



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



The mission of the Unitarian Church of Harrisburg is to be *an inclusive, loving community of faith committed to welcoming and nurturing all with dignity and respect. We make a difference by encouraging lifelong spiritual exploration, equipping individuals for service, and empowering them to act for justice in the world.*

In the past six weeks, I've heard stories from many of you about how important UCH has been for you, about how you have been encouraged and loved, and about how you have been equipped and empowered. Your leaders have been developing a strategic plan. The Caring Compassion Connection has been revived. The Safer Congregation Team is at work to make UCH a safer place for all of us (page 7). The board is setting priorities and planning for next steps. The stewardship people are ready to show their work. You have a competent and committed staff. Many of you are working to make UCH a place where we encourage, equip, and empower.

General Assembly. Five members have been selected to be delegates to the Unitarian Universalist General Assembly (page 7). Ten more members have told me that they plan to attend. You too could come! It's a rare opportunity for GA to be so close to us and it can be an amazing experience to be with several thousand UUs. There will be an important vote at this GA, and your delegates will want to know what you think about this issue. This is a vote on Article II of the UUA bylaws. Article II now contains the principles and the sources.

(Continued on Page 12)

Rev. Dr. Sandra Fees



Vulnerability is not a weakness, a passing indisposition, or something we can arrange to do without, vulnerability is not a choice, vulnerability is the underlying, ever present and abiding undercurrent of our natural state. —David Whyte

Being vulnerable makes me, well, uncomfortable. Asking for help, losing my temper, starting this new ministerial position—all of these feel risky to me. And while it may seem that these are risks I or we can choose or reject, the larger reality is that vulnerability is ever-present. As David Whyte says, vulnerability "is the underlying, ever-present and abiding undercurrent of our natural state." Or another way to think about it is that vulnerability is part of the human condition. It comes with being a living breathing being. It's really inescapable.

Worship 10:30 a.m. Sundays

March Theme: Vulnerability

March 5: Roots & Wings, Rev. Dr. Fees

We are nourished by our roots and freed to possibilities by our wings. How do Unitarian Universalism and UCH offer you roots and wings? This morning we will explore this question together.

March 12: Shame, Vulnerability, Authenticity Rev. Dr. Ellis

Shame is one of the most painful of human emotions and one we have all experienced. It inhibits our relationships and our spiritual growth. Sharing our vulnerability can allow us to be authentic and to increase our ability to love and to receive love. Rev Kathy will lead this worship service with Debbie Reihart as lay liturgist.

March 19: Multi-Generation Service, Matt Meyer (page 12)

Join us for a reflection of heavy suitcases, surprise turning points, and attending to the complexity of our times with love and resilience.

March 26: Beautifully Vulnerable, Rev. Dr. Fees

Being vulnerable is a risk. It's a risk that makes us better able to connect to each other at a deeper level. Join us this morning as we reflect on how being vulnerable actually makes us beautiful.

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

And more than that, maybe it isn't something to even try to escape from. What if, instead, vulnerability is a lifeline? What if vulnerability is the path to beloved community, to intimate relationship, to being at ease in the world? The truth is, at some point we are each going to find ourselves in need. We'll lose someone we love, fail at something important to us, fall ill, experience loneliness. And we'll feel passion for a cause, succeed at something important to us, take on new challenges. These too will give rise to vulnerability.

Part of what a spiritual community like UCH promises us is that we can be held and loved, not despite these vulnerabilities, but because of them. In so many ways, it's our vulnerabilities that make us lovable. They make us human and interesting.

This month as we reflect on the Soul Matters theme of vulnerability, I hope you will take a little time to think about the ways that Unitarian Universalism and the Unitarian Church of Harrisburg invite you to be broken open, and to do so courageously and compassionately.

Yours on the path of vulnerability,

Rev. Sandra



By David Spear, President, Board of Trustees

A church member asked me about our new co-ministers. Are they settled ministers? No, I replied, they are contract ministers.

