



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. Kathy Ellis

At the January Board meeting, Caroline Parke asked me what the difference was between pastoral counseling and mental health counseling. I confess I first gave a kind of flippant answer saying there was no difference because it was me doing it, but that isn't true. There are several important differences and maybe the most important has to do with the relationship. A mental health counselor has no other relationship with an individual or their family than that of client/counselor. A minister has an ongoing relationship with an individual and often also with the family. We may work with a committee on which you serve. We may prepare worship together. We may attend a potluck or other social event together, and certainly we will be together on Sundays. A psychotherapist is a bit of a blank slate; a minister shares much of her life, thoughts, and feelings with you.

Pastoral counseling is generally short term, a session or two, which may be repeated during the ministry. Mental health counseling may be long term, sometimes lasting for years. Ministerial counseling is focused on the present: what does the congregant need, what resources are available. It may be focused on the spiritual; prayer may be offered if that is meaningful for the congregant. Mental health counseling may have more focus on how the person got to this place and what they need to change to make their lives better in the future. My questions are different. In my past practice, we were often working with overcoming trauma.

Please feel free to come and talk with me. I'm looking forward to getting to know you better.

You also have a group of trained congregants who are available to provide help, care, and compassion, and I am working with them. They felt that their name didn't accurately describe what they do so they have adopted a new name: the Caring Compassion Connection. You can send an email for them or for the ministers at pastoralcare@uchbg.org.

See you in church!.

Rev. Kathy



Rev. Dr. Sandra Fees

*There is more love somewhere.
There is more love somewhere.
I'm gonna keep on 'til I find it.
There is more love somewhere.*

~ from *Singing the Living Tradition*, UU Hymnal

If you've been to any store recently, you've seen hearts, roses, chocolates, and lots of red. It's February, the month when our culture celebrates Valentine's Day, a day devoted to love. The Soul Matters theme this month is the Path of Love.

Worship 10:30 a.m. Sundays

February Theme: Path of Love

Feb. 5: Community Ministry Sunday, Jim Cavanaugh (page 6)

Feb. 12: How Can We Learn to Love Our Enemies? Karen Tibbals

Feb. 19: The Practice of Beloved Community, the Rev. Kim Wilson

Feb. 26: Why? Because I LOVE YOU, Sharee Clark (page 8)

Sunday services stream on Zoom and [Youtube](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8). Please contact the [church office](#) to receive the Zoom link on Sunday morning, or watch directly on Youtube.

So I've been reflecting on the theological and spiritual significance of love. More specifically, as your new co-minister, I've been noticing the circle of love in this congregation. For the past month, I've attended a lot of meetings, read a lot of church documents, exchanged a lot of emails and talked to many of you. I have listened to how you speak in love to each other and how you speak to me. I have witnessed how you hold each other's joys and laments in compassion and care. I have observed the ways you tend to this beloved community as a sacred trust. I am also listening to the unfulfilled wishes and dreams that you have for this congregation, to the disappointments that are recent and some in the more distant past.

You give me hope for Unitarian Universalism. Why? Because you keep on loving. Not because there's never conflict or awkward interactions. But because you keep on showing up. You keep doing the good work and sharing the good news of UU. And because you remind me of my earliest passion for UU, birthed here at the Unitarian Church of Harrisburg.

The thing about love is, it isn't easy or shallow. It isn't hearts and roses all the time. Maybe we can't even really be sure it's love until things get harder, until things are less certain, until the path is a little bit rocky or a lot rocky, until we hurt someone else's feelings or they hurt ours. In those challenging moments and times, love abides. We abide. The song in our hymnal, "There is more love somewhere," inspires us to "keep on 'til we find it." I believe there is more love, an abundant and abiding love, in each of us and in the circle of this spiritual community. And we/you are continuing to seek it.

I hope in the days and weeks and months to come that we will all lean a little more into the circle of this community. I hope we will continue to open our hearts and minds to the transforming power of love that is ever present and always possible.

Yours in abiding love,

Rev. Sandra



By David Spear, President, Board of Trustees

It's been a busy month at Clover Lane, where the ministers are wise and caring, the members are devoted, and the choir is full of spirit.

Our co-ministers Sandra and Kathy have spent the last few weeks working with our staff, getting to know them as individuals, developing professional relationships, and

learning more about our processes and procedures.

They have also attended meetings with the board, gotten to know us, and worked with us to develop our vision for our ministry together.

