



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.

So we begin another new year, and we find ourselves in a place that we didn't expect to be. As the church year began, the Unitarian Church of Harrisburg wasn't planning to have new co-ministers. Sandra and Kathy were not planning to be parish ministers. Yet here we are, and we are pleased and excited to begin this ministry with you. You, too, seem pleased and excited. We begin in optimism and hope.

We, Sandra and Kathy, will support you as we all take a deep breath and assess what the congregation needs now. You have shown that you are resilient and that you care for one another. Many of you extended extra efforts and are looking forward to having ministers you can rely on, ministers who are present. We will be those ministers. Both Kathy and Sandra will lead worship. Worship services were already planned until the end of February; we will begin regularly leading worship in March. Kathy will continue with pastoral care; Sandra will work with organizational and finance areas. Both will meet with the board and the staff.

Kathy will be in the church office on Tuesdays and Thursdays from noon until early evening. You can contact her at kellis@uchbg.org. Sandra will be at the church office on Thursdays and available by phone or Zoom on Tuesdays. Sandra can be reached at sfees@uchbg.org. For either of us, you could also call the church office (717-564-4761). We are both available by appointment. Bios follow.

Warmly,

Kathy and Sandra

Kathy Ellis



Rev. Dr. Kathy Ellis grew up in Lower Paxton Township; her father, Harold Ellis, became one of the curmudgeons of UCH. Kathy's first career was in mental health. She and her husband of 45 years, Rick Heckman, met while working the night shift at the Holy Spirit Mental Health unit. After earning a doctorate in counseling, Kathy worked as a professor of counseling and director of the counseling center at Shippensburg University. She left academia for private practice in psychotherapy with adults and couples. A call to the ministry led her to seminary and a job with the new UU congregation, [WellSprings](#), where she was director of leadership and spiritual development. After graduating from [Meadville Lombard Theological School](#), Kathy served the [Unitarian Universalists of the Restoration](#), a multicultural congregation in Philadelphia. Chronic Lyme disease led her to retire in 2016. Retirement allowed her to care for her sister, Marybeth Williams, at the end of Marybeth's life. Kathy and Rick have one adult daughter and live with two dogs and two elderly cats in Carlisle. With several years of treatment, her health is now better. Kathy finds herself quite surprised but pleased to be accepting a new ministry with UCH.

Sandra Fees



Rev. Dr. Sandra Fees recently retired from [First UU Church of Berks County](#) in Reading after 18 years. A naturalistic agnostic-leaning mystic, she fell in love with Unitarian Universalism at UCH, where she experienced the call to ministry and was a member from 1998-2004. She is a graduate of Shippensburg University (B.A. in English Literature), Syracuse University (M.A. in English Literature/Creative Writing), and Lancaster Theological Seminary (MDiv and DMin degrees). Prior to ministry, she worked in corporate marketing communications and nonprofit fundraising. Her passions include eco-spirituality, eco-justice, poetry, and yoga. Born in Lebanon, she is a former poet laureate of Berks County and lives in Reading with her partner Christopher and her cat Belle.

Worship 10:30 a.m. Sundays

January Theme: Finding Our Center

Jan. 1: You Win or You Learn, Rev. Keva Brown, [Shuso](#)

Jan. 8: Find Our Center: Being and Belonging, Rev. Ellis and Rev. Fees

Jan. 15: Homelessness, Josiah Haken

Jan. 22: All You Need Is Love, Rev. Dr. Richard Speck

Jan. 29: Challenges and Changes Ahead for Reproductive Rights in Pennsylvania, Sue Frietche

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



By David Spear, President, Board of Trustees

Happy New Year, and welcome to 2023! We are at the start of a new calendar year, a time of new beginnings, and an opportunity to look ahead.

As many of you know by now, Jan. 1 is also the start of the contract for our two new co-ministers. Please welcome Rev. Dr. Sandra Fees and Rev. Dr. Kathy Ellis to our

congregation!

