



The Unitarian Church of Harrisburg: an inclusive, loving community of faith committed to welcoming and nurturing all with dignity and respect

From the Ministers

The Rev. Drs. Kathy Ellis and Sandra Fees are serving as UCH Ministers through July 2024.



We are cups, constantly and quietly being filled. The trick is, knowing how to tip ourselves over and let the beautiful stuff out. ~ Ray Bradbury

The month of November calls upon us to learn how “to tip ourselves over and let the beautiful stuff out.” This is the season of gratitude, and our monthly theme for November is the gift of Generosity. Generosity has been identified as one of the core values of contemporary Unitarian Universalism. The proposed Article II revisions highlight the value of Generosity as follows:

Generosity. We cultivate a spirit of gratitude and hope. We covenant to freely and compassionately share our faith, presence, and resources. Our generosity connects us to one another in relationships of interdependence and mutuality.

There’s a whole lot to Generosity. It moves us to extend our love in ever and ever wider circles well beyond our most intimate relationships. Being generous also moves us more deeply into connection with others. And generosity is closely connected with gratitude, which helps us move from ideas of scarcity toward abundance. And if those gifts aren’t already enough, our acts of generosity offer hope and inspire others.

Throughout the month, Rev. Kathy and I will explore the gifts and practices of letting the beautiful stuff of generosity out. I look forward to seeing you in church.

Yours in the spirit of gratitude, connection, and hope,

Rev. Sandra

Worship 10:30 a.m. Sundays

November Theme: The Gift of Generosity

Nov 5: Joyful Living, Loving and Giving, Rev. Dr. Ellis

In popular culture, we hear a lot about a certain kind of loving and giving that seems neither joyful nor healthy but rather full of fear and insecurity. Healthy loving and healthy giving can indeed be joyful.

Nov 12: Being Good, for Nothing, Rev. Dr. Fees

All too often we give and receive with strings attached. This morning, we’ll reflect on what it might be like to practice a true generosity without expecting anything in return.

Nov 19: Trans-substantiation: A Trans Sacred Communion,

with guest speaker Rev. Dr. Jé Exodus Hooper

This will **NOT** be a typical UCH service. Please visit the [Services Page](#) of our website to read about this unique opportunity.

Nov 26: Reopening to Gratitude and Breads of the World

Communion, a multigenerational service, Rev. Dr. Fees

Inspired by Robin Wall Kimmerer’s *Braiding Sweetgrass* and the Haudenosaunee “Thanksgiving Address,” this service will explore the possibilities for an honorable harvest rooted in gratitude and reciprocity. We’ll share in a Breads of the World Communion to give expression to our gratitude. All are invited (but not required) to bring a bread from their own family culture. That could mean an old family recipe, the Wonder bread you ate as a child, or a special gluten-free loaf. If you bring bread, please arrive a few minutes early to help label and prepare it for the communion.

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

November Share the Plate: Harrisburg Area Food Pantry

Each month, we share the Sunday plate with a local non-profit. This month, we share with the Harrisburg Area Food Pantry.

The mission of the [Harrisburg Area Food Pantry](#) (HAFP) is to support those in the greater Harrisburg area experiencing food insecurity, primarily by providing emergency food assistance. Formerly known as the Ecumenical Food Pantry, HAFP is one of the largest food pantries in Dauphin County and one of the few that provides access to emergency food assistance at least five days per week.

And many thanks to UCH members Barbara Byrne and Joe Heefner for coordinating our ongoing food donations to the pantry!

– Submitted by UCH Finance Committee



Note from the Board

Ed. Note: This year, the Board of Trustees is rotating responsibilities for the monthly column.



By Karen Baker

As a member of the Board of Trustees, I am taking a turn introducing myself and want to convey what UCH has meant to me over the years.