They have had some very good questions for us already about such things as our governance, policies, and procedures for various things. This is a very good sign because it means we have partners in improving all of these.

But wait, there are more meetings! Both ministers have also been attending meetings with our various teams. There are a lot of groups at our congregation (for which I'm delighted!), and you've kept our ministers busy as they learn more about each of you and help the church find its way forward.

It is also fortuitous that their regular preaching schedule does not begin until March, so they have had more time to attend these numerous meetings. Thank you, ministers, for attending so many meetings!

The board welcomes Karen Baker, who is filling a seat that had become vacant. You may remember that Karen helped to organize pastoral care last September, during a time of great need. Karen has many skills, and she will be a great addition to the board. We also thank Jessica Chuckalovcak for serving 18 months with the board, as she added much to our conversations. Regrettably, her new job as a teacher and family responsibilities occupy all her available time and energy.

The next few months at Clover Lane promise to be even busier than January. Many initiatives that we started a while ago are finally (finally!!) coming to fruition. Our planning has been interrupted by events again and again, but we are a resilient church that moves forward regardless. (Can I get an amen??)

On February 11, the board and ministers are having our spring planning retreat (rescheduled from October), where we will get to know each other more deeply and do some deep planning about the remainder of our church year.

On February 18, the Council of Teams and Committees will meet, led by our very capable board clerk Andy Back. This council is newly revitalized so you may not have heard much about it, but here's the scoop: it comprises the chairs of many of our groups, and it's a forum to encourage communication, planning, and collaboration.

Please come to our next town hall meeting on March 5, right after the Sunday service. There you can hear Mary Henninger-Voss present the completed strategic plan, which has been finalized after input from many of you in the church. This is a significant accomplishment for us because it gives us direction for our future, including other planning that is happening around that.

We will also talk about some other upcoming activities during the Town Hall meeting, such as stewardship and capital improvements. You may wonder how the strategic plan relates to capital improvements, stewardship, and a future capital campaign, because they are all interrelated. Please come to the town hall meeting on March 5, and all will be made clear.

This is a busy time at the Unitarian Church of Harrisburg, so please stay connected as we ramp up activities for the next few months. There continue to be exciting times ahead!

David Spear

February Share the Plate: LGBT Center of Central Pennsylvania

Each month, we share the Sunday plate with a local non-profit. This month, we share with the LGBT Center of Central Pennsylvania

The LGBT Center of Central Pennsylvania fosters inclusive communities and holistic well-being for LGBTQ+ people in Central Pennsylvania. Based in Midtown Harrisburg, the center has programs for youth, people of color, and older LGBTQ adults throughout the week.

The organization provided resources and support to UCH members last fall during our sudden ministerial transition. Nominated by Karen Baker.

— Submitted by UCH Finance Committee



UNITARIAN CHURCH OF HARRISBURG

Treasurer's Report as of December 31, 2022

Much appreciation to all who continue to support this church during difficult financial times! Your support provides fair compensation for our staff, addresses some of the building and grounds maintenance backlog, and most importantly, continues the much-needed presence of a liberal religious presence in this region. Your gifts plus lower-than-planned expenses produced a healthy excess of income over expenses through the first six months of this fiscal year.

UCH December '22 Operating Results

	Dec '22	Budget
Total Income	283,971	443,200
Total Expenses	(188,520)	(443,200)
Net	95,452	0

