for clients with Social Security disability income who have experienced homelessness in the past. The organization was nominated by Darlene Kvaternik.

*– Submitted by UCH Finance Committee*



By David Spear, President, Board of Trustees

The pace of activities seems to have picked up recently. There's more and more happening around the church, and things are going faster and faster.

It feels like the pace increased just after we moved our clocks ahead, but perhaps that is just my perception. The church has been busy for quite some time, and the extra hours

of daylight might just be keeping me busier.

**T**hanks to the many people who attended the town hall meeting at the beginning of March. The completion of the strategic plan was an important turning point for the congregation.

The six goals that were developed came from your input and your suggestions of what you want our congregation to be and to do. The board, the ministers, and others are already working to implement this.

One aspect of the plan is capital improvements. Believe it or not, we're actually making progress on this again! Yes, this is the same plan that started with the roof replacement back in 2020, before being interrupted by a couple of years of Covid and then a change in ministers.

We truly, truly hope that there will be no more interruptions!! We made some good use of that extra time, though, as we developed a strategic plan and refined our list of needs a bit better. Next we'll need to prioritize the list and begin to get cost estimates.

**S**peaking of improvements, did you notice the new lights in the parking lots? The lampposts are unchanged, but there are new fixtures at the top. These were installed several weeks ago, and the improvements were immediately notable in the evenings, especially before we turned the clocks ahead. They provide enough light for safety and visibility without bathing the neighbors with unwanted lighting. The new fixtures use LED elements, so they draw a relatively small amount of power. Check them out!

We hope to make other improvements on some of the more

urgent items, even as we proceed to the full plan in a year or so. We may also address a few less expensive items that would make a notable difference to us all.

**A**nother focus these days is about how things get done. We hear you asking two basic questions: "Who decides what?" and "How can I do this project that I'm enthusiastic about?"

These are excellent questions, and I'm glad you asked. There are long-winded and wonkish answers to these questions (which I would love to discuss with you another time), but in short, I'll say this.

Ask. Ask until you get the answer you need. Ask the staff, ask the ministers, ask board members, ask members of teams and committees. Helping members participate is part of our responsibility.

Your leaders are working to clarify processes and simplify them, open doors for you to participate, and bring people together. The lay council meeting in February was a tremendous opportunity for our teams and committees to collaborate, coordinate, and plan.

**W**e plan to have more council meetings, and we hope that clarifying procedures will enable more people to get involved. But in the meantime, please get involved in your own way. Join a team, advocate for a topic, and give feedback where needed.

We know that this is a perennial question, and we are working to clarify many of your questions. But this is also an issue of church culture, about why we do or don't do things, what our expectations are, and what holds us back. We should update that as well.

So be bold. Please join or advocate or speak up. Ask questions until you find what you need. We're working to improve processes and communication, but your involvement can help also. Together we will work to make the church an even better place to be.

David Spear

## New Member Orientation

The Unitarian Church of Harrisburg is a welcoming congregation, open to people from any/all (or no) religious backgrounds. If you are new to Unitarian Universalism, we encourage you to peruse [100 Questions that Non-Members Ask about Unitarian Universalism](#) for background information about our faith tradition. An overview of the "Pathways to Membership" at UCH appears on our [website](#).

For further information about our congregation and the membership process, please feel free to reach out to [Bart Carpenter](#) or another member of the Membership Team. We schedule orientation sessions approximately four times a year, and we will be happy to sign you up!

— Submitted by Bart Carpenter



### Opportunities for Religious Exploration

By Cory Ness, Director of Lifespan Faith Development



By now you may have heard that I have had a job title change from Director of Religious Exploration to Director of Lifespan Faith Development. Why the change? Simply put, it reflects the work I have been accomplishing since I arrived. We all know that learning doesn't stop as soon as we receive our credentials. We are actively learning in each and every moment in our lives.

We are experiencing more in our faith communities than exploring. Exploring implies that we are investigating and studying. I'm suggesting we move toward a deeper experience. By embodying lifespan faith development in our congregation, we are able to develop a religious identity. Faith development offers people of all ages an opportunity to form and continually

reevaluate our own beliefs. We ask our youth in our Coming-of-Age program to write a credo – a statement of beliefs, explaining that what you believe today can change over time as we learn and comprehend the world around us.