I moved to Pennsylvania from Kansas in 2000 to start the National Sexual Violence Resource Center, which was a new initiative of the Pennsylvania Coalition Against Rape (PCAR). Recently

both entities have been rebranded under the umbrella organization “Respect Together,” united to end sexual abuse, assault, and harassment. PCAR has also been renamed - the Pennsylvania Coalition to Advance Respect.

Although I have never been a “church person,” I found myself looking for ways to bring more beauty and spirituality into my life. I became curious about UCH after attending a Central Pennsylvania Womyn’s Chorus performance here and seeing the table at PrideFest. I joined UCH in 2011, shortly after a series of storms had completely flooded the basement of my home, and I was struggling to restore order in my life. UCH met all those needs, even though I was only attending Sunday services for the first several years.

Things shifted for me again a few years later. I was doing a lot of national travel and involved in national-level activities, but I didn’t feel that I had roots, or a connection to the local community. Once again, I looked to UCH to meet these needs; and once again – you were there for me. I volunteered to be an usher, signed up to participate in book clubs and covenant groups; and eventually became a covenant group facilitator. Later, I assisted Mary Henninger-Voss with leadership development. I definitely began to feel connected but was searching for how best to contribute.

Then, our congregation was rocked to its core by the shocking arrest of our minister last year. Because of my work, I had some knowledge and skills to share during this time of crisis.

I now find myself on the Board of Trustees and the Minister Search Team. I now feel that I am contributing to the congregation as well as receiving all the benefits of belonging. Thank you, UCH – for always being there in so many ways. I am retiring (from work) in December and expect to have some new needs – for purpose and structure. And I know you will be there for me, yet again. I am very grateful to be a part of this UCH community.

Karen

Board of Trustees’ November Report

This is a synopsis of activity from last month’s Board meeting. We plan to publish this type of synopsis on a monthly basis.

The UCH Board of Trustees had its fourth monthly meeting of the fiscal year on Tuesday, Oct. 17. In addition to routine business, the Board addressed the following matters.

⊕ Ministerial Search.

This will be an item of importance for the Board each month throughout this year. The Search Committee updated the Board on the status of the search for a contract minister. A point was made by a trustee that it is very important to make the process and status clear to the congregation so that they know what to expect. The committee will continue to inform and engage the congregation. The Board affirmed a strategy of offering a ministerial contract with an option to initiate a call after sufficient time has elapsed for us to evaluate the minister (and them to evaluate us).

⊕ Capital Campaign.

This item will also be of great importance each month of the year as the Capital Campaign Task Force (CCTF) continues its work and the Board works to assist in the process. Andy Back offered a report on behalf of the CCTF. The architects and contractors have presented preliminary designs and information that will enable us to calculate cost estimates to present to the congregation. A draft “Case Statement” has been drafted that will include information presented in a readable format to enable the congregation to make an educated decision of whether to proceed with the campaign. **A congregational vote will be held Dec. 10.** Important to this decision is a Financial Feasibility Study, which commenced with interviews by our consultant, Liz Coit, of a representative sampling of the congregation. A building inspector has been engaged who will give us a report on any important issues that we are not aware of, so that we can include them in our planning.

⊕ UCH Centennial.

Our 100th anniversary will be here in 2027! It seems a long way off, but it will be here before we know it. The Board appointed Kyle Petris to head up a task force to begin planning for a huge celebration. Bart Carpenter will work with Kyle. We are looking for two other people to join in the planning.

— Submitted by Chris Dutton, President, UCH Board of Trustees

Opportunities for Lifespan Faith Development

By Cory Ness, Director of Lifespan Faith Development

We have many opportunities this month for children, youth, and adults! All are welcome.



Children and Youth November Calendar

- 🕒 **Nov 5:** Faith development for all children/youth
- 🕒 **Nov 12:** Faith development for all children/youth
- 🕒 **Nov 19:** Faith development for all children/youth
- 🕒 **Nov 26:** Multi-generational service

We are offering three programs this year:

- 🕒 Nursery: 6 mo. – Kindergarten
- 🕒 Elementary: 1st – 5th grade
- 🕒 Youth Group: 6th – 12th grade

Our classes will be learning from our Soul Matters themes in age-appropriate experiences. This year’s overarching frame is *The Gifts of Our Faith*, where we will focus on ten beloved UU values and explore their potential to shape us and in turn shape the world. Monthly themes are summarized in the accompanying matrix.