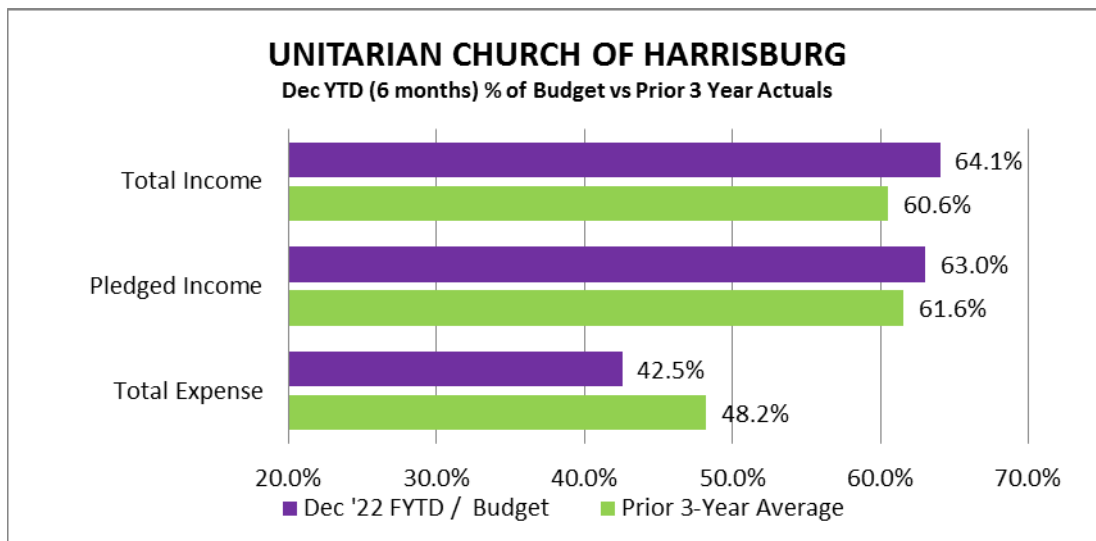
Items of note include:

We received 63% of pledged income, slightly more than is typical (61.6%). We also received 64.1% of budgeted income thus far versus the prior three-year average of 60.6% as income from Unpledged Gifts and Rentals improved.

We typically require a significant net balance at December year-end to assure we meet our annual goals. This year's unusually large balance was primarily due to reduced expenses for the ministerial function during the last three months, and no unexpected building expenses.

We were able to hire co-ministers effective Jan. 1, so the ministerial savings will not continue in the latter half of the fiscal year. However, it is likely the savings thus far will translate to a year-end surplus, and the Board has authorized some modest additional expenses, namely additional support for staff to attend General Assembly (GA) in Pittsburgh this June and partial stipends for members willing to serve as delegates at GA (page 9).

We will also remove more of our dying trees, and if the current trend continues, we hope to approve more high priority projects later this year.



— Submitted by Lois Voigt, Treasurer

Opportunities for Religious Exploration

By Cory Ness, Director of Religious Exploration (DRE)



Children & Youth Calendar for February

February exploration is scheduled as follows:

- 🕒 **Feb. 5:** RE for elementary/middle grades and youth group
- 🕒 **Feb. 12:** RE for elementary/middle grades and youth group
- 🕒 **Feb. 19:** RE for elementary/middle grades
- 🕒 **Feb. 26:** RE for elementary/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.

Family Library and Game Room

Our Family Library & Game Room is now open! This room is open for congregants and families of all types to use during our opening hours including Sundays from 9:30 a.m. – 12:30 p.m. Folx are welcome to sign out our books using our sign out system that you will find on the bookcase under the windows. Above the window you will find a beautiful chalice quilt made by our very own **Cordell Affeldt**. This project was made possible with the help of **Kate Carpenter** and **Daryl Ness**, for whom we are most appreciative.

DONATION GUIDELINES

High-quality children and youth games in good condition are welcome. We also welcome high-quality children and youth **books** that are relevant to Unitarian Universalism and our Principles and Sources.

We ask users to have fun; to put games, puzzles, and books away when finished; and to inform the DRE if any game/puzzle pieces are missing. A reminder that parents/guardians are responsible for their child(ren) after RE classes. Parents/guardians/users are also asked to assist in maintaining this room.

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 February is FINDING OUR CENTER.



Soul Matters Feb 2023 - Love

Playlists available on Spotify and YouTube

Welcome to the Path of Love

The path of love.
It began from the beginning,
for most of us.
Came in the form of family.
A bloodline that brought us into being,
and at its best, allowed us to bloom.
Then sent us on our way with courage,
and a reminder tucked into the pocket
of our heart
which read, "You can always return,
no matter what."

Its shape then shifted, showing up as friends
who helped us feel seen
and sung our song back to us
when we could not hear it

with our ears alone.

Then somewhere along the way
we stumbled on it again
in the soft touch and sweet stare
of sweethearts.
Through them, love taught us to trust
and helped us discover that who we are
does not end at the barrier of our own skin.

To our surprise, love then expanded
into the fragile gift we call community.
This web of beings bathed us in belonging,
expanded our sense of home,
and called us to see the needs of others
as our own.

And when our family and friends,
lovers and comrades
let us down and broke us to bits,
it was love that put us back together.
Knowing that none of us fully mend,
love also said, It's ok limp.
I will remain beside you just the same.