The goal of our programs is to offer a lifetime of learning that enhances knowledge and creativity, informs values, and enables us to live lives of wholeness and hope. A comprehensive yet personal approach enables us to create a program of faith development within the context of a Unitarian Universalist identity that can be a meaningful experience for all ages. People of all ages can support one another in a responsible search for truth and meaning and develop a sense of faith in the abundance of life and creation.

### Children & Youth Calendar for April

April exploration is scheduled as follows:

- ☉ **April 2:** RE for elementary, middle grades, and youth group
- ☉ **April 9:** No RE
- ☉ **April 16:** RE for elementary and middle grades
- ☉ **April 23:** No RE – multi-generational Earth Day service
- ☉ **April 30:** RE for elementary and middle grades

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

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 April is Resistance.

### Welcome to the Path of Resistance

..it starts when you say We  
and know who you mean, and each  
day you mean one more.

--Marge Piercy, from [The Low Road](#)

Out of all our themes this year, resistance is among the most complex. But it also may be the most simple.

## JOIN US FOR OUR EASTER CANNED GOODS HUNT

**Our Faith Development program  
is collecting canned goods  
for our Annual Easter Canned Good Hunt  
from now, until Easter Day, April 9th.**

**Older youth are invited to hide the canned items we collect  
during the service while our younger children are invited  
to find the canned goods directly after the Easter Service.**

**Children will trade their found cans for a special Easter surprise!**

**A collection box is located in the narthex.  
Food donations will be donated to the  
Ecumenical Food Pantry.**

**Donations are most appreciated!**



Often the path of resistance asks us to stay in it for the long haul, but just as often it's about taking that first tiny step. Most of the time it requires us to fight to the bitter end, and yet there are many moments when we need to stop resisting and let go.

Resistance certainly takes the form of speaking the truth to power, but often what the world needs even more is for us to speak the truth in love. Bottom line: the path of resistance is tricky business and takes multiple, even contradictory, forms.

But beyond this complexity lies the simplicity of Marge Piercy's words. In all cases, she reminds us, the path of resistance starts when we say "We!" For instance, the power of our picket sign resides in the fact that it hangs alongside those of others. Being who we are usually begins with another loving us for who we are. Both the long haul and our first courageous step are made possible by reaching out to receive a helping hand.

It's all one big reminder that none of us resist alone.

Or maybe what really needs to be said this month is that none of us have to resist alone. Each and every path of resistance is daunting. But they are made even more daunting when we tell ourselves that we must travel those paths by ourselves.

So, yes, we certainly need pushed and prodded this month. But maybe what we need most is to be reassured. Reassured that - when the road gets too treacherous, when the forces against us grow too big, others will be by our side. Maybe it's not more courage that is required, but more connection. Maybe what we really need to hear is not simply "Resist!" but "I will resist with you!" and "Let's start with 'WE'!"

Maybe it is as simple as that.

### 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.

	Resistance	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>

### What Does it Mean to be a Family Finding Our Center?

In 2016 and several years after, I did more than my usual amount of marching and protesting, probably like many of you, and many other Unitarian Universalists. Because the offenses were coming fast and furious and from so many angles, I made a one-word sign to hold that I thought applied to a variety of injustices and crimes and indecencies: Resist.

Resist antisemitism. Resist racism. Resist fascism. Brutality in police culture. Gender discrimination. Maltreatment of new immigrants. Dangerous gun laws. Resist, resist, resist. At some point in the past couple of years, I put that sign in a closet, with relief. I had marshaled all my energy into stopping, sabotaging, preventing, clogging, and closing down. I never figured out how to do all of that in a sustainable way, in a way that acknowledged that the nature of the Universe is a current, or a flow. I was experiencing resistance fatigue. I was at odds with the broader culture (a state that was in integrity with my most core beliefs and my faith), but in acting from that place of opposition, I was also at odds with the Life Force within and all around me. How can we resist without getting stuck or overwhelmed? How can we be vigilant, convicted, and committed while also being in the moment, in our bodies, and

open to the new? Where is the life-affirming YES amidst a bone-deep NO?