Monthly Themes - The Gift of ...

Month	Theme	Month	Theme
September	Welcome	February	Justice & Equity
October	Heritage	March	Transformation
November	Generosity	April	Interdependence
December	Mystery	May	Pluralism
January	Liberating Love	June	Renewal

Youth Group Bonfire: Nov. 11

Please save the date! On Saturday, Nov. 11, we will have a bonfire for all youth in Grades 6 -12 from 5:00 p.m. – 8:00 p.m. in the back of the church. Youth are invited to bring a friend. More details we be available soon.

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 November is “The Gift of Welcome.”



The Gift of Generosity

It would be easy to see this as a month of niceness. After all, for many, the call of generosity is equated with the call to be kind. But that’s not the spiritual understanding, and certainly not the sort of gift our faith sees in generosity.

First of all, it’s transformative. Generosity doesn’t just brighten our days; it changes how we relate to life. Let’s be honest, life can harden us. And before it does that, it often hurts us. So we can’t be blamed for viewing it as a threat. Like some kind of dangerous obstacle course. Or a giant game of King of the Hill, where the winners take all and the rest of us are thrown to the bottom, bruised and empty-handed. No matter which metaphor fits, it’s almost impossible to think our way out of it on our own. But then these seemingly small or sentimental gestures come our way. A person notices we forgot to bring our bus pass and pays for us before we have to ask. The neighbor shovels our part of the driveway while she does hers. The nurse takes a half hour to sit with us while we wait for the results. It wasn’t her job, and she doesn’t have the time, but she did it anyway. In those simple moments, the world suddenly feels less cold. A crack sets in. Our obstacle course, winner-take-all view of life gives way to something softer. We may still hurt, but it also feels as though life itself is trying to help. That’s what generosity does. It transforms.

It also connects. Deep down we know the difference between giving and giving generously. The former is taken from our “extra.” The latter is taken from what is essential. It’s the difference between giving our loose change and giving of ourselves. And when you hand over a part of you to someone else, you’re tethered. Your vulnerability meets their vulnerability. You haven’t just helped; you’ve shown you care. Both of you feel seen. And less alone.

But make no mistake, generosity doesn’t stop there, at care and connection. It also challenges. True generosity doesn’t just ask us to care for people, it also asks us to call them out. When you look at life through the lens of generosity, charity loses its sheen and many of those who have much are exposed as hoarding what others need. It’s sneaky that way. Generosity undermines our

comfortable views and invites justice in. It doesn't just ask us to be kind to others, it also asks us to question why some have so much more than others.

Transform. Connect. Challenge. Not the usual words we pair with generosity. And maybe that's the point. Maybe the invitation this month is not just to be more generous, but to notice how generosity is bigger than we think.

— Rev. Scott Tayler, *Soul Matters* Team Lead

Finding the Sacred in Music: The Gift of Generosity

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.

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

Our Families Are Exploring the Gifts of Generosity

Sociologist and author Tressie McMillan Cottom tells a story in her celebrated 2019 book, *Thick*, in which she shares a memory about a personal experience with the complexity of respectability politics. Her mother—sharply dressed and well spoken—accompanied an elderly neighbor to a social services office where the neighbor had been unsuccessfully trying for a year to get a need met. The intercession was successful. The neighbor got what she needed, but the errand took half a day to accomplish, a significant amount of time and energy. McMillan Cottom remembers asking her mother afterward why she had done that, and her mother told her that those who can do, must do. Reading this for the first time, I was struck twice—one by the poignancy of the example of lending privilege to get needs met in an unjust system, and second by the generosity of heart that would lead one to do that.

