



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

## From the Ministers

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

### Rev. Dr. Sandra Fees



*It comes to me when I am most creative, when I am thinking things and doing things that reach beyond myself—not knowing, only hoping, dreaming—wanting revelations to connect, support and nourish. And when the energy surges up and lifts me*

*toward the light into space where sparks ignite and inspiration crackles from the brain into the heart and back, then everything around me sings.*—From *Divinity* by Dorothy Boroush

Does your creativity make everything around you sing? Does it allow you to reach beyond yourself—to connect to spirit, to muse, to God or Goddess, to others?

When I tap into the mysterious something beyond myself, I, like Dorothy Boroush, feel lifted, ignited, inspired. I feel freed, freed from so many constraints. I can let go of all those rules I learned somewhere along the way. I've certainly absorbed a lot of rules about how to write and draw and arrange a house and live a life. So many adults have. And I'm convinced many of us long instead to daydream and explore, to let our minds and hearts hum and meander.

This month, our Soul Matters theme is Creativity. What better time to do a little daydreaming and exploration! I invite us all to spend some time reimagining what creativity means to us. How can we be more creative with our relationships with others, with our approach to life, and with our projects? How can we be more creative with the way we pray and sing—and love? Maybe especially with how we love?

Creatively, lovingly, yours,

Rev. Sandra

### Rev. Dr. Kathy Ellis



Following the Earth Day service which many people made a great service especially including J.D. Stillwater, Cory Ness and Yvonne Duvall, I received some interesting feedback. A visitor to UCH, who had also visited UU Cumberland Valley (UUCV) when I led a worship service, said that I was better at UCH than I was at UUCV. I said that it was a good service because of the many people who helped make it so and because of the

music. He said okay and that UCH felt very warm and welcoming, but he insisted that I was better at UCH and that I had found my place. His feedback really made me think; there are many reasons why a minister may be better on some Sundays than on others including the

*Continued on page 11*

## Worship 10:30 a.m. Sundays

### May Theme: Creativity

**May 7: World Laughter Day: Singing and Laughing on Our Way,** Rev. Dr. Ellis

Laughing, singing, and playing are creative activities. They are good for your health and good for the body, soul, and spirit. Let's be playful! Please bring your favorite funny story or cartoon to share during coffee hour. This is also New Member Sunday.

**May 14: The Creative Spirit,** Rev. Dr. Fees

Creativity isn't just for artists, writers, and musicians. It's about creating a life of beauty, wonder and connection. This morning, we'll explore some sources of inspiration and imagination that help us tap into the inner muse and deepen our kinship.

**May 21: Conflict Resolution as a Path to Love,** Ginny Sassaman

Many of us dread engaging in conflict because it is uncomfortable, frightening, and seems destructive. Yet conflict engaged in well is a crucial ingredient of building more loving relationships on the personal and community level. Our worship leader (bio, page 11) offers heartfelt and practical suggestions for following the path of love by facing conflict with courage, compassion, and creativity.

**May 28: Live a Life Worth Living,** Rev. Dr. Ellis

A Memorial Day Service: How do we live a life worth living, how do we grow spiritually and encourage others to grow in a time of fear, of anger, of despair? It may be that these are the times when we can grow the most

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.

# Congregational Meeting



**Sunday, May 21 at noon**



*By David Spear, President, Board of Trustees*

I was overjoyed when we agreed for Reverend Dr. Sandra and Reverend Dr. Kathy to spend an extra year at UCH. I'm still overjoyed, and I think I will remain full of joy for every one of their next 15 months with us. How about you?

When they joined us in January, many of us quickly realized that this was going to be a good relationship. Right from the beginning, they strengthened our pastoral care, established a collaborative working relationship with the board, engaged with our teams and committees, worked well with our staff, and led engaging Sunday services.

They had been with us only 3.5 months when the board approached them about extending their ministry, so I thank both of them for addressing this so quickly.