Resistance can look like consciousness raising. It can look like performance and entertainment. It can look like joining together, sharing resources, planning and carrying out. Deciding—thoughtfully, and using consensus—when to make and when to break. It can look like joy, like rest, like rage. Trans, British comedian Eddie Izzard talks about how the simple act of fully expressing your authenticity—loving whom you love, wearing what makes you feel terrific, all the while having your everyday, terrific life—is itself an act of resistance, because it challenges dominant narratives about who can and can't do things in the world.

As Soulful Homes this month, we will practice moving into and moving out of resistance, kind of like electricity. We'll become more familiar with the patterns of our own energy so that when it's time to oppose, we can do so with agility and in alignment. The hope is that with this kind of habit, our resistance will become part of our natural flow toward love and justice for all.

— Teresa, on behalf of the Soul Matters team

## Volunteer Opportunities

Put faith into action! Here are opportunities to help out in the month of April.

### **April 22: Spring Garden Day at UCH**

The Grounds & Garden Team will hold their Spring Garden Day on April 22, 2023 from 8 am -2 pm. We have many tasks from which to choose: invasives removal from Memorial Garden, weeding the garden beds and removing spent stems, composting the bunny grass garden, mulching, digging the hole in preparation for the Peace Pole, labyrinth maintenance, and prepping the beds for the new plants. We will also be raking and seeding a top soil delivery to level out the basin created where the play structure once stood. Bring your rakes and wheelbarrows!

Families with children are welcome to participate. UCH kids can bring their kid-sized garden tools to pick up sticks, trucks and shovels to dig in the dirt or trikes and scooters to zip around on the north parking lot. Lunch will be provided but we need to know how many will attend: please [sign up here!](#)

— Submitted by Anita Mentzer



This could be you

### **April 29: Additional Volunteers Needed for Reentry Breakfast**

UCH has offered to host the monthly breakfast coordinated by the [Prison Action Committee](#) of [Christian Churches United](#). Please mark your calendar to help us host the event on **Saturday, April 29**. Tasks include:

- ✚ Prepare food on Friday (11:00 a.m.)
- ✚ Set up on Friday (1:00 p.m.)
- ✚ Help cook early Saturday morning (7:15 a.m.)
- ✚ Help serve coffee, juice and the hot breakfast after guests arrive around 9:00 a.m.
- ✚ Help clear and clean up after our guests leave (10:00 a.m.).
- ✚ Many other tasks that are part of a successful breakfast.

Please sign up [online](#) if you can help; pick one or more slots. For general information, please contact [Jim Cavanaugh](#), [Margaret Carrow](#), [Chris Dutton](#), [John Hargreaves](#), or [Darlene Kvaternik](#).

— Submitted by Kate Carpenter

### **Other Opportunities**

We also maintain a master list of individuals and areas they might be interested in volunteering. If you are interested in engaging with any of the groups below, please contact Volunteer Coordinator [Kate Carpenter](#).

Adopt-A-Highway

Aesthetics Team

Auction

Board of Trustees

Building Maintenance Team

Caring Compassion Connect

Choir/Bell Choir

Clover Grove

Coffee Hour

Communications

Congregational Life Team

Covenant Groups

Ecumenical Food Pantry

Engagement Team

Finance Committee

Gather the Spirit for Justice

Grounds & Gardens

Heart Rhythm Meditation

Helping People in Prison and Their Families

Humanism

Journey to Justice

Membership Team

Mindfulness Meditation

Oliver LaGrone Scholarship Committee

Philosophy and Literature

Planned Giving

Poor People's Campaign

Power to the Hill

Queen Spirit

Religious Exploration

Reopening Team

Reproductive Justice Allies

Safer Congregation Team

Social Justice Roundtable

Stewardship

Stitchers Group

Survey Team

Technology

Ushers and Greeters

UU Christian Fellowship

UUJusticePA

Volunteer Coordinator

Worship Team

Yoga

— Submitted by Kate Carpenter

### **LaGrone News: 2022 Scholar:**

Sara Farheen is enjoying her first year at Penn State Harrisburg. Generous and welcoming students and professors that she respects are shaping her satisfying college environment. Given her intent to become a physician assistant, Sara reports that it's coursework in anatomy and physiology that has been most stimulating. The animal brain and the animal heart that she dissected mimic human biology.

Getting up early for the drive to campus in Middletown isn't Sara's favorite part, but her supportive family remains a point of strength. Sara also appreciates the LaGrone Scholarship help and the interest of her LaGrone mentor, Ann Stillwater, and other UCH members in her achieving her academic goals.

