



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.

Rev. Dr. Kathy Ellis



As you can see from the photos in this issue, UCH had great representation at this year's General Assembly (GA). When I asked about their experience, one said she was "inspired;" another said she felt "revived." And a third said, "I love it." Next year GA will be online only, but the year after that GA will be even closer than this year: plan now to attend GA in Baltimore in 2025.

To me, this GA felt particularly significant, and you will hear more about it in the coming months.

Unitarian Universalism is a Living Tradition, which means we grow and change, and a generational shift was apparent in our meetings. We continue to move from an individualistic focus to a more connected community of care and responsibility. Delegates voted to affirm the proposed revisions to Article II of the UUA bylaws and to continue discussion of these suggested changes. These changes express our values in a new way, and we will be talking about it at UCH. Here is part of those changes:

- The purpose of the Unitarian Universalist Association is to actively engage its members in transformation of the world through liberating Love.
- As Unitarian Universalists, we covenant, congregation to congregation, and through our association, to support and assist one another in our ministries. 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.

There is more, much more. But also at this GA, we elected a new UUA president, Rev. Sofia Betancourt. I was impressed by Rev. Sofia and look forward to her tenure. From my notes, some of what she said:

I want communal care to be at the center. (We need to) leave room for rest, for connection, for imagination and to show up for each other. [...] The purpose of religious community is to witness different possibilities.

She invited congregations to

Tell us what you need. Congregations can figure out what they're really good at.

Congregations can share resources and partner with each other. Showing up to do the work together.

Rev. Sofia also encouraged us to thrive, and she urged us to

Be obnoxious about our values in public. Be proud.

We also experienced vibrant worship and wonderful music at GA. Several times, we heard, "Change is coming!" That change is revitalization and hope. Unitarian Universalism is a Living Tradition.

Rev. Kathy

Worship 10:30 a.m. Sundays

July Theme: Delight

July 2: Outlawing Jellybeans and Other Injustices Rev. Dr. Ellis

A multigenerational service with a story from Erika Hewitt's [Story, Song and Spirit](#). Considering authoritarianism, injustice, and the power of the people, led by Rev. Dr. Ellis and the UCH players.

July 9: Interconnection: The Power of an Invisible Thread,

Rev. Dr. Fees

UUs talk a lot about the importance of our interconnection with all life. Sometimes, though, what tethers us to friends, family, and communities is an invisible string. How can we learn to trust the invisible thread that connects us?

July 16: Helping Refugees in Harrisburg, Erika Juran

Church World Service opened an office in Harrisburg in spring 2022, focused on serving refugees in Central Pennsylvania, including a significant number from Afghanistan and Ukraine. Erika Juran talks about the organization's work in our community.

July 23: Self-Love, Mary Braasch

Aurora is a Norwegian singer-songwriter best known for portraying the voice of Mother Earth in *Frozen 2*. Most of her songs call to a part of humanity forgotten in our busy 21st Century lives. If you are looking for a musical healing, connection to your inner self, and an uplifting meditative space, come and experience the ritual. Everyone who attends will receive a tiny "mother of thousands" succulent in a jar.

July 30: TBD

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.

General Assembly

Several thousand UUs converged on Pittsburgh June 21-25 for the annual General Assembly of the Unitarian Universalist Association, including 21 people from UCH! Attendees included Rev. Dr. Kathy Ellis and her husband, Rick Heckman; Cory and Daryl Ness; Yvonne DuVal, Dean Leverett, and their son, Terran; Ann and JD Stillwater; Lois Voigt and Marj Schubauer-Hartman; Karen Sykes; Anita Mentzer; Mary and James Henninger-Voss; Margaret Carrow; Rachel and Michael Mark; Karen Baker; Chris Dutton; and Laura Shemick and Rima Cameron.

The event opened Wednesday with the traditional [Banner Parade](#), with participation by UU congregations across the U.S., including UCH. At the annual [Service of the Living Tradition](#), our Director of Music Ministries, Yvonne DuVal, was recognized as a Certified Music Leader after completing the 3-year UUA [Music Leadership Certification Program](#). The traditional Ware Lecture (presented each year since 1922) was given by scholar [Imani Perry](#). She won the 2022 National Book Award for Nonfiction for *South to America: A Journey Below the Mason-Dixon to Understand the Soul of a Nation*. Past lecturers include Cornel West, Eboo Patel, Jesse Jackson, Martin Luther King, Reinhold Niebuhr, and Jane Addams.