That is the technical definition of our agreement with them, but in many ways, I feel that our church life has become more settled since they arrived. The events in September were disruptive, but suddenly it

seems that the storm has passed and the dust has settled. My perspective comes in part from the ease of planning and organizing with our ministers. What are your thoughts?

It was a joy for the Board to work with our ministers at our retreat in early February. We first spent time getting to know each other better and strengthening our bonds, and then prioritized next steps in planning for our church's future.

Many thanks to Mary Henninger-Voss and Andy Back for leading the first meeting of the newly reinvigorated Council of Teams and Committees. Nearly 30 people were in attendance, all leaders and members of the various groups that keep this church running.

It is impressive to see how much work is being done by our very own church members... everything from worship to social justice to buildings and grounds. The council can help all these groups encourage each other, coordinate our efforts, and further our mission and vision.

We plan for this Council to meet regularly, perhaps four times per year, or whatever serves the church well.

The first council meeting focused specifically on getting final input from each group about our strategic plan. That feedback will help us finalize the plan.

You may wonder what this strategic plan is. Well, it's the blueprint for the future work of our church. It will help guide our planning for the next several years. There are lots of ideas in the works, and this plan is essential for guiding all of that.

Next will be our town hall meeting on Sunday, March 5 (below). Please join us in the sanctuary (or online) for an open discussion about what comes next for us. Mary Henninger-Voss will present the completed plan to us, describe it in plain English (thanks, Mary!), and tell us the implications for our future.

Please bring your thoughts to the meeting also. What ideas do you have? What do you recommend? What questions do you have? Does anything need to be clarified? I hope you will bring some penetrating thoughts and difficult questions. Mary has spent hundreds of hours preparing this, and she would be glad to know that you thought about it deeply!

March is also when we embark on our stewardship for the year. You already know that this is how we keep our church alive and thriving throughout the year, but I am particularly grateful in two ways.

I have been amazed over the last few years to see that your pledging has remained consistent year after year. Despite Covid, despite changes in ministers, despite difficulties, you have continued to support this church. I'm deeply impressed and very grateful.

And as someone who works in the planning/administrative side of church work, I am pleased that you recognize that our ministries require material support. It requires teams and committees, boards and administrators, and yes, finances. All of these enable UCH to do our ministry.

I know that I'm repeating myself when I say that this is a good time to be a member of this congregation, but this really is a good moment.

To the list of good things about our congregation, we can now add an actual written plan for our future. I hope you will join me on March 5th as we unveil this plan, and I look forward to your feedback about how we can implement it together.

David Spear

Town Hall Meeting, Noon, March 5

We're about to take a big step at UCH, and this step involves you, our members and volunteers.

What is this step? It is the completion of the Strategic Plan! This very thorough document will give us a blueprint for future pathways and decisions. From worship to governance, from social justice to stewardship, this plan is designed to help guide our future. There are preliminary ideas for implementing the plan, but much of that will involve our existing teams and committees. We need you to be involved, to hear your ideas and create our future.

Please join us for this important conversation at noon on Sunday, March 5. The office will send members a Zoom link for those unable to attend in person.

— Submitted by David Spear

Opportunities for Religious Exploration

By Cory Ness, Director of Religious Exploration (DRE)



Children & Youth Calendar for March

March exploration is scheduled as follows:

- ☀️ **March 5:** RE for elementary/middle grades and youth group
- ☀️ **March 12:** RE for elementary/middle grades and youth group
- ☀️ **March 19:** No RE ~ Matt Meyer weekend (page 12)
- ☀️ **March 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.

Golden vs. Platinum Rule

Recently, I asked folk if they were familiar with the Platinum Rule. Some people were not familiar, and others may just need a reminder.

Many of us are acquainted with the golden rule, “Do unto others as you would have done unto you.” The platinum rule takes a slightly different approach, “Do unto others as they would have done unto themselves.” This one could be seen as more noble in that it shifts the focus from our own wants or needs to those of the recipient. It removes the risk of the Golden Rule, where the frame of reference is you, since you might happen to have different priorities than your neighbor.