— Submitted by Patti Hazell



## UCH Teams Reports

### **Auction Team: Blazing New Trails, Saturday, Nov. 4**

Every year the UCH community gathers for the Auction where we share our interests, talents, treasures and pleasures for the benefit of our common goals. Mark your calendar now for Blazing New Trails, this year's auction on November 4. No boots, backpack, compass, or trekking poles will be needed to attend.

While it's still six months away, this is a good time to be thinking of what you can share. Just take a breath of fresh air and brainstorm now to find the fun or functional item, event, or service that will help UCH to Blaze New Trails in the coming years.

As you do your spring cleaning, keep an eye out for special items (value of \$50 or more) that you can donate. Email [auction@uchbg.org](mailto:auction@uchbg.org) to volunteer or if you have questions.

— Submitted by Patti Hazell



### **Aesthetic Integrity Team: The Power of Place: It's Old and Still New**

Have a "throwback moment" and picture the settings for The Brady Bunch, Madmen, and The Jetsons. THAT's Mid Century Modern. The "endlessly chic trend" is back! And it's now even more popular than it was more than 50 years ago. Take a few minutes at the Drew Barrymore show on [YouTube](https://www.youtube.com/watch?v=...) to learn more and you'll recognize some features seen inside our church.

— Submitted by Carol Buskirk

### **Safer Congregation Team: Progress Report**

The next time you visit our church home, we invite you to look around our beautiful campus to see how many of the six wall mounted fire extinguishers you can find. If there was an emergency and you had to evacuate the building quickly, which exit would you take?

Just a few updates from your safer congregation team. We will be adding a small fire extinguisher that will be located discreetly in the lectern. Two new exit signs have been added on either side of the altar interior doors on the inside of the sanctuary. Both were suggestions from our team as an extra layer of fire safety.

The Safer Congregation Team is also hard at work updating our safety policy and looking for ways to improve safety for all members of our church family.

— Submitted by Patti Hazell

### **Engagement Team: April 16: Second Sunday Potluck**

Because of Easter, our "Second Sunday" potluck will be April 16. Please bring a dish to share to our communal feast! If you don't have time to prepare something, feel free to pick up something already cooked. If you are unable to bring anything, come anyway. This is about fellowship, not the amount of food. We will share whatever is there.

If you have any questions, feel free to contact [Dan Vaughn](mailto:Dan.Vaughn@uchbg.org) or [Patti Hazell](mailto:Patti.Hazell@uchbg.org).

— Submitted by Dan Vaughn

## Playground Demolition

UCH unexpectedly gained access to a 30-ton dumpster March 3-15, and an intrepid group of volunteers worked throughout the day March 9 to disassemble the play structure, which was deemed unsafe some time ago. Thanks to Jacqueline Swanson for arranging the dumpster and coordinating logistics, and many, many thanks to volunteers from the Building Maintenance Team and the Grounds and Garden team, who worked all day March 9 to saw, dig, chop, and otherwise disassemble.



## 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.*

I have passed an important milestone, having written a Covenant with our Co-Ministers. It holds "as our sole purpose the spiritual health of members and friends of this congregation and of the congregation as a whole." This is similar to my covenants

with past ministers as recommended by the [UU Society for Community Ministries](#), of which I am a life member. My covenant with UCH goes back to a letter signed by Rev. Howard Dana in 2011 to the chaplain at the State Correctional Institution – Muncy, acknowledging me as a lay chaplain of UCH.



**Unitarian Universalist Society  
for Community Ministries**  
*"Beyond the Walls of Our Congregations"*



### Chaplaincy

As chaplain at Dauphin County's Work Release Center (WRC) for women, I serve all residents of any faith or no faith. I was recently pleased to give a hijab head scarf to a Muslim woman who wanted to observe Ramadan properly. I also provided her a listing of the required Muslim daily prayer times, which I routinely find on the website of the [Islamic Society of Greater Harrisburg](#).