It will be a little different working with two co-ministers, rather than a single minister. You may be wondering how exactly this will work and who will do what. The board has been discussing this with the ministers, and we have some initial suggestions, largely based on their own preferences and skillsets. We have given ourselves until Jan. 20 to work this out completely. The major aspects of their ministry with us, however, are detailed in the contracts.

- Their contracts run through July 31, 2023, with a potential renewal after that.
- Every staff member will report to one of the ministers. Each team and committee will have one of the ministers assigned to them, and we are already starting to sort out who will work with whom.
- Rev. Kathy will continue to lead the Pastoral Care Team, now named Caring Compassion Connection; both ministers are available for pastoral support as needed.
- The two ministers each will lead services about 1.5 times per month. This is the same as previous ministers, who

have individually led services 3 times per month. Note that we had arranged for service leaders through January and February before we hired Rev. Kathy and Rev. Sandra. Coincidentally, they will be leading the service together on Jan. 8, but they will start their new rotation in March.

Speaking of Jan. 8, please join Rev. Sandra and Rev. Kathy in the sanctuary after the service that Sunday. We will have an informal town hall meeting, where you can meet the ministers and ask them questions.

The board has scheduled a planning retreat for February 11. This will be a chance for the board members and ministers to get to know each other more deeply and to plan the next several months of church life.

We had a wonderful board meeting on Dec. 20. Both ministers joined in the conversation, even though their contracts had not officially started yet. It was a collaborative discussion about many of the issues that we need to address in the new year. I was impressed how easy it was to talk with both ministers and how easily they interacted with the rest of the board.

This is a hopeful sign for this new beginning. The board and the ministers already work well together and are focused on the work and the mission of the church. I continue to see good days ahead of us.

David Spear

Jan. 8 Town Hall Meeting: Meet the Ministers

UCH members and friends are cordially invited to a town hall meeting Jan. 8 to meet our new ministers. They are both in the pulpit that day, and we will conduct a town hall-style meeting in the sanctuary starting at noon. This is your chance to learn more about them and ask them questions. They also look forward to meeting you, so we hope you can attend!

We will also stream the meeting on Zoom, with a link distributed by the church office on Sunday morning.

— Submitted by David Spear

January Share the Plate: Susquehanna Harbor Safe Haven

Each month, we share the Sunday plate with a local non-profit. This month, we share with Susquehanna Harbor Safe Haven (SHSF).

[Susquehanna Harbor Safe Haven](#) (SHSH) is a residential facility offering support and stable housing to men who are/were chronically homeless. It is managed by Christian Churches United of the Tri-County Area. The program offers long-term housing within a supportive community for up to 25 formerly homeless men in Dauphin County. The program is designed to help chronically homeless men—those living on the street for a year or more, many of whom are also dealing with mental illness—to get off the street. Once in a safe, stable environment, they work on goals related to income, employment, life skills, physical and mental health, and, in many cases, addiction. New residents live in dormitory-style housing. Upon achievement of specific goals related to income and stability, they become eligible for one of ten private rooms. Over time, it is their goal to help the men, when able, to move to their own apartment or other permanent housing.

— Submitted by UCH Finance Committee



Opportunities for Religious Exploration

By Cory Ness, Director of Religious Exploration (DRE)



Children & Youth Calendar for January

January exploration is scheduled as follows:

- 🕒 **Jan. 1:** Multigenerational New Year's Day service – NO RE
- 🕒 **Jan. 8:** Teacher connection (9:00 a.m.); RE for elementary/middle grades and youth group
- 🕒 **Jan. 15:** RE for elementary/middle grades and youth group
- 🕒 **Jan. 22:** RE for elementary and middle grades
- 🕒 **Jan. 29:** RE for elementary and middle grades

Children & Youth Library and Game Room

Please join us for the opening of our Children & Youth Library and Game Room directly after church on Sunday, Jan. 15.

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.