One of my favorite aspects of the Platinum Rule is that it adds an extra dimension to the ethical-oriented. Not only is it essential to do a positive action toward your neighbor – the kind of action they would like, in fact – but it raises the question: What does your neighbor want, or need?

The Platinum Rule adds a layer of relationship-building. It invites us to explore the needs of our neighbors before acting towards them and potentially offering something that might well be detrimental – however well-intentioned we may have been – based on our own perception of other’s needs.

During the month of March as we explore the “Path of Vulnerability” let us seek to build a community where love is our guide – love for ourselves, love for others, love for our neighbors and love for the interdependent web of which we are all part.

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 March is Vulnerability.



Soul Matters March 2023 - Vulnerability

Playlists available on Spotify and YouTube

Welcome to the Path of Vulnerability

It may be that when we no longer know what to do
we have come to our real work,
and that when we no longer know which way to go
we have come to our real journey.
The mind that is not baffled is not employed.
The impeded stream is the one that sings.
— Wendell Berry

This month is a tricky one for us UUs. Let’s be honest. Berry’s celebration of vulnerability and limits is just not our thing. We are, after all, the religion of human potential, goodness, and power! We don’t sing at impeded streams; we break through

them. We don’t put up with confused minds; we keep at it until we become un-baffled. When we no longer know what to do, we just turn to each other and figure it out together.

There is something deeply inspiring about viewing ourselves so capable and strong. But there’s a shadow side too. In pursuit of being our best and most powerful selves, we often fear leaning into vulnerability.

It becomes a problem. The thing we need to protect ourselves from. But it is a protection that betrays.

The theologian C.S. Lewis gets at this in his reflection on the vulnerability of love:


To love at all is to be vulnerable. Love anything and your heart will be wrung and possibly broken. If you want to keep it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable.

In other words, there's a big difference between breaking and being broken open. Yes, leaning into vulnerability is frightening. But often, it also unlocks a door, allowing grace to drift in.

For instance, a loved one dies and, to our surprise, our hearts aren't just crushed, they are cracked open, illuminating beauty just a little more clearly. The absence we thought would haunt

Music

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

	Vulnerability	Soul Matters (General)
	Spotify playlist here YouTube playlist here	Spotify playlist here YouTube playlist here

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

Legendary, hyper-articulate, white, cis, male punk rocker Jello Biafra isn't who first comes to mind when one thinks about vulnerability. And yet, in August 2001, sitting in a huge, beautiful college auditorium with only about 50 other students, as I watched Biafra on stage in satirical cap and gown, this was the impression I had. It was one of the earliest times in my life when I could recall looking upon an influential figure whose identities checked all the privilege boxes, but thinking, "Oh, this person is hurting." Earlier that year, Biafra's band, the Dead Kennedys, had kicked him out and was suing him for fraud. Despite his performance of an impenetrable spoken-word screed against then-President Bush and other forces in America, this man on stage exuded woundedness. Despite my resistance to it, his image kept coming back to me as I worked on this packet, so I offer it here as an acknowledgement to the Universe that I got the message: *Everybody hurts, sometimes*. This might be the essence of vulnerability. But let's go a little further:

Some vulnerabilities we share: being broken-hearted, being abandoned or betrayed, losing beloved family members to death. And others, we don't: racism, ableism, sexism, ageism and other systemic vulnerabilities affect us very differently. Navigating these two truths together can be tough for us parents. We want our children and youth to know that part of the full human experience is feeling hurt, shame, sorrow, fear, betrayal, and other emotions that are part of vulnerability. That's an important understanding for moving through the world as a person of compassion; we can recognize and respond to the ways that others hurt and have needs because we ourselves have been hurt and needful. But on the other hand, we don't want to over-do the universality of this, because fully processing—even simply showing and speaking about—that kind of vulnerability is not a privilege equally shared among all people. The injustice of that circumstance does not feel like a sound place in which to anchor one's humanity. Vulnerability is a conundrum.

So, this month we're going to address the complexity of vulnerability head-on. It will be tough, at times, and also tender. In the transparency we build into our engagements together, we hope you and those closest to you find both understanding and release. Take care of yourself this month, and in the way that feels safest and most appropriate to you, let someone else take care of you, too.