That's when we first heard the strange whisper.
In the heartbreak.
Arising from somewhere deeper
than the things we can touch.
It announced itself
as a love that will not let us go,
even in our fear, even in our failure,
even when we are lonely or lost.

And when that comforting love
seemed the perfect end to the path,
the gift we could rest within
and keep as our very own,

Music

Soul Matters has created three playlists this month!; on love: one of romantic love and another on the journey of a broken heart, each available on Spotify and YouTube (below). And they are all organized as a journey, so consider listening from beginning to end and using them as musical meditations.

On Love (general)	For Sweethearts	For a Broken Heart
<ul style="list-style-type: none">• Spotify playlist here• YouTube playlist here	<ul style="list-style-type: none">• Spotify playlist here• YouTube playlist here	<ul style="list-style-type: none">• Spotify playlist here• YouTube playlist here

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

In tarot, there is a card called "The Lovers." The card depicts two figures, often either holding hands or making some pretty meaningful eye contact. Unsurprisingly, when this card shows up on TV and in books, it's usually read as a predictor of some hoped-for romance between the protagonist and their love interest. And this can be a fun and sometimes relevant reading. But traditionally, the card meant facing a choice of whether or not to commit. This way of thinking about love—as that to which we choose to commit—is a compassionate and useful definition for us as parents, guardians, grandparents, and caregivers. Here's a little story to show what I mean:

My friend Suzanne was a new parent who experienced the not-uncommon phenomenon of *not* falling head over heels in love with her baby when the nurse placed the baby in her arms. She was distraught over this for several years, until one day, when her child was around four, she said to me, "I'm done beating myself up over that, over whether I was loving enough when she was tiny. I take good care of her. I'm kind. I'm helping her learn to be kind. I've grown into loving her, and I do loving things every day just because that's who I want to be as a mum." What I appreciated so much as her friend—and as a fellow parent—was hearing Suzanne claim a place for an active, ongoing, evolving love to which she recommitted herself, time after time.

At each stage of our children's lives, we will have new challenges to move through together, both within our relationships and outside of them. Guided by the eight Principles of our faith, we choose—day in and day out—what is most compassionate, most just, most connective, and most loving. For February, we'll be exploring this more constructive framework for being a people of love. Together, we'll learn new ways to create and share love in ourselves, our families, our communities, and our world.

Yours in doing the work of love,

— Teresa, on behalf of the Soul Matters team

this band of religious heretics
showed up in our lives and told us to share it.
Born from a strange God
who loved and saved all,
they now rally around a sacred assignment
of making that larger love real, here on earth.
They talk of that love that will not let us go,
but they also ask,
"Is our loving large enough?"
They ask that of us over and over again.

And in that asking, we learned that love
can also be demanding,
often leading to the opposite of comfort.
And tough. We learned that It is that too.
Or needs to be.
Not something mean,
but something that persists.
Something within that can be beat down,
but gets back up again.
A love that calls us to never let go,
of it.

Chaplaincy Report



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

I have served as volunteer chaplain at Dauphin County Women's Work Release on behalf of UCH since 2007, and every visit is different. Recently I arrived and was met by a resident getting ready for work (2nd shift) who wanted a prayer before leaving. I talked with her about what was going on in her life (family issues compounded by her absence) and then I prayed with her. I end with the Lord's Prayer when the resident is a Christian, and typically hear her voice repeating it along with me. She thanked me and left for work, smiling a bit on her way out.

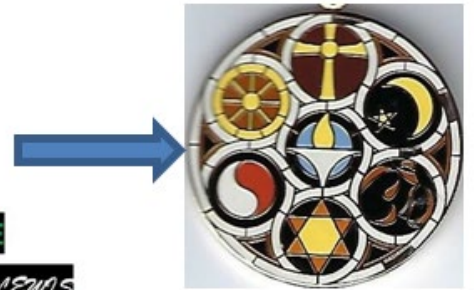
And smiles were on the faces of the staff at men's work release when I dropped off a few dozen calendars for their residents – the donated calendars on hand were far more than the women I serve could use and I was out of storage space. The accompanying photograph shows only two of the three full tote bags, and omitted the several dozen I had at home at the time. So your generosity is helping not just the women at Work Release but also the men. THANKS



Community Ministry Sunday will be Feb. 5th.