Opportunities for Adults

Adult RE – Jan. 22

Starting Jan. 22! A discussion group based on the national bestseller, [My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#), by Resmaa Menakem.

Brave Souls, are you ready to face the part you play, inadvertently, in racism? In this groundbreaking book, therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of trauma and body-centered psychology.

The body is where our instincts reside and where we fight, flee, or freeze, and it endures the trauma inflicted by the ills that plague society. Menakem argues this destruction will continue until Americans learn to heal the generational anguish of white supremacy, which is deeply embedded in all our bodies. Our collective agony doesn't just affect African Americans. White Americans suffer their own secondary trauma as well. So do blue Americans—our police.

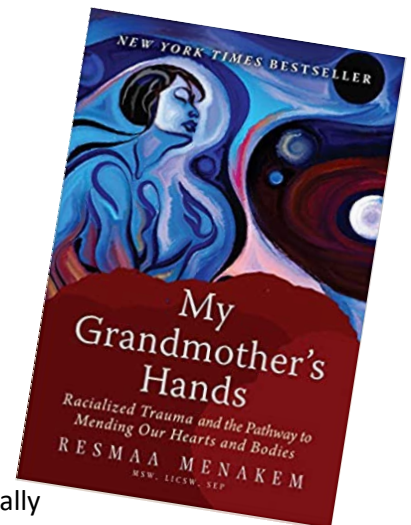
My Grandmother's Hands is a call to action for all of us to recognize that racism is not only about the head, but about the body, and introduces an alternative view of what we can do to grow beyond our entrenched racialized divide. This book:

- 🕒 Paves the way for a new, body-centered understanding of white supremacy—how it is literally in our blood and our nervous system.
- 🕒 Offers a step-by-step healing process based on the latest neuroscience and somatic healing methods, in addition to incisive social commentary.

Our discussion begins at noon on Sunday, Jan. 22. Please sign up [online](#) and bring your lunch! We will meet in one of the classrooms downstairs. In our first meeting we will:

- 🕒 Discuss the idea of rotating facilitation
- 🕒 Build covenant to keep the discussion safe and supportive for all participants
- 🕒 Select mutually agreeable dates and times for our meetings

Please contact [Cory](#) 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 January is FINDING OUR CENTER.

Welcome to the Path of Finding Our Center

When we talk of finding our center, it's natural for calm and rest to be the first things that come to mind. Who would expect anything different? After all, the need for calm is everywhere we look. So, so many of us are tired. We're overworked, overcommitted, overly busy, overly scared. We are often so weighed down by responsibility and worry that it only takes one drop of something unexpected to tip us over. So, yes, we long for rest. Yes, we want the swirl to stop.

January Theme:
Finding Our Center

And yet, helping us find peace and calm is not the only work found on this path of finding our center.

As our faith reminds us, being a "centered person" often involves the opposite of keeping things calm. In order to move toward a balance of justice, we have to upset the current state of things. Oppressive systems need challenged and toppled. And to accomplish that, we need to sacrifice calm and comfort, including our own. We need to remember that achieving a balance of equality requires us to be purposefully off balance and out of step with our culture, or as Martin Luther King Jr. said, we need people who are maladjusted to the way things are.

Add all this up and suddenly "our center" appears to be a much richer place than is often recognized.

It's not simply a place of peace and calm; it's also a place of being pushed and launched. What you hear in this deep space within is not just the whisper of "Rest" and "Breathe," but also "Take a deep breath and jump!" We encounter an invitation there, not just relaxation. It's a still point, yes. But a still point upon which we pivot and turn to something new.

So as we try to make sense of "finding our center" this month, it's fine to pull up the image of the Buddha sitting peacefully under a tree, but we can't let that overshadow the image of a diver balancing way up there on her diving board, pausing to regain her composure and courage so she can leap and go "all in."

Maybe in the end, instead of only asking each other, "Are you centered these days?" we need to ask, "Where is your center sending you these days?" and "Where is your center calling you to go?"