— Teresa, on behalf of the Soul Matters team

us, actually unveils how deeply we loved, and how lucky we are to have loved.

Or what about when we're finally honest about the fears and burdens we hide? In that leap of courage, we discover that telling our truths doesn't just make us feel weak or exposed; it opens our eyes. We become able to see that others hide their pain and fear too. And with that, the faceless crowd becomes a sea of fellow travelers. All of us connected. All of us aware how much kindness is needed, even when the other's pain is not easy to see.

It's all about understanding that vulnerability isn't weakness but a softer form of strength.

Remembering that isn't easy. But it is necessary. It's maybe our most real work, as our friend Wendell Berry would say.

Stewardship Campaign

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

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

You will each be receiving a mailing from the pledge team in the coming days (if you haven't already) with more details. But don't curb your enthusiasm! You can fill out your pledge form online by following [this link](#). Meanwhile, please be in touch with any member of our team with any questions.

With Gratitude,

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

Second Sunday Potluck

For as long as humans have existed, we have found that we grow closer and more understanding when we break bread together. It builds families. It builds friendships. It builds intentional communities ...like UCH. But modern life keeps us so busy that meals are too often done alone and on the move.

As we seek ways to grow closer and know one another better and as we strive to become the Beloved Community, numerous teams and committees have noted that we simply do not eat together often enough. So, we are adding the "Second Sunday Potluck" to our monthly church calendar. Following the service of that particular Sunday, we will gather downstairs, or possibly outside as weather permits, for a potluck meal. We want this to require as little work as possible, so everyone is encouraged, if you are able, to bring one dish to share. It can be savory or sweet, meat, vegan, vegetarian, whatever. Your choice. Just come and enjoy the breaking of bread together. If you don't have time to prepare something, feel free to pick up something already cooked. If you are unable to bring anything, come anyway. This is about fellowship, not the amount of food. We will share whatever is there.

Our first Second Sunday Potluck will be on March 12. This schedule will continue through the year, with the exception of June, when the congregational annual picnic is scheduled on Sunday, June 4.

If you have any questions, feel free to contact [Dan Vaughn](#) or [Patti Hazell](#).

— Submitted by Dan Vaughn



Opportunities to Engage

Thanks to all who participated in the Volunteer Fair on Feb. 5. If you are interested in engaging with any of the groups below, please contact Volunteer Coordinator [Kate Carpenter](#) or reach out directly to the designated representative.

Group	Contact
Adopt-A-Highway	John Hargreaves
Aesthetics Team	Cordell Affeldt
Auction	Patti Hazell
Board of Trustees	David Spear
Building Maintenance Team	Guy Dannelley, Dave Forster
Caring Compassion Connect	Caroline Parke, Keva Brown
Choir/Bell Choir	Yvonne DuVal
Clover Grove	Wayne Minich
Coffee Hour	Michael McCullough
Communications	Dan Vaughn
Congregational Life Team	Chris Dutton
Covenant Groups	Bridgette Parker
Ecumenical Food Pantry	Michael Mark
Engagement Team	Rebecca Waldemar
Finance Committee	Kathy Malarich
Gather the Spirit for Justice	Darlene Kvaternik
Grounds & Gardens	Anita Mentzer
Heart Rhythm Meditation	Libby Tisdell
Helping People in Prison and Their Families	Margaret Carrow
Humanism	Rachel Mark
Journey to Justice	Margaret Carrow
Membership Team	Bart Carpenter
Mindfulness Meditation	Rebecca Waldemar, Keva Brown
Oliver LaGrone Scholarship Committee	Cordell Affeldt
Philosophy and Literature	Don Brown
Planned Giving	James Henninger-Voss
Poor People's Campaign	Margaret Carrow
Power to the Hill	Wendy Shaver
Queen Spirit	Rebecca Waldemar
Religious Exploration	Cory Ness, Bridgette Parker
Reopening Team	Mary Lynn Fecile
Reproductive Justice Allies	Barb Pearce
Safer Congregation Team	Cory Ness, Patti Hazell
Social Justice Roundtable	Rachel Mark
Stewardship	Ed Sykes, David Powell
Stitchers Group	Cory Ness
Survey Team	James Henninger-Voss
Technology	David Spear
Ushers and Greeters	Dorothy Brown
UU Christian Fellowship	Jim Cavanaugh
UUJusticePA	Rachel Mark
Volunteer Coordinator	Kate Carpenter
Women's Night Out	Linda Brown
Worship Team	Amy Firestine
Yoga	Ed Sykes