**O**ur Annual Congregational Meeting is scheduled for Sunday, May 21, at noon. We carefully scheduled it for the weekend after Mother's Day and before Memorial Day, so I hope you can all attend, either in person or by Zoom. Check your email in the coming week, because we will be sending you details about our three main topics:

- 📌 **Candidates for the Board of Trustees.** Several board members are reaching the end of their terms, and we have some excellent candidates who are interested in filling those seats. There may still be a seat available, so let us know if you have had secret aspirations to be a board member, because it can be very rewarding.
- 📌 **Bylaw Change.** We will also vote on a bylaw change to recombine the Leadership Development Committee and the Nominating Committee.
- 📌 **Budget for the next church year.** Finance Committee has proposed a balanced budget. It has been pared down from

last year to match our stewardship pledging. Please bring your thoughts to the meeting.

And while we are together, we'll talk about the future ministry, the capital campaign, and whatever else you want to ask about. Bring your questions!

**D**id you know that General Assembly will be held in Pittsburgh this year? If you would like to spend a few days with several hundred other enthusiastic UUs, now is the time to sign up. This is the closest it will be for several years, so you may want to grab the opportunity. You can also attend virtually from the comfort of your home. Details are at [www.uua.org/ga](http://www.uua.org/ga).

UCH has been allotted five delegates to General Assembly, based on our size. The board has selected Chris Dutton, Mary Henninger-Voss, Laura Shemick, Ann Stillwater, and Dan Vaughn as our delegates, and we appreciate their efforts in representing our church! Rev. Kathy and Rev. Sandra will be preparing them before they go and debriefing them after they return. Several other church members will also be attending General Assembly, but not serving as delegates.

**O**ne of the major topics at General Assembly will be updating Article 2. In short, this is an update to the portion of UUA bylaws that includes our Seven Principles, our Purposes, and our Six Sources. It's a prominent discussion throughout the UUA, so I encourage you to read this [excellent article](#) from *UU World* magazine.

It's a busy time, isn't it? Excellent ministers, General Assembly, Article 2, bylaws, budgets, board members, and more. Isn't it wonderful to be part of this congregation and this denomination? I surely think it is!

*David Spear*

### ***On the Quest for UCH Photographs***

The Aesthetics Team is developing a web page with the history of our church! We'd like any longtime members who might have photos of the Clover Lane facility prior to the 1993 expansion to share them with our team. While we have this artistic rendition from the architect, we haven't located actual photos in the church archives.

Your help would be greatly appreciated. Please contact [Kevin Geist](#) if you have potential contributions.

— Submitted by Carol Buskirk



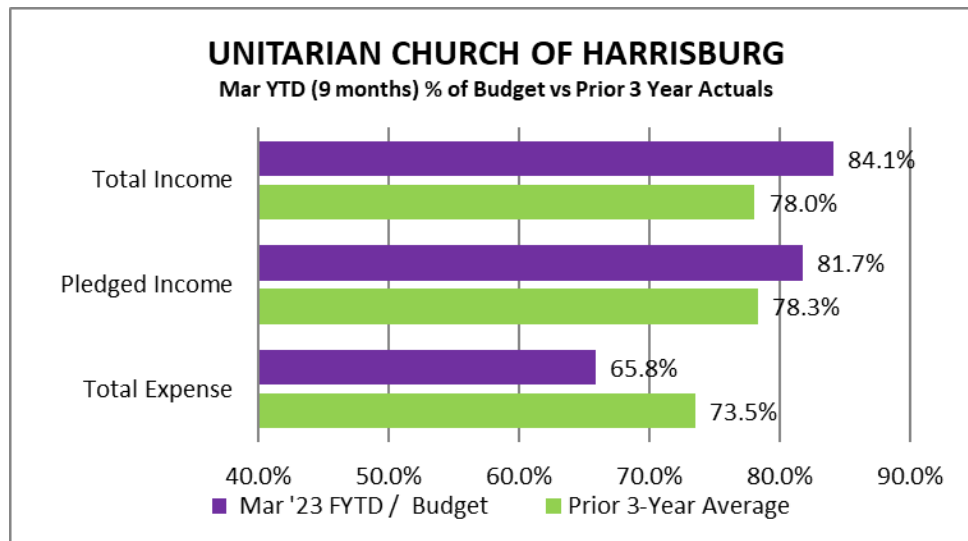
## Treasurer's Report

Our operating results continue to be positive as members have paid their pledges slightly sooner in the fiscal year than usual, and other sources of income are near or above planned levels. Expenses are less than budgeted because of the unexpected absence of a minister last fall. With less than \$70,000 in remaining unpaid pledges, we expect expenses will exceed income in the last three months of our fiscal year. However, we should end the year with a surplus of approximately half the current amount. Those dollars could assist with the ongoing need to address our backlog of building and grounds issues.