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

Gloria (not her real name) and I serve on a committee together for a national UU organization. I didn't know Gloria before we began working together, but in conversations I realized that my very first UU church, where I attended for two years, was the same church she had belonged to for three decades.

"How did we miss each other when I was there?" I asked her one day.

"Well, it was probably a time I was taking one of my breaks. Unitarian Universalism is always at the center of my life, but every once in a while, church isn't."

This was a revelation to me for several reasons, but two of them pertain to our Soul Matters theme this month of finding our center. First, Gloria knows exactly what's at the center of her life, and it's her faith. And second, Gloria knows that sometimes, protecting that which one cherishes and values most means going inward instead of outward.

People like Gloria, and doubtless like others you have encountered in your life, have cultivated the ability to anchor in their truest selves so that they are less susceptible to the currents that may otherwise sweep them away into inauthenticity. Many in our world are reeling right now and suffering because of it. So this month, we will use story, games, conversations, art, close looking, and other modalities to learn what stabilizes us and gives us hope—in other words, what helps us discover and root in our centers.

Yours in steadiness,

— Teresa, on behalf of the Soul Matters team



The Oliver LaGrone Scholarship Committee: Selecting the Oliver LaGrone Scholar for 2023

Each year the Oliver LaGrone Scholarship Committee awards a 4-year scholarship, along with the expertise of a mentor in the student's chosen field, to a graduate of the Harrisburg School District (HSD). In 2023, the scholarship amount is \$12,500.

Did you ever wonder how the LaGrone scholar is selected? The process begins at the monthly meetings of the committee when we review the past year's scholarship, assign a dollar amount for the upcoming year, and update the scholarship application.

The committee communicates with HSD high school guidance counselors to assure that potential scholars have what they need in order to successfully apply. Additionally, we compose an update for the month-by-month listing of scholarship opportunities deadlines posted by the school district. Students must include transcripts, SAT scores (when available), and a personal essay. The other information basically follows the Free Application for Federal Student Aid (FAFSA) form that most students use to apply for financial aid for college from the federal government, except for the questions that identify citizenship. This year for the first time, we will accept applications electronically, with a copy of the application available from the [Education tab](#) on the UCH website, thanks to Congregational Administrator Jacqueline Swanson. Definitely a convenience for all parties and significant reduction in paper!

As a committee, we next put together a 5-person selection panel: two adult members and one youth member of UCH and two adult community members from the City of Harrisburg. Panel members agree to attend three panel sessions during April/May and to maintain confidentiality concerning student information. No committee members serve on the selection panel.

The committee reviews the applications for completeness and contacts the applicants as needed. At their first meeting, selection panel members gain access to the documentation submitted by each applicant. Over the course of three weeks, the panel narrows its selections to the three students who will be asked to come to UCH for personal interviews.

The last panel meeting is the night of our interviews with selected students. By the end of the evening, the panel makes its choice (drum roll, please!) and our new scholar is notified by the committee chair. Notifications go to all participants informing them of the new scholar, thanking them for their participation, and wishing them well in their future educational endeavors.

It is quite an honor to be able to help a student achieve their goal of higher education. If you are interested in serving on the selection panel or would like to join the OLSC, please contact [Cordell Affeldt](#) (717-238-7514). Contributions to the Oliver LaGrone Scholarship Fund (OLSF) are always welcome. Just remember to put OLSF in the memo line of your check. Thank you!