— Submitted by Kate Carpenter

Ed. note: over the past year, UCH members have begun a number of new initiatives. This text introduces two of our new teams.

Safer Congregation Team

The goal of the Safer Congregation Team is to help the congregation care for themselves and the building during normal church service in case of unexpected events. Test your knowledge of our church home by playing a little game of “UCH Scavenger Hunt.”

Click on [this link](#) to play. How many safety items can you find?

- ☉ Would you like to know where to find a band aid? Got a sore knee? Did you know UCH has an elevator we call the Elevette? UCH has 3 stairwells that lead to outside exits.
- ☉ Each classroom has a first aid kit as well as the kitchen upper cabinet next to the stove.
- ☉ There are 6 fire extinguishers mounted on the walls throughout the building.
- ☉ There are EXITS signs above each double door that lead to the stairwells and exits to outside doors.
- ☉ Know the location of these key items to help the Safer Congregation Team help you stay safe.

Finally, the Safer Congregation Team will post monthly updates in the **REPORTER** about future policies and procedures and events.

— Submitted by Patti Hazell

Aesthetic Integrity Team

Fresh energy characterizes our congregation these days. It has even spurred creation of a new advisory group to reinforce the artistic and financial value of our Mid-Century Modern (MCM) property. MCM is characterized by angular structure; clean, simple lines; minimal decorative embellishments; generous windows and open space; and strong color and use of neutrals. The Aesthetic Integrity Team will serve as a resource to staff, Board, committees, and teams to nourish building design choices consistent with MCM. The team has developed a set of aesthetic guidelines and obtained approval from church leadership.

In holding up design principles and protocols that honor the beauty and integrity of our sacred space, the Aesthetic Integrity Team will address varied topics. We will provide aesthetic leadership in building appearance including cleanliness and orderliness; furnishing choices and placement; color and neutrals consistency; safety; and any need for Capital Reserve Funds. Our objective is to leverage what we have and to align with MCM aesthetics as much as possible.

Members of the Team include Beverlee Lehr, Tony Morgan, Kevin Geist, Marsha Dulaney, Kate Carpenter, Carol Buskirk, and Cordell Affeldt. Contact [Cordell](#) or any other member of the team for a copy of current aesthetic guidelines for the church.

— Submitted by the Aesthetics Team

Denominational News

General Assembly, June 21-25, Pittsburgh

Imagine worshiping, 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. 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 March 28.

— Submitted by Rev. Fees



UUA GENERAL ASSEMBLY
PITTSBURGH • JUNE 21 - 25, 2023

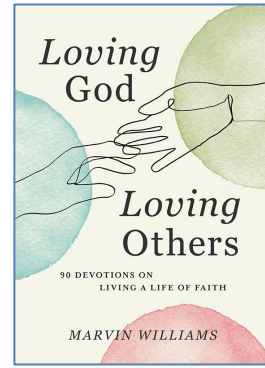
Chaplaincy Report



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

As Chaplain at Dauphin County's Work Release Center (WRC) for women, I serve all residents of any faith or no faith. Each new resident gets a pocket planner of their choice, donated by UCH folks and friends at Central PA Fitness and Aquatics. THANKS!

And depending on their faith tradition, I can offer them a Bible, booklets like this one from [Our Daily Bread ministries](#) (a Christian organization to which I occasionally donate), or maybe a book of prayers for a Muslim woman's use.