The UCH banner, along with members of the congregation



UUA GENERAL ASSEMBLY
PITTSBURGH • JUNE 21 - 25, 2023



UCH members, between sessions at GA



Yvonne DuVal, Certified Music Leader

News from the Office

Welcome Mike Waldvogel

Mike Waldvogel joined our staff June 20 as Facilities Manager. Mike has worked in facilities maintenance and management for more than 10 years, including at the Lebanon Rescue Mission and Palmyra Area School District. He is currently employed as Operations Manager at Pine Street Presbyterian Church in Harrisburg. Raised in New York City, he now lives in Annville.

His position with UCH is part-time, 15 hours a week. He will oversee and coordinate the day-to-day operations of the church's buildings and property and work collaboratively with the staff, Building Team, and Gardens and Grounds Team. He will also serve as sexton, attending to general cleaning needs.

Mike will typically spend a few hours at church on Thursday afternoons when staff and others know he will be there. The rest of his time will be flexible and scheduled around his other work commitments. You can reach him at mwaldvogel@uchbg.org.



Opportunities for Religious Exploration

By Cory Ness, Director of Lifespan Faith Development



Summer RE

Our UU 7th principle is “Respect for the interdependent web of all existence of which we are a part.” This summer, we are using the “Web of Life” curriculum for children’s RE, focused on the 7th principle. The schedule appears in the calendar at right.

As noted in a previous column, during the summer months we will be meeting in the large classroom downstairs. Each week we will experience a similar structure, but each week will have different teachers and leaders. Activities will be diverse from sharing stories, acting out scenarios, conversation, experiential activities – indoors and outdoors, and visits from special guests.

Parents are also invited to join us in the classroom to assist their child and help out teachers with these changes.

Children & Youth Calendar for July

July exploration is scheduled as follows:

July 2 – Multigenerational story service (no RE)

July 9 – RE Class: *Seed Dispersal: Ways to Get Around*

July 16 – RE Class: *Tree Identification: The Great Producers*

July 23 – RE Class: *Pollinators in your Yard*

July 30 – RE Class: *Frogs & Polliwogs: Miraculous Transformation*

Reminder: all children through Grade 2 must be picked up by their parent/caregiver no later than 11:45. Thank you for your understanding.

Soul Matters 2023-24

Our monthly Soul Matters themes run September – June. For 2023-24, the overarching frame is *The Gifts of Our Faith*. We focus on ten beloved UU values and explore their potential to shape us and in turn shape the world.

How do these values offer us both challenge and comfort? What might it mean to place them at the center of our living and loving? What promise do they hold for us individually as well as collectively? These are some of the questions that will guide and bless our journey in the year ahead. How do these values offer us both challenge and comfort? What might it mean to place them at the center of our living and loving? What promise do they hold for us individually as well as collectively?

The Gift of...

- 🌱 September: Welcome
- 🌱 October: Heritage
- 🌱 November: Generosity
- 🌱 December: Mystery

- 🌱 January: Liberating Love
- 🌱 February: Justice & Equity
- 🌱 March: Transformation

- 🌱 April: Interdependence
- 🌱 May: Pluralism
- 🌱 June: Renewal

OWL

Next year, we are hoping to offer multiple segments of the “Our Whole Lives” ([OWL](#)) program. OWL is a comprehensive sexuality education program that offers participants the opportunity to explore their values and gain accurate information about topics that are often not easily accessible. The overall goal of the Our Whole Lives program is to help participants gain the knowledge, values, and skills they need to lead sexually healthy, responsible lives. The curriculum was created jointly by the UUA and the United Church of Christ (UCC) organization.

If you are interested in facilitating OWL sessions next year, please contact [Cory](#). There are training sessions for facilitators summarized in the table below. The sessions have maximum 15 participants.



Level	Dates	Location	Registration
Junior/Senior High	July 21-23, 2023	Wilmington, DE	Link
K-1, 4-6	August 11-13, 2023	York, PA	Link
Adult	August 11-13, 2023	York, PA.	Link

Lifespan Faith Development

Beginning in August, Cory will be collecting information for our Lifespan Faith Development Brochure. If you are currently leading or offering a program for UCH members and friends, I invite you to send me a blurb so that I can include it in the brochure. In the blurb, I ask you to include the title, logistics, and contact person of your offering to our community.