How do we bake that philosophy into our family legacies? How do we model generosity, live generosity, celebrate generosity, and encourage generosity?

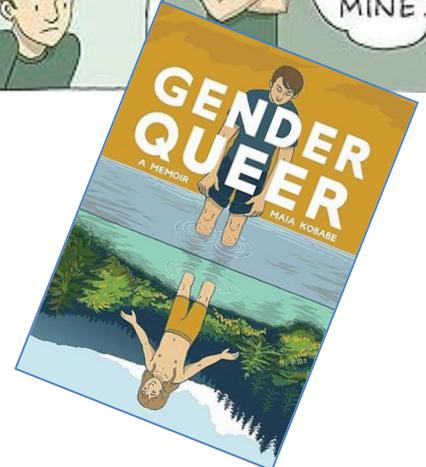
This month, we're acknowledging that inequality exists, and we're exploring how generosity can soothe inequality's wounds. We're also exploring ways that generosity expresses love. And we're learning that evidence points toward generosity being a social norm that all of us, as individuals, can shape and grow in the groups we belong to. What a gift!

— *Soul Matters* team

Banned Book Club: January 25



The discussion group meets via Zoom at 6:30 p.m. on the last Thursday of the month on alternate months. Our next meeting is Jan. 25, when we will discuss *Gender Queer: A Memoir*, by Maia Kobabe. The book is about coming out as nonbinary. The book landed the author at the center of a battle over which books belong in schools, and who gets to make that decision. The debate, raging in school board meetings and town halls, is dividing communities around the country and pushing libraries to the front lines of a simmering culture war. In 2021, when book banning efforts soared, this book became the most challenged book in the US, according to the American Library Association and the free speech organization PEN.



All are welcome! Please [sign up](#) for email reminders and the Zoom link.

Staff Appreciation and Recognition: Tavia Flanagan, Office Assistant

I hope you'll join in extending appreciation and recognition to Tavia Flanagan, Office Assistant, for her many years of excellent service. She keeps church operations running smoothly, contributing to the joy and meaning of our community life. She began her service Feb. 19, 2015 – almost nine years ago – and is the longest-serving staff member at UCH. She performs her duties effectively, efficiently, and enthusiastically, willing to go above and beyond. Congrats, Tavia. And thanks. We are grateful for your dedication.



A native of York, Tavia studied at Yorktown Business Institute and Community College of Philadelphia. Prior to working at UCH, she was an office assistant at a medical center in York and an executive assistant for an insurance company in Bala Cynwyd. She and her husband, Kyle, live in Central Dauphin School District.

Their son, Liam (17), is a varsity wrestler and will attend Washington and Lee University next year. Their daughter, Keira (15), is a varsity soccer player. Tavia reports spending significant time at her kids' sporting events. She also enjoys Philly sports, exercise, travel and reading.

— Submitted by Rev. Dr. Sandra Fees

Meet Some of Our Newest Volunteers

[The Arc of Cumberland and Perry Counties](#)

(CPARC) is a non-profit agency serving individuals with intellectual and developmental disabilities, their families, and the community. Among other things, CPARC



Olivia, Kelly and Kevin with instructor Cass

operates a Center for Industrial Training (CIT) that provides various forms of training to people with disabilities. Every Friday, the CIT instructor brings different students from the program to help clean our church. The most recent students (photo, Oct. 27) were clearly very proud of their contributions to keeping our space neat and tidy.

Under the supportive supervision of Mike Waldvogel, our Facilities Manager, they did an impressive job cleaning the entire church building. It's inspiring to see them in action, vacuuming the carpets, cleaning the bathrooms, dusting all kinds of surfaces and more. Recently they even took a lint roller to the blue Thonet chairs in the sanctuary – a huge undertaking! Many thanks to Mike for taking charge of this new volunteer activity and to Tavia Flanagan for setting it up.