The WRC program helps residents get a job in the first week or two. Employers like the Crowne Plaza hotel, The Melting Pot restaurant, the Red Lion Hotel, Underdog Sports Bar & Grill, the Fiesta Mexico restaurant, The Coliseum Megaplex in Camp Hill, and Infinitos Pizza on Union Deposit have all hired women to give them a second chance while getting a good employee.

A recent benefit of my WRC involvement has been meeting successful re-entrants who are mentoring recently released people who need guidance from someone who has been where they are. My friend Timothy White became a mentor after serving five years at the State Correctional Institution (SCI) at Camp Hill and paroling to his mother's basement. He now serves as Director of Operations at [Amiracle4sure](#), an organization that helps recently incarcerated men and women regain transition and was recently featured as a "Trailblazer and Trendsetter" and one of the ["Next generation of Black leaders in Central PA"](#) by the *Patriot-News*.



My reproductive justice community ministry recently got a boost as our new website went live at the [Pennsylvania Religious Coalition for Reproductive Justice](#) (RCRJ). Both Barb Pearce and I serve on the Board of Directors. The mission of the organization is to:



- 🕒 Educate people of faith about threats to the availability of reproductive health care in Pennsylvania.
- 🕒 Collaborate with and support religious and secular organizations working within the Commonwealth for the cause of reproductive justice.
- 🕒 Advocate for reproductive justice at the national, state, and local levels.
- 🕒 Serve those in need of reproductive health services.



And an anonymous donor gave us a challenge gift which will match all donations dollar-for-dollar to help our faith outreach effort across PA. Donors will also receive our new bumper sticker created by Timothy White through [TW3 Designs](#).

— Submitted by Jim Cavanaugh

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.

ALL are invited to Zoom in on Tuesday, March 7, from 7-8 p.m. Join UUs from around Pennsylvania for an update on "What's Happening in the PA Capital?" You don't need to be a member of UUJusticePA to attend. The PA House reconvened on February 21. Will Rozzi remain the Speaker? Who are the new committee chairs and who is assigned to what committee? When will the PA House be in the Capital this session? What legislation is pending? Have the House Rules undergone a change? The answer to these and other questions about our state government will be shared. [Zoom link here.](#)

— Submitted by Anita Mentzer



UUJusticePA
Unitarian Universalist Justice Pennsylvania

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.

Former Scholars

We are pleased to provide updates on various former scholars. Information was collected from the various mentors and compiled for this report by Cordell Affeldt.

Sabina Dahal (2018)

Sabina Dahal graduated from Penn State in late 2021. She is now part of a research team at Penn State Hershey Medical Center that is looking for particular proteins in the blood of patients admitted with heart attacks. She started the new job in December and finds it more satisfying than her previous position doing repetitive lab work. Her former mentor, Meg Burton Conners, continues to lunch with Sabina regularly, reflecting on life's broad opportunities.



financial aid," she said. "This program gave me the perfect mentor to deal with the adversities of life. Mrs. Ann [Sitrin] has always been a positive motivator in my life. For that I am beyond grateful."

She works as Director of Communications and Marketing for the [General Board of Higher Education and Ministry](#) for the United Methodist Church. She lives in Memphis with her eleven-year-old daughter, who attends a creative arts academy.

Durrell Burns (2011)

Durrell Burns is now teaching English at Central Dauphin East High School after five years' teaching at John Harris High School. He graduated from Millersville University in 2017 with a Bachelor of Arts in English Language and Literature; has completed master's coursework at Lincoln University; and has obtained high school principal credentials. He is also a father of five, with a full and satisfying family life. His mentor was Nick Wilson.



LaConteau Williams (2007)

LaConteau Williams has completed both her bachelor's and master's degrees and is doing well in Memphis, TN, where she has lived since 2018, reports her former mentor, Ann Sitrin. LaConteau achieved her bachelor's degree over seven years as a single mother, persisting through several changes of schools and states. She graduated summa cum laude with a B.A. in mass communications from Johnson C. Smith University, a historically black university (HBU) in Charlotte, NC, then a master's degree from the University of Miami.