Do you have a special interest you'd like to share with UUs?

Maybe it's a spiritual practice, UU history, life issues, book discussion(s), writing group, Bible literacy, or perhaps you have specialized knowledge you would like to share with members of our congregation. You are invited to contact Cory to discuss your idea(s). Perhaps you would like to see a particular offering but don't want to lead. Again, contact [Cory](#) about your idea(s).

Inspirations & Intentions Workshop: For Your Spiritual Journey

Sunday, August 6, 2023

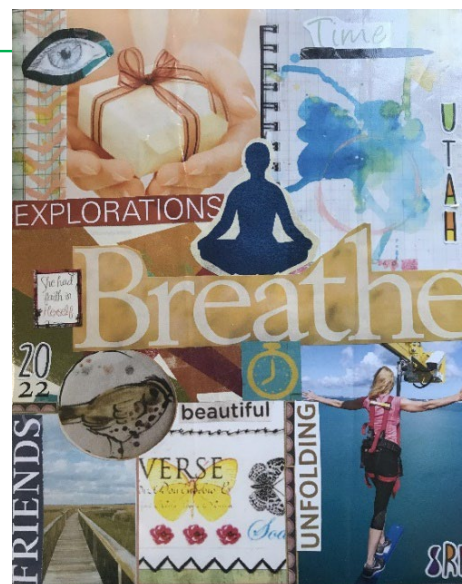
facilitated by Rev. Dr. Sandra Fees, UCH Co-Minister

Time: 12:00-2:00 pm

Sign up: by August 1

Contact: sfees@uchbg.org

This workshop is a mini-retreat opportunity. You will leave with a clearer sense of your own intentions for the coming months and a visual to keep you inspired. We will spend our time together in reflection and sharing, and each of us will create our own personal inspiration board of collaged images and/or words. Please contact [Rev. Fees](#) with questions or to sign up.



Volunteer Opportunities

General Opportunities

Put faith into action! We maintain a master list of individuals and areas where 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	Gather the Spirit for Justice	Religious Exploration
Aesthetics Team	Grounds & Gardens	Reopening Team
Auction	Heart Rhythm Meditation	Reproductive Justice Allies
Board of Trustees	Helping People in Prison and Their Families	Safer Congregation Team
Building Maintenance Team	Humanism	Social Justice Roundtable
Caring Compassion Connection	Journey to Justice	Stewardship
Choir/Bell Choir	Membership Team	Stitchers Group
Clover Grove	Mindfulness Meditation	Survey Team
Coffee Hour	Oliver LaGrone Scholarship Committee	Technology
Communications	Philosophy and Literature	Ushers and Greeters
Congregational Life Team	Planned Giving	UU Christian Fellowship
Covenant Groups	Poor People's Campaign	UUJusticePA
Ecumenical Food Pantry	Power to the Hill	Volunteer Coordinator
Engagement Team	Queen Spirit	Worship Team
Finance Committee		Yoga

— Submitted by Kate Carpenter

Member Anniversaries ~ Celebration Planned

The UCH values its membership and their contributions to our community. Among other things, we maintain two honors plaques honoring those with continuous membership over the past 25 and 50 years, respectively, and a third plaque for life members. These plaques hang in the north hall at Clover Lane.

It's time to update the honors list! We are planning a ceremony in October to honor 25-year continuous membership and 50-year continuous membership. This could be you! Based on the membership database, the church office identified more than two dozen candidates for the honor, and we have reached out to each of them to confirm their willingness to be honored. This is based on the database, which was manually created in 2010. If we missed you, please contact [Caroline Parke](#) so we can add you to the list!

— Submitted by Bart Carpenter, Membership Team

Transitions

Michelle Heh (1967-2023)

UCH member [Michelle Heh](#), 55, died May 28 after a long battle with ovarian cancer. An open house celebration of her life will be held from 1:00 p.m. to 4:00 p.m. July 8 at Buhrig's Gathering Place in Mechanicsburg, with services at 2:30 p.m., the Rev. Dr. Kathy Ellis officiating. Michelle is survived by her mother, UCH member Judi Heh; a sister; and other relatives.