In my quest for Bibles for the Christian residents, I have found that the Midtown Scholar has a good supply of lightly used ones. They recently donated four when I was able to show that I serve as a volunteer chaplain at Dauphin County Prison and the WRC. Sadly, the Gideon Bibles in plentiful supply are all King James or New King James which use "he" for references to God. My supervisor in the seminary bookstore, where I worked to help pay for seminary, said, "always look at Psalm 1:1. The old translations like the KJ or even the Revised Standard Version (1952) all say, 'Blessed is the man...' while the newer inclusive translations like the NRSV (1989) say, 'Happy are those who do not follow the advice of the wicked'."

Psalm 1:1:

Blessed is the man that walketh not in the counsel of the ungodly  
*Happy are those who do not follow the advice of the wicked.*

Why is this important? People who read the older versions learn that God is male – a toxic belief that has generated patriarchy and harmed women since the beginning of Christianity. So even though I seek Bibles to give out, I cannot in good conscience use the non-inclusive translations, even though they are free.

### Reproductive Justice

My reproductive justice community ministry is focusing on advocacy for a \$15 minimum wage in Pennsylvania (petition, page 9), which lags behind all the states around us. This is important for the [tenet](#) of reproductive justice which states that "Reproductive Justice is the human right to [...] parent the children we have in safe and sustainable communities."

The [Pennsylvania Coalition for Reproductive Justice](#) is working to get our new bumper stickers onto cars throughout PA, to get out the vote, reminding people that "all politics are local." All donations will be matched dollar-for-dollar to help our faith outreach effort across Pennsylvania, and donors will receive our "Roe Roe Roe Your Vote" bumper sticker.



— Submitted by Jim Cavanaugh

### Gather the Spirit for Justice: Common Ground Coffee

[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.

Common Ground Coffee, an outreach of Gather the Spirit for Justice (GTSFJ) provides the folks in the Allison Hill neighborhood a free, safe, welcoming place where residents and families can meet and socialize from 9:100 a.m. to 11:00 a.m. each Saturday. Some weeks, we just have informal coffee, tea, and light snacks for adults, and a play area for kids. But other weeks we offer live music, interesting speakers and fun activities. On the horizon:

- ☺ April 1: a pet vaccine clinic in the parking lot of Christ Lutheran
- ☺ May 6: Samia Malik speaking on *The Basics of Islam*

— Submitted by Jacquie Rucker, Program Director



## UUJusticePA

Ed. Note: UUJusticePA is a non-profit advocacy group supporting economic, immigration and environmental justice in Pennsylvania with support from members in 34 congregations across the state. For information about joining, please check [www.uujusticepa.org](http://www.uujusticepa.org).



## Rally Against Gun Violence

UUJusticePA's Gun Violence Prevention (GVP) team rallied March 23 at the State Capitol, working closely with the non-profit [CeaseFirePA](#), which Helped organize the event. The day was poignant and energetic with inspiring speakers and moving testimonies, including many impacted young people from the Pittsburgh chapter of [March for Our Lives](#).



UUs from across the state came to rally. I was happy to meet one UU from Philadelphia who came to lobby with seven members of her congregation. The GVP team follows the bills and will rely on us to "push" our legislators to vote for them. No surprise that there will be push-back, as already seen here.

UUJPA director Joan Sabatino was present at the hearing, which was packed to overflow. It was painfully obvious throughout the day, listening to testimony from survivors and families decimated by loss, that this issue is not a Philadelphia-Pittsburgh issue, but an issue that affects everyone.

If you are interested in attending future rallies or signing up for the social justice Roundtable email, please contact [Rachel Mark](#).

— Submitted by Rachel Mark

## Living Wage Petition

Since 2009, Pennsylvania's minimum wage has been \$7.25. Gov. Shapiro's budget is based on a \$15 minimum wage but a living wage in PA is actually \$16.41 according to the [Living Wage Calculator](#). We need to pressure our PA legislators to act.

How can you help? [Sign this petition](#). This simple action supports the work of UUJusticePA, in collaboration with #FightforPayinPA, gathering signatures across the state. The signers' names will be separated according to legislator and the resulting petitions will be hand-delivered to each individual legislator to show them the number of their constituents who support increasing the minimum wage to \$15.

"Anyone who has ever struggled with poverty knows how extremely expensive it is to be poor." ~James Baldwin. Please, take a moment and [sign the petition](#).

— Submitted by Anita Mentzer

**RAISE THE WAGE**  
is a **WOMEN'S ISSUE**

A woman working full-time at minimum wage will earn **\$14,500 ANNUALLY.** More than **\$4,000 BELOW** the poverty line for a woman with two children.