LaConteau is the first in her family to attend college and credits the LaGrone Scholarship with making this happen. "The LaGrone scholarship program provided me with more than just

Sieta Achampong (1997)

Dr. Sieta Achampong is the principal at the SciTech campus of Harrisburg High School, a position she has held for the past 10 years. She is renowned among academic leaders for helping to shape the challenging learning environment of the downtown Harrisburg campus. In correspondence last fall, she noted, "I am always grateful for the Oliver LaGrone Scholarship program, and I encourage my students each year to apply." Her mentor was Robin Miller.



The Gift of Tech

When you transition/discard your tech devices, consider the possibility of offering any relatively new tool to a LaGrone scholar. The Oliver LaGrone Scholarship Committee can learn if there is a need among the current scholars. Technology should be no more than three years old.

— Submitted by LaGrone Scholarship Committee

Calendar of Recurring Events

March 2023

Date	Time	Group	Location
Wed 1	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 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>			
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. This month, we celebrate Women's Hidden History. Countless women contribute in large and small ways to the events of their time. On March 1, we'll gather 'round a sacred fire and share a few stories of our history. An ample supply of story cards will be provided, but if you want to bring a story of a woman who should be remembered, please do.</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>			
Sun 5	5:00	Mindfulness Meditation Group (MMG)	Clover Lane
<p>Mindfulness is an acquired skill, practiced while meditating but vital in our everyday lives. Mindfulness is helpful in reducing stress, managing pain, focusing attention, and overcoming habitual negative behavior. Mindfulness can also point the way to spiritual practice, calming the mind, developing awareness and insight, and bringing us into the present moment. The ability to be mindful is strengthened through consistent practice. MMG provides a space for us to practice together in support of one another.</p> <p>Please join MMG each Sunday evening in March for meditation, readings, discussion, and/or dharma talks. Rebecca Waldemar leads on the first and third Sunday, and the Rev. Lileigh "Keva" Brown on the second and fourth. Meditations will be in the Fuller Chapel except on the last Sunday of the month when we meet in the Joseph Priestley room.</p> <p>Please contact Rebecca Waldemar or Keva Brown for additional information. Repeats every Sunday.</p>			
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>			
Sun 12	7:00 p.m.	Philosophy and Literature Group (Monthly)	Zoom
<p>The Philosophy & Literature Group meets on the second Sunday of each month, normally at 7:00 p.m. via Zoom. This month, the group meets to discuss <i>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>			
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 Ostara. As the days get longer, we realize the vernal equinox is upon us. To celebrate, we are engaging in an Ostara ceremony. If you're thinking colorful eggs and chocolate bunnies, then you aren't too far off the idea. Join us for an evening of Paganism filled with potluck, celebration and pastels.</p> <p>Please contact Wayne Minich for further information.</p>			

Date	Time	Group	Location
Tue 28	6:30	Auction Committee	Zoom

Auction Date: November 4, 2023 Place: UCH Clover Lane Theme: TBD The suspense is on!

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.

Matt Meyer Weekend, March 18-19

UCH is pleased to welcome [Matt Meyer](#) for two days of workshops and worship. Matt is a sought-after speaker wherever UUs gather to deepen their worship and explore their faith. He has led worship for convocations at several seminaries and has been a worship leader and workshop presenter for national gatherings of the [Liberal Religious Educators Association](#), the [Association for UU Music Ministries](#), the [UU Ministers Association](#), and the last twelve General Assemblies of the UUA. He also serves as the Director of Operations for [The Sanctuary Boston](#), a community of vibrant worship and real connection.

He has a degree in hand drumming from Berklee College of Music and has studied abroad in Cuba, Ghana, and Central America.

Schedule of Events

Please join us for two days of music and fellowship with the acclaimed Matt Meyer, as follows:

1:00 p.m. – 4:00 p.m. Saturday, "Moving Music Forward: A Music & Worship Training"

This workshop is designed for choir members, ministers, lay worship leaders, and musicians to dive into the theory and specific techniques for creating a transformative music experience. We'll share best practices for introducing new music, song-leading, and integrating music seamlessly into worship. We'll share practical tools for developing new musical elements that engage the congregation and deepen the worship experience, and we'll explore more deeply how music can set the context and tone for transformative worship. All are welcome to join us!