Jean Martin (1938-2023)

A memorial service for [Jean Martin](#), 84, was held June 10 at UCH, the Rev. Dr. Kathy Ellis officiating. Jean was a UCH member for decades, including service as Director of Religious Education. She and her husband, Don, moved to New England in 2002, where she was active in the UU Church of Ellsworth, ME. She is survived by her husband; a son, Kenneth, of Corolla, NC; a daughter, Deborah, of Mountain Center, CA; four grandchildren; and five great-grandchildren.

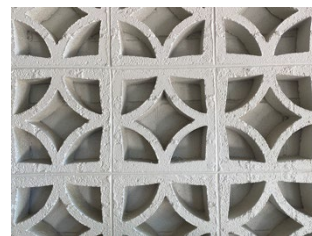


Team Reports

Aesthetic Integrity Team: *The Power of Place: Simple Shapes and Patterns*

A note from the Aesthetic Integrity Team

Think of clean lines, geometric shapes, or organic curves. Mid-Century Modern features varied and appealing [patterns and textures](#) like this iconic screen, found in our foyer (photo) and at the rear of the sanctuary.



— Submitted by Carol Buskirk

Auction Team: *Blazing New Trails, Saturday, Nov. 4 SAVE THE DATE*

Ding Dong, its July and the bells are ringing to celebrate America's birthday. The United States of America was Blazing New Trails in 1776. UCH is Blazing New Trails now. If you want some bells to ring, come to UCH's Blazing New Trails auction on Saturday, November 4. One item you can bid on is a group of 12 decorative bells, including a Lefton 1971 Violet porcelain bell and 2 lead-crystal bells with bronze handles.

Proclaim our free and responsible search for truth and justice by donating items (at least \$50 value please), services, or events. Questions or want to volunteer? Contact auction@uchbg.org.

— Submitted by Patti Hazell



Blaze New Trails
with Decorative Bells

Grounds and Garden (G&G)

Good news to report: the drip irrigation is working as planned and our foundation plants are healthy and thriving. A word of caution: the outdoor faucets have timers attached and only the left faucet is available. Please follow the step-by-step directions located in the plastic bin near each faucet if you need to use the water. Better yet, ask Mike, Larry, Marsha or Anita for a demonstration.

In addition, the newly planted grass is filling in and received an initial mowing. All the underbrush, invasives and debris has been removed (check out the 8-foot debris pile) from the east and west boundaries of the church property thanks to Larry Beyer. The foundation beds and the memorial garden have been weeded and mulched; special thanks to Caroline Parke, Marsha Dulaney, Wendy Colby, Charlene Senglaub, Laura Trimble and daughters, Haley and Sasha!

Plans for this summer include (1) grading the southwest corner near the parking lot, where the tree stumps were recently ground, to ready the area for grass seed in September; (2) installing a rain barrel beside the front left planter; and (3) meeting with landscape architects for ideas to mitigate the stormwater problem coming off the front parking lot. The island garden in the back parking lot also needs to be weeded and mulched.

The new meeting night for the Grounds & Garden Team will be the second Monday of the month, beginning August 14th. No G&G meeting in July but we will meet at the church at 6:30 pm on August 14, 2023 for a walk-around to assess the gardens and plan for next steps. In September we will return to our usual zoom meetings. Hope to see you!

“A garden requires patient labor and attention. Plants do not grow merely to satisfy ambitions or to fulfill good intentions. They thrive because someone expended effort on them.” ~Liberty Hyde Bailey, American horticulturist.

— Submitted by Anita Mentzer and Larry Beyer



Safer Congregation Team: Progress Report

Safe Travels My Friends! Hope you find time to relax and enjoy these summer vacation months. The Red Cross has created several [free apps](#) that may come in handy. The First Aid app provides advice for common emergencies, and the Emergency App focuses on extreme weather events. There are also apps for fire safety and swimming.

Our work continues on updating the safer congregation policy and procedures. We are also researching the cost, grants, and training requirements to obtain an automated external defibrillator (AED) device for UCH. An AED is used to help those experiencing sudden cardiac arrest.

— Submitted by Patti Hazell

July Share the Plate: Church World Service

Each month, we share the Sunday plate with a local non-profit. This month, we share with Church World Service/Harrisburg.

Our Share the Plate recipient for July is [Church World Service \(CWS\)/Harrisburg](#).

CWS is a faith-based organization that transforms communities through just and sustainable responses to hunger, poverty, displacement, and disaster. CWS Harrisburg helps refugees resettle, form long-lasting relationships in our community, and maintain their own basic needs in a sustainable lifestyle. The Harrisburg organization helps refugees bridge their former life to a new set of cultural, linguistic, and practical skills that will enable them to be successful in Central Pennsylvania.