Of the 144,000 workers earning minimum wage in PA **58.3%** are **WOMEN.**

Raising the minimum wage to per hour would boost annual salary to **\$30,000** by **2024.** **\$15**

Enough to lift a family of four **ABOVE** the poverty line.

## Calendar of Recurring Events

April 2023

Date	Time	Group	Location
<b>Sun 2</b>	<b>5:00</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 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, 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 Sunday evening in April for meditation, readings, discussion, and/or dharma talks. Rebecca Waldemar leads on the first and third Sunday, and the Rev. Lileigh "Keva" Brown on the second and fourth. Meditations will be in the Fuller Chapel except on the last Sunday of the month when we meet in the Joseph Priestley room.</p> <p>Please contact <a href="#">Rebecca Waldemar</a> or <a href="#">Keva Brown</a> for additional information. Repeats every Sunday.</p>			
<b>Mon 3</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="#">Dave Forster</a>. Repeats every Monday.</p>			
<b>Tue 4</b>	<b>6:30</b>	<b>Safer Congregation Team</b>	<b>Zoom</b>
<p>The goal of the Safer Congregation Team is to help the congregation care for themselves and the building during normal church services and activities in case of an emergency. Planning meetings are scheduled for the first Tuesday via Zoom. Please contact <a href="#">Patti Hazell</a> for additional information. Repeats monthly.</p>			
<b>Wed 5</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 in twice-weekly sessions, via Zoom.</p> <ul style="list-style-type: none"> <li>🕒 Wednesday afternoons from 4:30-5:30 p.m.</li> <li>🕒 Friday mornings from 11:30 a.m.-12:30</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>Wed 5</b>	<b>5:30/6:30</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, we will explore the question "what is the sacred feminine?" Ann Stillwater will share a poem about the unexpected power of a woman (the prophetess Miriam) and a meditation on eggs as part of our reflection on the sacred feminine. You are encouraged to bring stories, poems, or objects that help you connect to the sacred feminine.</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. From 6:30 to 8:30 our circle will meet in the Joseph Priestley room. 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>Sun 9</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. via Zoom. This month, the group meets to discuss <i>Path Lit by Lightning: The Life of Jim Thorpe</i>, by David Maraniss. From Amazon.com:</p> <p style="padding-left: 20px;"><i>A riveting new biography of America's greatest all-around athlete by the bestselling author of the classic biography <a href="#">When Pride Still Mattered</a>.</i></p> <p>The group will also discuss/confirm candidate books for 2023. Please contact <a href="#">Don Brown</a> for information.</p>			
<b>Wed 19</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'll celebrate Earth Day with a Plant Swap. The grounds are thawing, and the spring flowers are popping up everywhere. During our meet-up, we are planning a plant swap. So dig up those</p>			

Date	Time	Group	Location
extra plants and bring them in to share among other like-minded green thumbs! Join us for an evening of Paganism filled with potluck, celebration and pastels. Please contact <a href="#">Wayne Minich</a> for further information.			
<b>Tue 25</b>	<b>6:30</b>	<b>Auction Committee</b>	<b>Zoom</b>
Auction Date: November 4, 2023 Place: UCH Clover Lane Theme: <b>Blazing New Trails</b> 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.			

**Membership News**

***New Members***

Please congratulate these new members of our congregation!

**Deb Puskar**

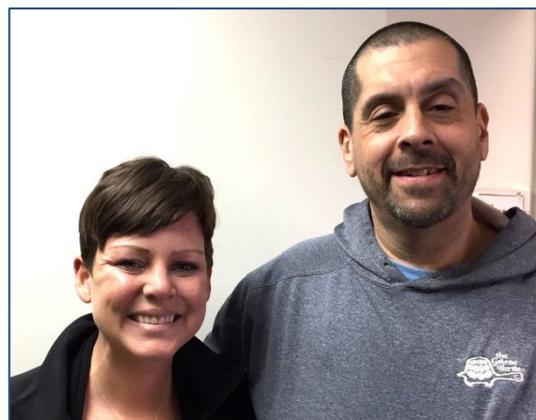
Deb Puskar is a natural seeker, interested in learning about the world around and within. She has lived in Camp Hill since the 1990s and enjoys the warmth and companionship of family and friends.