Why? Where did it come from? The UUA has designated the first Sunday in February as [Community Ministry Sunday](#), focused on "community ministers do the hard work of bringing our UU Principles to serving in the wider world." For example, of the famous "[Immortal Chaplains](#)" from World War 2, George Fox has roots here in Central Pennsylvania. I will be leading the Feb. 5th service "Holy Bothering -> learning to listen." This graphic at right illustrates the flow of the service.

DO SOMETHING
GET IN TROUBLE
GOOD TROUBLE
NECESSARY TROUBLE
JOAN LEWIS



My work advocating reproductive justice since Christmas has still focused on working with the [Fix Harrisburg](#) movement to get the General Assembly to modify its operating rules to give bipartisan bills that solve a problem a chance to be voted on. Fix Harrisburg is organized by the [League of Women Voters of Pennsylvania](#) and [Fair Districts PA](#).

Our demonstration on a rainy January 3 (photo) was followed by the opening session of the Pennsylvania House of Representatives, featuring an invocation by UU minister Rev. Joan Sabatino, Executive Director of [UUJusticePA](#), that made this UU proud to hear her voice. We continue to reach out to our legislators to ask them to demand a rules change so bills with demonstrated bipartisan support, as shown by good numbers of cosponsors from both parties, will get a hearing and a vote. Please join us.



As Fix Harrisburg reminds us:

It's time to fix Harrisburg. Procedural rules allow partisan gatekeepers to control the agenda, block reform* and shut out our voices in Harrisburg. These rules aren't set in stone. Legislative leaders decide them at the start of every session. We demand better rules because bipartisan solutions deserve a vote.

*like a ban on gifts to legislators, fair districts to replace the current gerrymandered ones, and the like.

You can also read the report, [Dysfunction by Design](#).

— Submitted by Jim Cavanaugh

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

Annual Scholarship Luncheon (Jan. 8)

It was great to catch up with two of the four current LaGrone scholars at the annual scholars' lunch on January 8, held this year at [Harvest Seasonal Grill](#). In attendance were Kenny Akingbesote (2019) and Heather Rojas (2021) with her daughter, Amarylliz. A second luncheon (below) was scheduled Jan. 29 to meet with Sara Farheen (2022) and Cristina Ledesma (2020).

All of our current mentors, Ann Stillwater (Sara and Kenny), Susan Jones-Sink (Heather) and Dr. Karen Mallah (Cristina) were present for the luncheon. We are very fortunate to have mentors as knowledgeable as Ann, Susan, and Karen to help these talented young women through what can be a challenging time for anyone. Kudos to Ann for serving as mentor to both Sara and Kenny. Kenny had to step away from college for a bit, and we are thrilled to have her back!



UCH members meet with Heather Rojas (left) and Kenny Akingbesote

Committee members Chris Dutton, Sharon Vaughn, and Dean Leverett were also in attendance. The group had a great discussion on the current scholar process, college life, and the challenges of working and going to college. The group discussed mentoring and how it might change depending on school and work demands. The mentor/mentee relationship is something that sets the LaGrone scholarship apart from other similar programs. Scholarship recipients are not left to negotiate college on their own. Both mentor and student are encouraged to keep in touch on a regular basis. This could take different forms depending on what works best for both parties. A quarterly get-together is common.

If you would like to know more about mentoring a LaGrone scholar, please contact any of the mentors, [Cordell Affeldt](#), or anyone on the scholarship committee. Our next scholar will be chosen this spring, and we would love to involve more church members.

— Submitted by Sharon Vaughn

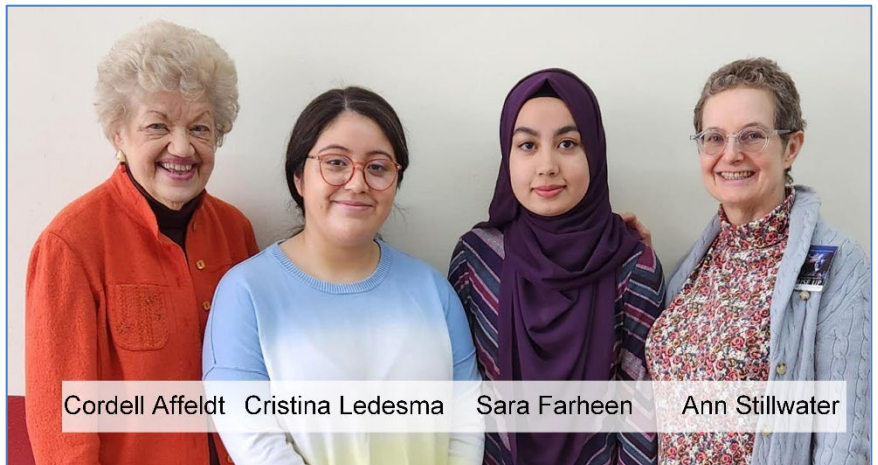
Annual Scholarship Luncheon (Jan. 29)