Please note that Erika Juran of CWS Harrisburg is in the pulpit July 16.

— Submitted by UCH Finance Committee



2023 LaGrone Scholar

The Oliver LaGrone Scholarship Committee was pleased to present 2023 scholar Pablo Biascochea to the congregation on Sunday, June 4, and host a reception after services. Pablo intends to study pre-med at Penn State next year. His acceptance speech is available on [YouTube](#).

Current LaGrone Mentors were noted with appreciation during the ceremony: Ann Stillwater, Susan Jones-Sink and Dr. Karen Mallah. Also recognized were Jen McPoyle and Kyle Petris, who participated on the selection panel this year. Also celebrated was Cristina Ledesman, the 2020 scholar.

Each LaGrone scholar is assigned a mentor, normally a UCH member with experience in the scholar's field of study. Pablo's mentors are Drs. Mary Lynn Fecile and Paul Haidet. They met and married while attending Penn State College of Medicine. Mary Lynn pursued training and practiced Pediatric Hematology and Oncology; she retired from academic and clinical medicine several years ago for family reasons. Paul is a Distinguished Professor of Medicine, Humanities, and Public Health Sciences, and is the Director of Medical Education Research at Penn State College of Medicine. He is actively involved with medical student and resident education, educational research and practices clinically as a general internist. Both Paul and Mary Lynn said they are delighted to share their personal and professional experience pursuing careers in medicine to support Pablo as he takes his first steps on that professional pathway.

Many thanks to all who assisted in this event! Deb Haken organized the reception and display table; Sharon Vaughn took photos for the LaGrone [Facebook page](#); Dean Leverett provided transportation for Cristina; Margaret Carrow, Chris Dutton and Cordell Affeldt arranged the award ceremony during the Sunday service; and Deb Reihart and Roberta Grace helped serve cake at the reception. Special thanks to Linda Brown for sending thank-you notes to donors throughout the year.

— Submitted by Cordell Affeldt

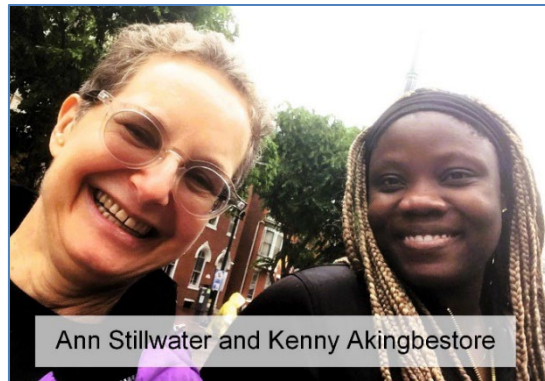


Other Current Scholars

Here is a brief update on two current scholars, both mentees of Ann Stillwater. Sara Farheen (2022) is doing well in her studies at Penn State/Harrisburg. She has started working full time in a local doctor's office, is taking two college classes this summer, and began a program to become a cardiac technician.

Kehinde (Kenny) Akingbesote (2019) met with Ann later in June. Kenny is halfway through nursing school and plans to graduate in spring 2024 from Harrisburg Area Community College (HACC)/Gettysburg with her Associate in Science (AS) degree in Nursing. She is also working full time every weekend at Harrisburg Hospital. Kenny and Ann are both enjoying this school-free summer, and plan to do more fun things together while they can!

— Submitted by Ann Stillwater

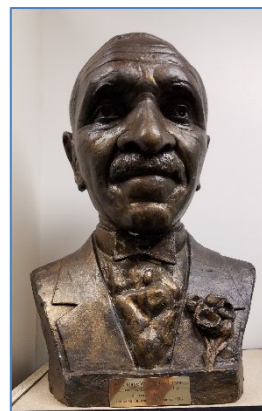


George Washington Carver

[Oliver LaGrone](#) gave his sculpture, *Bust of George Washington Carver*, to the Unitarian Church of Harrisburg in 1973, not long after moving here from Detroit to teach at Penn State. The work is displayed in the ministerial study; it has a small crack that would likely lead to more damage if it were positioned in a higher traffic location.