She says she feels so welcome at UCH, and she has already joined the Building Maintenance Team and the Safer Congregation Team.



**Kris/Brittanie Rico**

Brittanie and Kris live in Harrisburg with their children, Jack, Tyler and Carter. Brittanie’s late grandparents were heavily involved in the Unitarian Church in Bethesda, MD. In joining UCH, she says they are returning to their family roots. She also said, “Once we became introduced to this church, we felt so included and welcomed we knew we found our new home. We absolutely love it here.”



***Transitions***

**Kathy Stewart (1934-2022)**

A celebration of the life of [Kathy Stewart](#) will be held at 11:00 a.m. April 15 at UCH, the Rev. Dr. Kathy Ellis conducting. A reception will follow downstairs in the Common Room.

Kathy joined UCH in 2008. Over the years, she was involved in our Market Street ministry, Gather the Spirit for Justice (GTSFJ), the UCH choir, and Pastoral Care Associates. She was also a physical therapist with extensive experience in Traeger and cranial sacral therapy; for years, she donated her services to the UCH auction and to GTSFJ.

**Chuck Cladel (1939-2023)**

[Chuck Cladel](#), 83, died Feb. 21 at his home near Laconia, NH. He and his wife, Nancy, were longtime friends of UCH; he became a formal member in 2019. The Cladels moved to New Hampshire in 2021. He is survived by his wife; two children; a granddaughter; three step-grandchildren and a sister. Services were March 19 at the UU Society of Laconia.

**Jean Martin (1938-2023)**

Former UCH member [Jean Martin](#), 84, died March 7 at her home in Worcester, MA. She and her husband, Don, joined UCH in 1976. After retirement in 2002, they moved to Worcester, MA. She is survived by her husband; two children; four grandchildren, and five great-grandchildren.

**Ministers' Message** (Continued from Page 1)

makers. They help to sell everything from makeup to guns. One of our political parties relies on fear to get voters. We can resist despair and our loving community is the place where we find the strength to do so as my colleague Gretchen Haley writes:

**This wholeness is our practice of resistance...\***  
*Rev. Gretchen Haley*

Although there remains  
too much evidence  
of the world  
breaking a  
part  
at coastlines  
Congressional hearings  
and  
kitchen tables  
Inside the quiet places  
of your heart  
and mine  
there resides still  
the seeds  
the longing  
to return to this  
knowing  
that we belong to each other / this earth / this life  
To re-member ourselves

and all of our lost pieces  
Beloved in ways that cannot be  
undone  
To dwell here in this healing  
This hope  
This wholeness  
is our practice  
of resistance  
Even in rage we refuse  
to relinquish gratitude  
or  
joy  
Come, let us worship together

There is another tool in our resistance and it's one that is mostly known only to old people. Old people who are thoughtful and reflective and who remember the past know that very many things are better than they have ever been before. Yes, oppression is quite real and it is not gone, but you should have seen how things were in 1950s United States! Yes, there are backlash forces but they haven't won yet, and in the long run, they are losing. Find this hard to believe? Ask me about it.

*Rev. Kathy*

**Stewardship Campaign**

As we go to press, current pledges for next year amount to \$239,120. If you haven't pledged yet, please fill out a pledge form [online](#) or [download](#) the paper form and return to the office. Please be in touch with any member of our team with any questions.

This year's stewardship campaign invites you to feed the roots that allow UCH to take wing. If a small group of people had not planted the seed of the Unitarian Church of Harrisburg in 1927, the roots of this liberal religion may never have taken root in conservative Central Pennsylvania.

You and the people you see at UCH services and events are the only people who keep this community thriving. We are responsible for the church's entire annual operating budget. The budget funds compensation for our dedicated staff and ministerial leadership; underwrites community connections; and finances stewardship of our grounds, sanctuaries, and fellowship hall. It makes it possible for us to honor our commitments to social justice, music ministry, religious and spiritual education across the lifespan, and more. Our core pledge goal this year is \$370,000. We have also set a wish pledge goal of \$390,000.

With Gratitude,

*Your Stewardship Team: David Powell (Chair), Paul Haken, John Hargreaves, Mary Henninger-Voss, Rev. Dr. Sandra Fees*