On Jan. 29, the LaGrone Committee scheduled a second luncheon, with scholars Sara Farheen (2022) and Cristina Ledesma (2020). Also in attendance were Cordell Affeldt and Sara's mentor, Ann Stillwater. The group met at [Lahori Kabab & Grill](#) to accommodate Sara's halal dietary restrictions. Discussion ranged widely: life in an immigrant family, exercises for a pinched neck nerve, the stimulation of learning, halal food preparation, civic participation, female accomplishment and more.

During the recent winter break from classes, Sara received an unexpected invitation from relatives to accompany them to Mecca for [umrah](#), a visit at any time of the year to the very center of Islam's most important mosque. She thus joined thousands from around the world to visit the Kaaba, holiest place in Mecca, and also to the Prophet Mohammad's birth city of Medina. She found the experience religiously meaningful and rich in learning.

Cristina continues to take deep satisfaction in her social work courses at Shippensburg University. In fact, she anticipates that after further coursework this summer she will be able to finish her bachelor's degree this fall, i.e., a semester early.

— Submitted by Cordell Affeldt



Cordell Affeldt Cristina Ledesma Sara Farheen Ann Stillwater

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.

GTSFJ is pleased to announce the relaunch of Common Ground Coffee. We offer a free, safe, welcoming place where Allison Hill residents and families can meet and socialize every Saturday from 9:00 a.m. to 11:00 a.m. Some weeks, we may just have informal coffee, tea, and light snacks for adults, and a play area for kids. Some weeks we will offer live music, inspirational and informative speakers, productive activities, and fun!

Common Ground Coffee is an activity of Gather the Spirit for Justice. Our Mission is to be an open-door center of hope and dignity that brings people together on common ground to strengthen community in Allison Hill.

— Submitted by Jacquie Rucker, Program Director



UUJusticePA: Action Items for UUs

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.

Ever wonder exactly what [UUJusticePA](http://www.uujusticepa.org), your UU statewide advocacy organization, accomplished over the last year? Here are a few of our achievements:

- 📍 Organized *UUtheVote* PA teams in 24 Pennsylvania UU congregations
- 📍 Wrote 1,300 letters and made 27,000 calls to *Get Out the Vote* for the November midterm election.
- 📍 Recruited 40 UUs who served as poll workers in November.
- 📍 Helped elect Paul Takak (UU Centre County), who won a seat in the Pennsylvania House of Representatives.
- 📍 Held 60 justice team zoom meetings throughout 2022.
- 📍 Sponsored seven special event education evenings featuring our allies and partners.
- 📍 Conducted monthly lobby days in Harrisburg visiting with legislators from around the state.
- 📍 Sent out 140 “action alerts” to our 1,800 supporters, which received an astonishing 40% open rate.
- 📍 Attended legislative hearings on climate change, public education, raising the minimum wage and women’s health care.



UUJusticePA keeps tabs on statewide legislation to keep you informed about the proposed laws, policies, and regulations so you in turn can contact your legislator to express your UU voice. UUJusticePA is a 501(c)4 nonprofit and UUJusticePA Education Fund enjoys a tax-free status as a 501(c)3. Please consider [contributing](#) to influence legislation in Harrisburg.

— Submitted by Anita Mentzer

Social Justice Roundtable: Feb. 26

UCH will host a social justice roundtable during services Feb. 26, led by Sharee Clark of Wilkes Barre. She was an advocate for LGBTQ rights as a peer educator for the Aids Center of Queens County, NY, and later served as an NYC youth advocate lobbying for policies that supported equal rights and protections for marginalized communities.