George Washington Carver (1864-1942) was an outstanding innovator in the agricultural sciences. He was director of agricultural research at what is now Tuskegee University in Alabama, where he conducted exhaustive experiments with peanuts. The hundreds of industrial uses for peanut crops, as well as for sweet potatoes, soybeans, and pecans, that he developed induced southern farmers to raise other crops in addition to cotton.

That LaGrone would choose Carver as a subject is consistent with the sculptor's body of work.



"To me the artist should put being a great human being before being an artist. Therefore, people, and the society in which they live, are important to me," LaGrone said in 1975. "I've always been torn between history and sociology on one hand and poetry and art on the other."¹

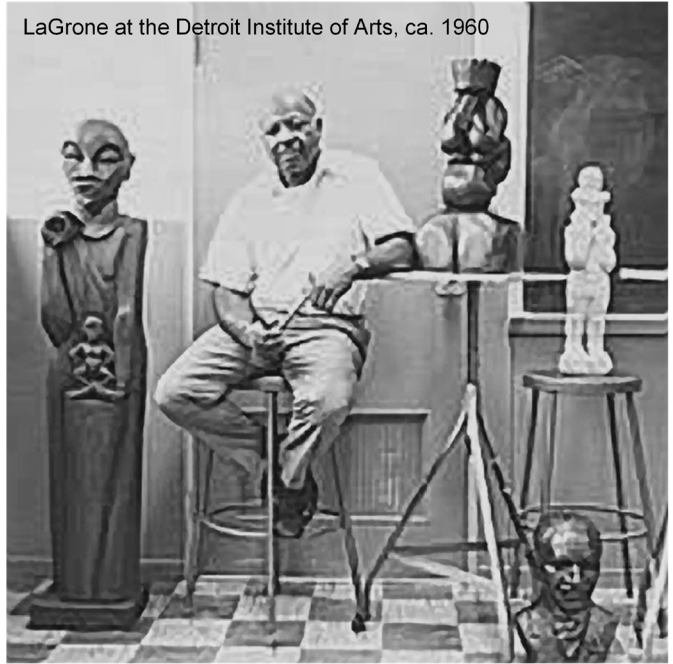
By creating realistic sculptures of accomplished Blacks, LaGrone honored Black contributions to America. "It occurred to me early on that you're not going to be satisfied until you find a way to combine your art with social commentary,"² he said later. From 1964 on, he was a life member of the National Association for the Advancement of Colored People. His brother Hobart was president of the Albuquerque chapter.

LaGrone's bronze-patina plaster sculpture had been intended for, and possibly cast in bronze, for the former G.W. Carver School, which served the Oakdale Gardens housing project of Detroit. The development originally focused on providing needed housing during Detroit's vehicle construction boom for WW II. By 1967, the deteriorating project was being torn down. Racially motivated housing policies and inconsistent integration remained issues.

UCH owns three other LaGrone works: *Harriet Tubman* (foyer), *Ballet to Disco* (sanctuary), and *Mask* (Common Room).

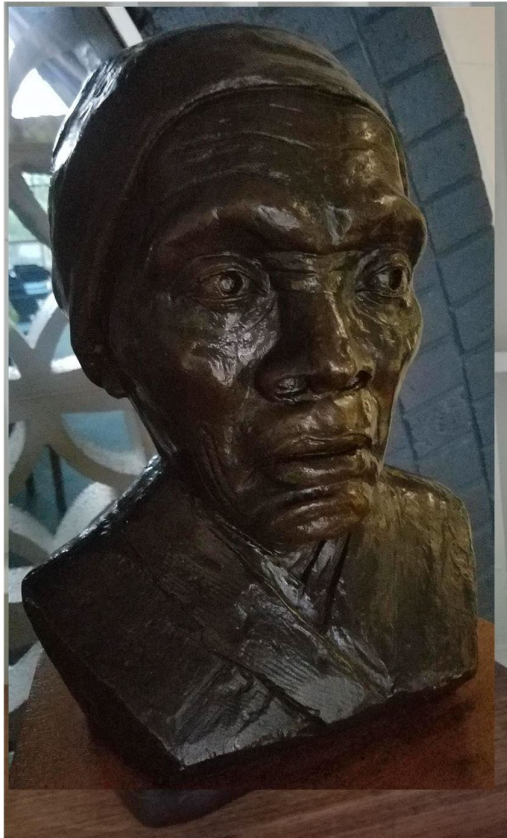
UCH is proud to annually offer a scholarship in LaGrone's name to a graduate of the Harrisburg High School, accompanied by mentorship through matriculation from UCH members in the student's field of study. The award is of increasing import, as Pennsylvania ranks only second in yoking students with higher education debt. (Patriot News, 8/25/22)