Mike Waldvogel

— Submitted by Kate Carpenter, Volunteer Coordinator



Tree Removal

[Good's Tree and Lawn Care](#) came to UCH on Oct. 25 to remove the large diseased oak tree at the west side of the church building. The crew worked from early morning until around 3:00 p.m. They had to carefully trim it, then angle-cut wedges so that it would fall between the church building and the parking lot, without hitting either. The tree stump is 4 feet in diameter.

We have three other trees scheduled for removal in November.

— Submitted by Larry Beyer

Aesthetic Integrity Team: Architecture/Grounds Video

UCH been recording live services and posting them to the UCH YouTube channel since 2020. Now we have produced our first [curated video](#) with a brief 4:20-minute message introducing viewers to our church's architecture and grounds!

Backstory: In February, the team first discussed the idea of creating a video documenting the architecture of our church. We began work on this effort in March, reviewing the information in the church archives to learn more about the purchase of the site and the construction of the initial building and its subsequent renovations. The initial script drew heavily on the research. Aerial drone footage was shot on three occasions in April to capture our flowering trees at their best.

The narration of the script was subsequently recorded, then additional video footage was shot in late spring to align with the narration. After these elements were completed, the audio narration and appropriate image and video clips were synchronized. Once the core video was complete, on-screen texts, transitions, background audio and other special effects were applied to create a more professional-looking video. In June and July, we shared the draft video and its script with various groups within the church, collected feedback, and decided to remove some of the historical narrative and incorporate additional details about the architecture and grounds. We then shot additional video footage over the summer and completed the final product in September, incorporating the new UCH logo.

Many thanks to all who participated! From the team, this includes Kevin Geist (chair), Marsha Dulaney, Kate Carpenter, Carol Buskirk, Tony Morgan, Beverlee Lehr, and Cordell Affeldt. Others include Andy Back (video); Dan Vaughn, Rev. Dr. Sandra Fees, and Mary Henninger-Voss (editorial content); and Larry Beyer and Anita Mentzer (gardens and grounds content).

— Submitted by Kevin Geist



New Member Orientation: Nov. 8 and Dec. 13

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

For further information about our congregation and the membership process, please feel free to reach out to [Bart Carpenter](#) or another member of the Membership Team. We have scheduled a Zoom orientation session on Nov. 8, with another planned for Dec. 13. We will be happy to sign you up!

— Submitted by Bart Carpenter



Auction Team: November 4 ~ Blazing New Trails

If, like UCH, you are planning to blaze a new trail, take some advice from the scouts and “Be Prepared.” Start by looking at a map of the area so you know the lay of the land. Wear good supportive footwear, weather-appropriate clothing (think moisture-wicking and layers), and even at this time of year, consider sunscreen and bug repellent. Make sure you tell someone where you are going and approximately what time you plan to be back. Don’t forget to bring water and snacks!



Be prepared for our Blazing New Trails auction on Nov. 4. Start by studying the [auction booklet](#) so you know the lay of the land, and our itinerary.

Auction night:

Don’t forget to bring:

- Your auction and 50-50 tickets. (Auction tickets still available at the door: \$10 per person and \$20 per family. And the Auction Committee can look up your name if you can’t find your auction ticket).
- Cash to vote for your favorite banned book and to purchase more 50-50 tickets (1/\$1 \$15/10, or 50/\$20) as well as adult beverages (\$5 each). You must be present at the live auction with your ticket to win the 50-50 raffle!
- The food item that you signed up for.

Can’t attend, but still want to bid? Proxy bidding is available for silent auction items. Send an email to [Kelly O’Neill](mailto:Kelly O'Neill) by Friday, Nov. 3. Include your name, email address, phone number, the item number(s) for the item(s) you want to bid on, along with your maximum bid for each item. Kelly will watch the bidding sheets and add your bid as needed, up to your maximum. **You can also watch the live auction via Zoom and bid in the chat, if you like.** Watch your email for a link to the live auction.