She has lived in Wilkes Barre for the past nine years. The murder of George Floyd ignited a passion and desire to return to her advocacy roots. She co-founded Freedom Fighters, a grassroots organization dedicated to fighting for justice and equality. Since that time, she has participated in planning and executing several community-building projects; organized numerous rallies; and facilitated voter registration drives and corresponding get out the vote campaigns. Through her work Sharee has developed and cultivated several statewide partnerships and allies. During the 2022 election cycle, she served as the consulting organizer for the *UU the Vote* campaign where she utilized her unique relational skillset, knowledge, and partnerships. When Sharee isn't professionally or civically engaged, she enjoys LIVING LIFE by interacting with the world around her through an array of outlets such as the arts, wellness, travel etc.



— Submitted by Anita Mentzer

General Assembly, June 21-25, Pittsburgh

Imagine worshipping, witnessing, learning, and connecting with thousands of other UUs! This year you can do that at the annual General Assembly of our Unitarian Universalist Association in Pittsburgh, June 21-25. You can also participate virtually.

And as an added bonus this year, our Music Director, Yvonne DuVal, will be recognized as a Certified Music Leader after completing the 3-year UUA Music Leadership Certification Program. Don't miss the chance to see her leadership and vision acknowledged in the wider UU world.

Anyone can attend General Assembly. In addition, congregations can appoint delegates who vote on the business of the UUA. Our congregation qualifies for five delegates. The UCH Board has voted to support the registration costs of delegates who are appointed by the Board. If you are interested in serving as a delegate, please contact David Spear, Board President, Rev. Kathy Ellis or Rev. Sandra Fees. There are fun volunteer opportunities that can also offset the costs as well as a variety of housing options.

You can learn more about GA here: <https://www.uua.org/ga>. The deadline for early registration is February 28.

— Submitted by Rev. Fees



UUA GENERAL ASSEMBLY
PITTSBURGH • JUNE 21 - 25, 2023

Membership News

Please congratulate these members of our community

Rhyan Brown

Rhyan Brown is the daughter of UCH members Keva and Bill Brown. She completed the Coming of Age program during COVID and signed the Membership Book during our new members welcome service on Jan. 8.



She reports, "I was raised in this church and always knew this decision was right for me. I love how in this church there is no limit to what you can believe and you can be authentically yourself. I am so excited for this new chapter and I am proud to become an official member of UCH."

Gregory Carrow-Boyd

Greg Carrow-Boyd has accepted a combined position of Minister and Director of Religious Education at [First Unitarian Church of Honolulu](#) (FUCH), effective Jan. 15. The church was founded in 1952. Among other things, Barack Obama attended Sunday School there as a boy, and his grandmother's funeral service was held there in 2008.



In announcing the appointment, the FUCH Board noted:

The combination of the ministerial and religious education roles will create an unprecedented opportunity to develop new and dynamic worship experiences for the congregation and the larger Hawaii community. FUCH has spent significant effort in the past with Vision Teams and the Future Shapers project to prepare for this moment. The selection of Rev. Dr. Carrow-Boyd was guided by these efforts to develop a new church experience that imagined a more dynamic connection between our Unitarian Universalist principles and the community that we live in.

Greg is the son of UCH member Margaret Carrow, grew up at the UCH, and was ordained here in August 2022.