— Submitted by Cordell Affeldt



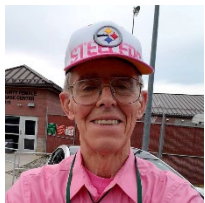
LaGrone at the Detroit Institute of Arts, ca. 1960

Photo credit: Bill Rauhaser



¹ (Middletown) *Press and Journal*, Aug. 27, 1975

² *Philadelphia Daily News*, April 20, 1982



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.

A few months ago, I told the Chaplain at Dauphin County Prison (DCP) that I would be retiring at the end of this year, in order to devote more time to family and self-care. I have reconsidered: while the DCP aspect of my chaplaincy ended in March 2020 when all volunteers were eliminated from the prison, my service to the women at Work Release (WRC) continues. I am with them weekly, and my outreach to all residents regardless of their religious faith – or lack thereof – is important to me. Plus, I have learned how to be helpful to a wide range of religious beliefs and personalities. So I have requested permission to continue to serve through next year, perhaps till January 2025.

I attended the UUA General Assembly online and enjoyed the general sessions, the workshops, the worship services, and the lectures, especially the Ware Lecture by author Imani Perry. One of the songs from a worship service sticks with me, and the words can only convey part of its power – imagine the percussion and singers on stage, leading hundreds and hundreds of UUs. Even though I was 'attending' through my computer, believe me I was singing along:

Where you go I will go Beloved, where you go I will go.
Where you go I will go Beloved, where you go I will go.
For your people are my people, your people are mine.
Your people are my people, your divine my divine.

Calendars are always popular with the residents at WRC, and by offering each newcomer a calendar, I am sure to meet them all, even the ones who don't feel like a chaplain visit – until we talk, and they realize I am a good listener. The 2024 calendars have started arriving; the image at right shows a few that folks have already donated. If you bring your extra ones to church, you'll find a small basket under the mail slots – thanks in advance. The ones I am giving out now were donated last year.



My reproductive justice ministry continued in June with the Pink Out The Capitol event organized by Planned Parenthood, featuring visits to legislators to lobby them: "...it's time for them to prioritize sexual and reproductive health in the budget and beyond."



We will be co-hosting a table with the UCH Social Justice Roundtable and Reproductive Justice Allies at this year's [Pride Festival of Central PA](#) from 11:00 a.m. to 6:00 p.m. July 29 at Soldier's Grove behind the Capitol, with our T-shirts and our smiles and the



news that reproductive justice is for all. If you can help staff our table for an hour or two, please contact me or Barb Pearce.

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. The news items below are excerpted from the most recent newsletter.

Community Hours

The Center has open hours on Mondays and Thursdays from 2:00 p.m. to 4:00 p.m. for general outreach. GTSFJ has received more than 300 visits since re-opening in February.

Common Ground Coffee

GTSFJ has re-opened its Saturday morning outreach. Each Saturday from 9:00 to 11:00 a.m., folks from the neighborhood are welcome to stop by for coffee, tea, and light snacks. GTSFJ has also hosted a series of speakers on various topics.

Basement Sale July 15

GTSFJ has scheduled a "yard sale" during coffee hour on July 15. The sale will include items such as eating utensils, dinner plates, pots and pans, pitchers, books and chafing dish burners.

Program Director Retirement

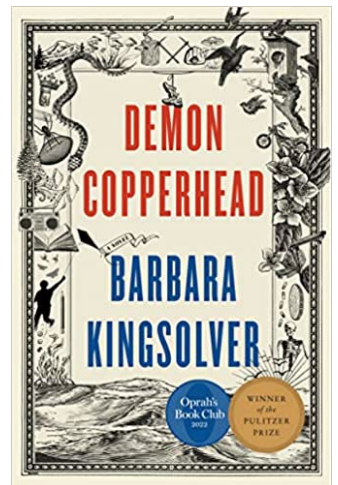
Jacque Rucker will retire as GTSF program director at the end of June, after six years in the position. Many thanks to her for these years of service.