“Be Prepared” to have a great time and Blaze New Trails at the UCH auction on November 4! uchauction@gmail.com.

If you contributed an item:

Please bring your auction donation to the church ahead of time, if possible:

- Thursday and Friday (Nov. 2-3) 3:00 p.m. – 7:00 p.m.
- Saturday (auction night) prior to 5:00 p.m.

— Submitted by Patti Hazell

Safer Congregation Team



It is finished! The "first aid station" is now located in the upstairs hallways just outside the sanctuary, across from the office. It contains a larger first aid kit, Narcan, wheelchair, posters showing basic first aid care, and an emergency guide for choking incidents. It will be the future home to the automated external defibrillator (AED) unit as well once training is completed.

Special thanks to Ann Sitrin and Peter Adams for donating a wheelchair, Beverlee Lehr for donating an AED, and Guy Dannelley and Dave Forster for installing the AED cabinet and shelf for the first aid kit. And thank you folks for helping to keep our community safe!

— Submitted by Patti Hazell

Grounds & Gardens

Rain Garden



Foundational Materials



Planting Day



Final Product

There's a new addition to the UCH grounds – a rain garden! This specially designed garden to mitigate the stormwater draining off the front parking lots was installed by Campisi Property Services, “a sustainable landscaping company,” based in Dover, PA. A rain garden is a three-tiered design including a basin, buffer, and berm. Specific native plants are selected and designated for each of the three areas. For more information on rain gardens, [use this link](#).

Four members of the G&G Team (Barbara Byrne, Kathy Malarich, Marsha Dulaney and Anita Mentzer) assisted Campisi with the planting after the garden was created and the soil amended. A variety of 29 different species totaling 149 plants were installed in the garden along with river rocks, topsoil, sand, and mulch. All of the plants are perennials (they'll reemerge each year) and include shrubs that like “wet feet” and a river birch tree. It doesn't look like much right now, but the plants are entering their dormant phase while the roots continue to grow. There's a lot going on in the soil right now that we can't see, but beginning next spring something will be blooming through November. Here's a list of the plants:

River birch	Winterberry (m)	Winterberry (f)	Coneflower	Baptisia
Rose Mallow	Smooth Aster	False Aster	Beautyberry	Pink Muhly Grass
Little Blue Stem	Obedient Plant	Mountain Mint	Fothergilla	Bunny Grass
Buttonbush	Red Twig Dogwood	Sw. Pepperbush	Monarda	Culver's Root
Cardinal Flower	Gr. Blue Lobelia	Aromatic Aster	Tickseed	Golden Alexander
False Aster	Butterflyweed	Swamp Milkweed	Penstemon	

Fall Garden Day

We also had a successful Fall Garden Day on Saturday, Oct. 21! Thanks to help from Caroline Parke, Marsha Dulaney, Kyle Petris, and Britannie Rico (and little Carter), we weeded and tidied up the gardens; transplanted peonies and Solomon's seal; and mulched a few areas. Thanks to all who participated!

— Submitted by Anita Mentzer



Foliage on Fall Garden Day

Membership Anniversaries



Joyce Hoskins Leah Kuhns Mary Ann Rhoads Marilyn McHenry Michael Mark Nathalie Hoke

The Unitarian Church of Harrisburg celebrated “Membership Sunday” on Oct. 8, honoring 50-year and 25-year members of the congregation. Those honored included all of the following:

50-Year Members

The church honored the following individuals who have been members for 50 (or more) years: Mary Ann Rhoads and Richard Guthoehrlein (1967); Marilyn McHenry and Leah Kuhns (1970); Joyce Hoskins (1972); and Nathalie Hoke and Michael Mark (1973).

25-Year Members

We also celebrated 25-year anniversaries of nearly two dozen other UCH members. Congratulations to all!