— Submitted by [Cordell Affeldt](#) and [Linda Brown](#)

A Chain of Blessings for the Unitarian Church of Harrisburg

At the Hanging of the Greens service Dec. 4, the congregation hung a chain of wishes and blessings for UCH on the tree. Here is what we pray for the congregation and one another:

- | | | |
|--|---|---|
| ☺ Blessings for Inner Peace | ☺ Love and Peace | ☺ Starry Night |
| ☺ Hope | ☺ Care for one Another | ☺ Constant Loving |
| ☺ Gratitude | ☺ Calmness | ☺ To stay healthy |
| ☺ Mindfulness | ☺ Giving | ☺ To avoid injury |
| ☺ Love | ☺ God Bless | ☺ Moving Forward |
| ☺ Stability | ☺ Safety and Relaxation | ☺ Communication |
| ☺ A sense of Calm Waters | ☺ Release | ☺ Unity |
| ☺ Wholeness | ☺ New Outreach in in 2023 | ☺ To share the holiday with loved ones |
| ☺ Acceptance | ☺ Do What You Can | ☺ Respect |
| ☺ Better living out our principles in 2023 | ☺ Want What You Have | ☺ To not forget our mistakes and to learn from them |
| ☺ Lifelong Learning | ☺ Safe Happy Joy | ☺ Evergreen |
| ☺ Unconditional Love | ☺ More youth in our congregation | ☺ Sharing |
| ☺ Connection | ☺ Tradition | ☺ Safe and happy families |
| ☺ Aspiration and Intuition | ☺ Acceptance of the 8 th principle | ☺ Financial security |
| ☺ Laughter | ☺ Perspective | |
| ☺ Reflection | ☺ Unification among us | |
| ☺ Friendship | ☺ Reconciliation | |

And repeated several more times: love, hope, peace, wholeness, laughter, joy, connection. And many, many hearts.

May it be so.

— Submitted by [Rev. Ellis](#)

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.

Three actions that you can take in January:

- 🕒 Attend the Jan. 3 [FIX Harrisburg Rally](#) on the State Capitol Steps from 11:00 am - 12:00 pm. #FixHarrisburg is a campaign organized by [Fair Districts PA](#) and the [League of Women Voters of Pennsylvania](#). Afterward, attend the opening ceremonies of the Pennsylvania House of Representatives. Our UUJusticePA Director, Rev. Joan Sabatino, has been asked by the Speaker of the House, Rep. Joanna McClinton, to provide the prayer.
- 🕒 Attend the [January 17 Inauguration Rally](#) at noon to demand climate action.
- 🕒 [Seize the Moment](#) and become a supporter of UUJusticePA by participating in the matching gift campaign.

— Submitted by Anita Mentzer



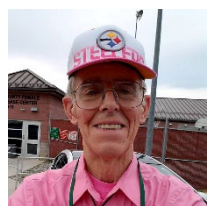
#SEIZETHISMOMENT

2023 Campaign
December 7 - January 27



#FixHarrisburg

Chaplaincy Report



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

My chaplaincy at Dauphin County Women's Work Release continues. I always introduce myself as being there for all residents of any faith or no faith – and my "Golden Rule" poster showing it in eight major religions demonstrates my openness, I think.

The women appreciate the calendars I bring, both pocket size and larger. When I began giving out the small ones I thoughtlessly said, "It'll fit in your purse."

"WE'RE NOT ALLOWED TO HAVE PURSES" was the angry response.

"Oops – my bad. It'll fit in your pocket, won't it?"

"Yes." Whew.

The calendars donated by UCH folks and also by people at the fitness center Nan and I use offer the residents many to choose from and they like the variety a lot. I have recycled the last of the leftover 2022 calendars and put out the many calendars (photo at right) that will last for 2023 with luck – after I add the several dozen still in my home office. Since many residents have no idea what a chaplain does, having them come in to get the free calendar gives me a chance to introduce myself, learn their issues and concerns, and generally get to know a little about them – family, friends, struggles.