Calendar of Recurring Events

February 2023

Date	Time	Group	Location
Wed 1	Various	Heart Rhythm Meditation	Zoom
<p>Heart Rhythm Meditation (HRM) is a type of meditation that involves conscious breathing, in which the individual consciously controls their breathing in order to influence their mental, emotional, and physical state. Join Libby Tisdell in twice-weekly sessions, via Zoom.</p> <p>🕒 Wednesday afternoons from 4:30-5:30 p.m. 🕒 Friday mornings from 9:00-10:00 a.m.</p> <p>People can drop in or out as they want. Please contact Libby Tisdell for the Zoom link.</p>			
			Heart Rhythm Meditation
Wed 1	5:30/6:30	QueenSpirit (Monthly)	Clover Lane
<p>QueenSpirit is a co-created women's spirituality circle that meets on the first Wednesday of the month. The theme of our February Circle is Imbolc (Groundhog Day) and valuing the fallow fields within and without. Ann Stillwater will facilitate the Circle and guide us as we reflect on these themes. Please bring short readings or poems about wintering or Imbolc and your journal if you have one.</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 Josephy Priestley room. All who identify as women are welcome in a co-creating sacred space. Contact Rebecca Waldemar (717-364-2029) for further information.</p>			
			QueenSpirit Imbolc
Mon 6	6:30	Amrit Yoga (Weekly)	Clover Lane
<p>Amrit yoga is a form of hatha yoga developed by Yogi Amrit Desai. The entire process moves and stretches every part of your body for an energetic workout and includes a calming, meditative relaxation at the end.</p> <p>No experience necessary! Contact Dave Forster. Repeats every Monday.</p>			
			Amrit Yoga
Sun 12	7:00 p.m.	Philosophy and Literature Group (Monthly)	Clover Lane
<p>The Philosophy & Literature Group meets on the second Sunday of each month, normally at 7:00 p.m. at the church. This month, the group meets to discuss <i>The Scheme: How the Right Wing Used Dark Money to Capture the Supreme Court</i>, by Sheldon Whitehouse. From Amazon.com:</p> <p>A senior member of the Senate Judiciary Committee recounts how anonymous donors seized control of the U.S. Judiciary, including the Supreme Court.</p> <p>The group will also discuss/confirm candidate books for 2023. Please contact Don Brown for information.</p>			
			Philosophy & Literature
Wed 15	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, we celebrate Mardi Gras with a fun ceremony! We always have a small potluck of some sort. Wear something fun and colorful - greens, golds and purples.</p> <p>Please contact Wayne Minich for further information.</p>			
			Clover Grove Mardi Gras
Tue 28	6:30	Auction Committee	Zoom
<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 Hazel for additional information. A Zoom link will be sent to committee members a few days prior to the meeting.</p>			

Sunday, Feb. 5: Volunteer & Community Engagement Fair

We have a talented group of people here at UCH, and we could use YOUR specific skills as we continue to build our beloved community. What are your interests and passions? Do you have a green thumb? *Consider the Grounds and Gardens Team*. Are you an empathetic listener? The *Caring Compassion Connection* might be a good match. If you're handy with a hammer or good with general maintenance, the *Building Team* could use you. Two groups who are actively seeking volunteers right now are the *Technology Team* and the *Sunday Coffee Hour* gang.

Your chance to learn more about these opportunities and many others comes on **Sunday, February 5**, during the Volunteer Fair. We will be hosting many lay-led ministries and other organizations that are looking for new people to join their ranks.

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

— Submitted by Kate Carpenter



Saturday, Feb. 11: Clover Lane Coffee House

[Susquehanna Folk Music Society](#) (SFMS) and Clover Lane Coffee House are pleased to collaborate in presenting a concert with Alash Ensemble, the famed throat-singers of Tuva. The concert is scheduled for 7:30 p.m.

Saturday, Feb. 11. Tickets are \$24 general admission, \$20 for members of the church or SFMS, and \$10 for students and children. All are welcome to attend. This concert marks Alash's fourth visit to Harrisburg.

Alash are masters of Tuvan throat singing, a remarkable technique for singing multiple pitches at the same time. Masters of traditional Tuvan instruments as well as the art of throat singing, Alash are deeply committed to traditional Tuvan music and culture. At the same time, they are fans of western music. Believing that traditional music must constantly evolve, the musicians subtly infuse their songs with western elements, creating their own unique style that is fresh and new, yet true to their Tuvan musical heritage.

— Submitted by Bart Carpenter



Saturday, April 22: Reentry Breakfast

UCH has offered to host the monthly breakfast coordinated by the [Prison Action Committee](#) of [Christian Churches United](#). As per their website:

The Prison Action Committee coordinates monthly breakfasts at community churches as a support and inspiration for the men and women in work release and prison transition programs. Each month a different church provides breakfast and an inspirational speaker. Speakers are often ex-offenders who can share from their experience and faith journey.



Because we focus on helping women and families, we always have a woman speaker! Pre-COVID, the breakfast was always a success because so many UCH folks helped it succeed. Please mark your calendar to help us host the event on **Saturday, April 22**. Tasks include:

- ☺ Set up on Friday,
- ☺ Help cook early Saturday morning,
- ☺ Help serve coffee, juice and the hot breakfast after guests arrive around 9:00 a.m.
- ☺ Play the piano to accompany singing
- ☺ Help clear and clean up after our guests leave about 10:30 a.m.
- ☺ Many other task that are part of a successful breakfast.

Please contact [Jim Cavanaugh](#), [Margaret Carrow](#), [Chris Dutton](#), [John Hargreaves](#), or [Darlene Kvaternik](#) if interested in volunteering.

— Submitted by Jim Cavanaugh