Member	Year
Guy Dannelley	1976
Robert Pearce	1978
John Aponick	1985
Pam Desch	1989
Kate Quimby	
Gail Jackson	
Donna Hoskins-Helm	
Phil Hoskins-Helm	1990
Carlotta Capitani	
David Forster	
Marjorie Forster	

Member	Year
Rugh Henderson	1990
Sylvia Henderson	
Peter Trufahnstock	1994
Janet Kelley	1995
Cynthia Tyger	
Margaret Carrow	1996
Ronald Skrabut	
Jane Yeater	1997
Sarah Hopkins	1998
Ellen Roane	
Charles Peters	
Kendra Trufahnstock	



We are in the process of updating the membership plaques in the hallway (east side of the sanctuary). Many thanks for Caroline Parke for coordinating the celebration and to Tavia Flanagan for logistics support.

— Submitted by Bart Carpenter, Membership Chair

Lay Community Minister's Report



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

One of my pleasures as chaplain to the residents of Dauphin County's Work Release Center (WRC) for women is seeing the variety of businesses that hire them – giving them a much-needed second chance. Each time I visit I am given a roster of all residents, and sometimes, like my most recent visit, it includes their employer's name. Here are some examples: United Parcel Service, McDonald's - Paxton Street, Crowne Plaza Hotel, Candlewood Suites, Capitol Diner, Applebee's - Paxton St., Wendy's - Union Deposit Road, KFC –

Mechanicsburg, Center for Employment Opportunities, and Dollar Tree - Paxton Street. I list these to encourage our UCH family to patronize these places – supporting businesses that support successful reentry. When Nan and I go to one of the restaurants that hire WRC residents and I am greeted by “Hi, Chaplain,” it truly makes my day!



My reproductive justice community ministry with the Pennsylvania Religious Coalition for Reproductive Justice (RCRJ) allowed me to attend the [First Responders' Breakfast](#) on Oct. 4, presented by the [YWCA of Greater Harrisburg](#). The event celebrated the collaborative efforts of first responders within the tri-county community to serve victims of domestic violence and sexual assault.

PA RCRJ made a significant contribution to support the breakfast, which supports their Violence Intervention and Prevention Programs, and so were invited to the breakfast along with many police and law enforcement people from the area.



Unistriders: Oct. 21

UCH was represented by the UUnistriders in the annual Making Strides Against Breast Cancer walk on Oct. 21. The church has fielded walkers for many years, and I invented a team name a while back – and created a sign to identify us. This year, we marched in honor of UCH member Libby Tisdell. Other honorary team leaders over the years have included Kate Carpenter, Yvonne Hursh, and Randa Todd.

More info at [Making Strides of South Central PA](#)

— Submitted by Jim Cavanaugh



UCH Reproductive Allies

UCH Reproductive Allies is seeking an advocate to help us communicate with the congregation, assist with post-carding efforts, and make reports at the Social Justice Roundtable about our ministry and our collaboration with UUJusticePA. Please contact [Barb Pearce](#) (717-697-4114) if interested. Estimated time commitment is about 2.5 hours a month.

— Submitted by Barbara Pearce

Gather the Spirit for Justice: Shadow's Garden

Shadow's Garden is an outreach of Gather the Spirit for Justice (GTSFJ), located on Market Street just west of 13th Street. It's a way to keep in touch and serve the Allison Hill community. Help is needed to put the garden to bed and to plan for next year. Please contact [Darlene Kvaternik](#) (717-343-9426) for more information.