Calendar of Recurring Events

June 2023

Date	Time	Group	Location
Sun 2	5:00	Mindfulness Meditation Group (MMG)	Clover Lane
<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 Sunday evening 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. No session July 30.</p> <p>Please contact Rebecca Waldemar or Keva Brown for additional information. Repeats weekly except fifth Sunday.</p>			
Wed 5	Various	Heart Rhythm Meditation	Zoom
<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>🕒 Wednesday afternoons from 4:30 – 5:30 p.m. via Zoom</p> <p>🕒 Friday mornings from 11:30 a.m. – 12:30 p.m. via Zoom</p> <p>People can drop in or out as they want. Please contact Jim Handshaw for the Zoom link.</p>			
Wed 5	6:30	QueenSpirit (Monthly)	Clover Lane
<p>QueenSpirit is a co-created women’s spirituality circle that meets on the first Wednesday of the month. This month we will have a cacao ceremony. The cacao spirit connects with the energy of the divine feminine, the emotional body and the voice and acts as a conduit for communication with Spirit. Bring with you an offering for the cacao spirit and the goddess Xochiquetzal. Examples of offerings include flowers, chocolate, coffee beans, seeds, grains, nuts. You may also want to bring a pair of socks as those who are able will remove their shoes.</p> <p>Our gathering begins at 5:30 p.m. with a potluck in the Common Room. Cacao is best consumed after only a light meal. Please bring a dish to share and your own place setting. The ceremony begins at 6:30 and ends no later than 8:30. All who identify as women are welcome in a co-creating sacred space. Contact Rebecca Waldemar (717-364-2029) for further information.</p>			
Sun 9	7:00 p.m.	Philosophy and Literature Group (Monthly)	Zoom
<p>The Philosophy & Literature Group normally meets on the second Sunday of each month at 7:00 p.m. via Zoom. This month, the group meets on the third Sunday to discuss <i>Demon Copperhead</i>, by Barbara Kingsolver. From Amazon:</p> <p>Set in the mountains of southern Appalachia, <i>Demon Copperhead</i> is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival. Relayed in his own unsparing voice, Demon braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favor of cities.</p> <p>The remaining books for 2023 include all of the following:</p> <ul style="list-style-type: none"> 🕒 August: <i>Undrowned: Black Feminist Lessons from Marine Mammals</i>, by Alexis Pauline Gumbs and adrienne maree brown 🕒 September: <i>The Man Who Caught the Storm: The Life of Legendary Tornado Chaser Time Samaras</i>, by Brantley Hargrove 🕒 October: <i>The Man Who Ran Washington: The Life and Times of James A. Baker III</i>, by Peter Baker and Susan Glasser 🕒 November: TBD 🕒 December: <i>Adam Smith Reconsidered: History, Liberty, and the Foundations of Modern Politics</i>, by Paul Sagar <p>Please contact Don Brown for information.</p>			



Calendar of Recurring Events

June 2023

Date	Time	Group	Location
Mon 10	6:30	Amrit Yoga (Weekly)	Clover Lane
Amrit yoga is a form of hatha yoga developed by Yogi Amrit Desai. The entire process moves and stretches every part of your body for an energetic workout and includes a calming, meditative relaxation at the end. No experience necessary! Contact John Hargreaves . Repeats every Monday (no yoga on July 3).			
Tue 11	5:30 p.m.	Women's Night Out (Monthly)	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. We eat at 5:30 this month.</p> <p>This month, we meet at Himalayan Fusion, 2308 Patton Road (just off Linglestown Road). Please RSVP to Ann Sitrin (717-766-4767 or text 717-439-6090) by the Monday beforehand. Also let her know if (1) you need a ride or (2) can provide transportation for someone who does.</p>			
Wed 19	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, help us celebrate a community picnic, with a Hawaiian theme. It's a potluck picnic so wear your grass skirts and Hawaiian shirts! Happy Luau!!</p> <p>Please contact Wayne Minich for further information.</p>			
Tue 25	6:30	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 Patti Hazell for additional information. A Zoom link will be sent to committee members a few days prior to the meeting.</p>			



Save the Date

Community Building with a "UU Revival"

Sunday, August 20th from 11am – 4pm

An Event for the Entire Family



Reminder – Bring a Picnic Lunch and Chairs
Lancaster County Parks – Lancaster, PA
(worship starts at 11, lunch noonish, breakouts around 1)

UCH Potluck

Second Sunday

After services

on Sunday, July 9