My work for reproductive justice advocacy has focused on working with the [Fix Harrisburg](#) movement of Fair Districts PA (FDPA) to get the General Assembly to modify its operating rules to give bipartisan bills that solve a problem a chance to be voted on. The "poster child" example of this sort of legislation is the [Dignity for Incarcerated Women Act](#) that passed the House unanimously with strong bipartisan support on September 19, was referred to the Senate Judiciary committee —, and died there without ever being discussed, let alone voted out. FDPA Fix Harrisburg created an excellent 32-page report called [Dysfunction by Design](#) that lists dozens more bipartisan bills that passed one house and died in the other. FDPA has also organized teams for every newly elected representative. My team visited my new representative-elect to discuss the need to change the procedural rules so committee chairs and other leaders will give bipartisan bills a hearing and a vote. We will know how effective we were on Jan. 3 when the legislature convenes.

— Submitted by Jim Cavanaugh

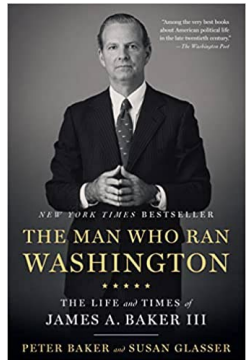
DYSFUNCTION BY DESIGN?

Why Pennsylvania's State Legislature Is So Unproductive
...and How We Can Fix It.

PREPARED BY
Fair Districts PA

Calendar of Recurring Events

January 2023

Date	Time	Group	Location
Tue 3	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>🕒 Tuesday 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>			
<div>Heart Rhythm Meditation</div>			
Mon 2	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 Ed Sykes. Repeats every Monday.</p>			
<div>Amrit Yoga</div>			
Wed 4	6:00/7:00	QueenSpirit (Monthly)	Clover Lane
<p>QueenSpirit is a co-created women's spirituality circle that meets on the first Wednesday of the month. Traditionally January's circle is where we co-create a plan for the calendar year. Please bring your creativity, energy, ideas, and presence into this QueenSpirit Women's Spirituality Circle.</p> <p>Our gathering begins at 6:00 p.m. with a potluck in the Common Room. Please bring a dish to share and your own place setting. From 7:00 to 8:30 our circle will meet in the Josephy Priestley room. Ann Stillwater will begin the circle with a brief introduction on the benefits, heart, and soul of gratitude.</p> <p>All who identify as women are welcome in a co-creating sacred space. Contact Rebecca Waldemar (717-364-2029) for further information.</p>			
Sun 8	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 Man Who Ran Washington: The Life and Times of James A. Baker III</i>, by Peter Baker and Susan Glasser. From Amazon.com:</p> <p>From two of America's most revered political journalists comes the definitive biography of legendary White House chief of staff and secretary of state James A. Baker III: the man who ran Washington when Washington ran the world.</p> <p>BEST BOOK OF THE YEAR: <i>The New York Times</i> • <i>The Washington Post</i> • <i>Fortune</i> • <i>Bloomberg</i></p> <p>The group will also discuss/confirm candidate books for 2023. Please contact Don Brown for information.</p>			
			
Wed 18	5:00 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 the Chinese New Year – the Year of the Rabbit! Please join us for a potluck of Chinese food from a local restaurant as we look ahead to 2023 to plan out our monthly programs. Please contact Wayne Minich for further information.</p>			
Tue 24	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 Hazell for additional information. A Zoom link will be sent to committee members a few days prior to the meeting.</p>			

Feb. 5: Volunteer & Community Engagement Fair

Did you know that through UCH you can help keep a neighboring highway clean, practice yoga or meditation, talk about some excellent fiction or non-fiction books, participate in get-out-the-vote drives, work with our children on Sunday mornings, beautify the church grounds, and join in many other diverse activities?

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!!

We also would like to help UCH members and friends recognize that service to the church is an integral part of one's spiritual journey. In working together on a variety of projects through our church, we help build the beloved community that we seek.

By working together in a variety of ways, we can do great things building a stronger community of communities. The Fair is a fun way to find out what all is going on and how you can be a bigger part of the action. Please join us Feb. 5 to share our service and strengthen our spirit.

— Submitted by Guy Dannelley

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



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.

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, play the piano to accompany singing, help clear and clean up after our guests leave about 10:30 a.m., and 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