— Submitted by Darlene Kvaternik

Calendar of Recurring Events

November 2023

Date	Time	Group	Location
Wed 1	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 first part of our time together will be a planning session for the winter solstice. All are welcome to be a part of the winter solstice planning. This will be followed by a ritual to connect with the feminine divine through Mother Nature.</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. The circle begins at 6:30 and ends no later than 8:30. All who identify as women are welcome in a co-creating sacred space. Contact Rebecca Waldemar (717-364-2029) for further information.</p>			
Fri 3	Various	Heart Rhythm Meditation	Zoom
<p>Heart Rhythm Meditation is a type of meditation that involves conscious breathing, in which the individual controls their breathing in order to influence their mental, emotional, and physical state. Join Libby Tisdell and Jim Handshaw in twice-weekly sessions, via Zoom.</p> <p>🕒 Monday afternoons from 4:30 – 5:30 p.m. via Zoom</p> <p>🕒 Friday mornings from 11:30 a.m. – 12:30 p.m. via Zoom</p> <p>People can drop in or out as they want. Please contact Jim Handshaw for the Zoom link.</p>			
Mon 6	6:30 p.m.	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 John Hargreaves. Repeats every Monday.</p>			
Tue 7	6:00 p.m.	Mindfulness Meditation Group (MMG)	Clover Lane
<p>Mindfulness is an acquired skill, practiced while meditating but vital in our everyday lives. Mindfulness helps in reducing stress, managing pain, focusing attention, and overcoming habitual negative behavior. Mindfulness can also point the way to spiritual practice, calming the mind, developing awareness and insight, and bringing us into the present moment. The ability to be mindful is strengthened through consistent practice. MMG provides a space for us to practice together in support of one another.</p> <p>Please join MMG each Tuesday evening for meditation, readings, discussion, and/or dharma talks led by Rebecca Waldemar and the Rev. Lileigh “Keva” Brown. Please contact Rebecca Waldemar or Keva Brown for additional information. Repeats weekly.</p>			
Tue 7	6:30 p.m.	Safer Congregation Team	Zoom
<p>The goal of the Safer Congregation Team is to help members of the congregation care for themselves and the building during both routine events and in case of an emergency. The team meets the first Tuesday of each month via Zoom. Please contact Patti Hazel for the Zoom link or additional information on the team.</p>			
Sun 12	6:00 p.m.	Philosophy and Literature Group (Monthly)	Off site
<p>The Philosophy & Literature Group meets on the second Sunday of each month. This month, the group meets at La Fiesta Mexican Restaurant, 3957 Paxton Street, to discuss economist/philosopher Adam Smith, also known as the Father of Capitalism. The discussion is based on <i>Adam Smith Reconsidered: History, Liberty, and the Foundations of Modern Politics</i>, by Paul Sagar. Participants can also read a synopsis instead, available from Don Brown.</p> <p>From Amazon:</p> <p>Adam Smith has long been recognized as the father of modern economics. More recently, scholars have emphasized his standing as a moral philosopher—one who was prepared to critique markets as well as to praise them. But Smith’s contributions to political theory are still underappreciated and relatively neglected. In this bold, revisionary book, Paul Sagar argues that not only have the fundamentals of Smith’s political thought been widely misunderstood, but that once we understand them correctly, our estimations of Smith as economist and as moral philosopher must radically change.</p> <p>Please contact Don Brown for information.</p>			

Date	Time	Group	Location
Tue 14	5:30 p.m.	TBD	Off site
<p>Women’s Night Out is a lay-led ministry that focuses on the friendship and support of its members and giving back to our local community. We normally meet on the second Tuesday of the month at a local restaurant, alternating locations between the East and West Shores. Each month at dinner, participants take a collection. Proceeds are divided between the Ecumenical Food Pantry and UCH. This month, we meet at Peachtree Restaurant, 251 N. Progress Ave., Harrisburg. Please contact Ann Sitrin (717-766-4767 or text 717-439-6090) for additional 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, it’s a drum circle. Circle up and bring a Drum!! We will be drumming in the Elements. We will pound out several tempos and rhythms. We will also speculate on other aspects of Drumming.</p> <p>Please contact Wayne Minich for further information and/or join the Clover Grover Facebook Group.</p>			

Halloween Service

Led by Rev. Dr. Sandra Fees and Cory Ness, UCH celebrated “Monsters, Mermaids and Ninja Warriors: A Multigenerational Halloween” at services on Oct. 29.



Doing the “Monster Mash”