10:30 a.m. Sunday, Multi-Generation Service

"Let us measure success by how many of us can say: I am living a life I don't regret. A life that will resonate with my ancestors." —adrienne maree brown

The Sunday service is a reflection of heavy suitcases, surprise turning points, and attending to the complexity of our times with love and resilience.

12:30 p.m. – 2:00 p.m. Sunday, Singing for Community & Justice (\$20 suggested donation)

A participatory workshop designed to build skills and confidence for singing and songleading in worship or in the streets. We'll share best practices for invitational leadership and gentle encouragement to singing. We'll also expand your repertoire for singing without accompaniment. Join us for an experience of leading and following, rhythm and words, and the sound of a community in harmony. Whether you are an experienced song leader or sing in the shower, you are welcome to join us!

— Submitted by Yvonne DuVal

Looking Ahead: Reentry Breakfast

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

- 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 helping.

— Submitted by Jim Cavanaugh

March 14: Zoom Session for Potential New Members

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

For further information about our congregation and the membership process, please feel free to reach out to [Bart Carpenter](#) or another member of the Membership Action Council. During the pandemic, we are conducting information sessions via Zoom, and we welcome your inquiries.

This month, we have scheduled a special “**New Member Zoom Session**” at 9:00 p.m. on Thursday, July 21. If you would like to attend, please contact [Bart](#) to register.

— Submitted by Bart Carpenter



Richard Gordon (1943-2023)

Rev. [Richard Gordon](#), 79, died Feb. 14 of pancreatic cancer. He was under hospice care at the time of his death. Richard was the minister at Shared Ministry when UCH purchased the Market Street building in 2008. He joined UCH in 2015 when Shared Ministry dissolved and was a member of our congregation for seven years, until August 2022.

Services are scheduled for 11:00 a.m. March 18 at St. Paul’s United Church of Christ, Mechanicsburg.

Other Church News

From the Ministers

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The [Article II Study Commission](#) has suggested a major change to Article II. Please read the 26-page [report](#) or watch a [YouTube summary video](#) about it for further information.

Workshop in Personal Development. I met with the Leadership Development Committee, and we have decided to offer an opportunity for you to be encouraged, empowered, and equipped. I will lead a six-session workshop, *Harvest the Power*. This workshop is a faith and spiritual development program designed “to affirm your spiritual and emotional gifts and your skills for congregational leadership.” One of the program’s goals is “to deepen and enrich the experience of congregational leadership to live out their missions and values.” The workshop is intended for all leaders, current and future. If you think maybe, someday you’d like to be a leader, this workshop is for you. If you are not sure you have the skills to be a leader but want to make a difference for UCH, this workshop is for you. If you’ve been a leader and think it may be time to do something different, this workshop is for you, too. The first workshop will be Saturday, March 25, from 10:30 to 12:30, and the second one will be Saturday, April 1, from 10:30 to 12:30. When we are together, we will plan the following sessions. Please sign up by sending me an [email](#). Please email or call (717-385-5432) if you have questions.

Individual Development. In addition, I invite you to schedule an individual appointment with me to create your own personal spiritual development plan. Call or email for an appointment. See you in church!

Rev. Kathy

March Share the Plate: Rebuilding Together Greater Harrisburg

Each month, we share the Sunday plate with a local non-profit. This month, we share with Rebuilding Together Greater Harrisburg.

For the past 25 years [Rebuilding Together Greater Harrisburg](#) (RTGH) has been providing free home repair and modification services to local low-income homeowners such as the elderly, disabled, families with children, and veterans in Dauphin, Cumberland, Perry, and upper York counties.

RTGH's goal is to make a sustainable impact and preserve affordable homeownership. UCH member Dave Powell has volunteered at RTGH for many years and would welcome the company of other UCH members who own a toolbox and know how to use it.

— Submitted by UCH Finance Committee