Items of note include:

- UCH is among the PPL customers who will receive amended electricity bills (we expect to owe additional amounts for billing errors December through March).
- The Board authorized additional expenditures for partial stipends for General Assembly (GA) delegates, for staff to attend GA, and for additional tree removal.
- We have received 81.7% of pledged income, more than is typical (78.3%). We also received 84.1% of budgeted income thus far versus the prior three-year average of 78.0%. Income from Unpledged Gifts and Rentals improved, and total income will likely exceed planned levels.
- Expenses are less than usual through March (65.8% vs 73.5% average) because of the delay in some expenses, and because we had no minister for 3 months.

The chart below compares current-year income and expenses to averages for the prior three years.



## New Member Orientation

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 schedule orientation sessions approximately four times a year, and we will be happy to sign you up!

— Submitted by Bart Carpenter





### Opportunities for Religious Exploration

By Cory Ness, Director of Lifespan Faith Development



This summer our kiddos will be exploring our 7th Principle - respect for the interdependent web of all existence. From dandelions to climate change our children/youth and teachers/assistants will:

- ☀️ Learn about environmental stewardship by sharing information and exploration activities.
- ☀️ Use silence and prayer as tools of spiritual search.
- ☀️ Be encouraged to integrate the values of each lesson into their own value system and translate these ideas into action

Goals of the program are to raise Earth Spirit awareness, understanding and appreciation; serve as a model for using secular environmental curricula in a sacred way; and have fun! Additional details and Summer RE teacher recruitment are coming soon!

**Web of Life:**  
*a 7<sup>th</sup> principle project*

### Children & Youth Calendar for May

May exploration is scheduled as follows:

- ☀️ **May 7:** RE for elementary, middle grades, and youth group
- ☀️ **May 14:** RE for elementary, middle grades, and youth group
- ☀️ **May 21:** RE for elementary and middle grades
- ☀️ **May 28:** TBD

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.

### 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 May is Creativity.

#### Welcome to the Path of Creativity

*Creativity is our ability to dream things up and make them happen.* — Peggy Taylor

Dreaming things up. We're all familiar with that part of the quote. Who doesn't love conjuring up new ideas and images? Who isn't impressed when someone takes pieces of *what is* and - almost magically - presents us with *what could be*?

However, the same can't be said about the second half of the quote, the part about "making those dreams happen." That side of the creativity equation gets short shrift. We celebrate the fun piece about dreaming and leave off the hard piece of making our imaginings real. And it's not just the hard part; it's the scary part too. Maybe that's why we avoid it. Putting something new into the world takes bravery, whether that's a piece of art or the art that is you. Being creatively unique can cause the crowd to cheer and swoon, but it can also lead to being laughed at and left out. Yes, there is joy, beauty and play in creativity, but there is insecurity, loneliness and self-doubt as well. Which means that this month is not just about imagination, artistry and self-expression, but also courage.

Once that's in view, it's clear that we also need to talk about "co-creativity" this month. Something as daring as creativity is dangerous if we try to do it alone. Indeed, where did we get the silly idea that artists, innovators and originals are isolated, independent geniuses? We need to remind each other that there is no such thing as "a person of creativity," only "people of creativity." For instance, new ideas come from the clash of debate. New art emerges only after inspiration from those who've gone before. Better forms of community are built on the back of those who have toiled and sacrificed long before we put ourselves on the line. Bottom line: there are no creators without companions!


It's all a way of reminding us that the secret to creative self-expression is staying connected to each other. Those sacred sources of inspiration inside us – our imagination, unique voice and inner muses – are like wild animals: They are hungry to run free but are also shy and easily scared away. They want to come out and play but will only do so when coaxed and cared for by the inspiration and support of others.

So, in the end, maybe the most important question this month is not just "What do you want or need to create?" but also "Who are your partners?"

*-The Soul Matters Team*

### 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.

	Creativity	Soul Matters (General)
	Spotify playlist <a href="#">here</a> YouTube playlist <a href="#">here</a>	Spotify playlist <a href="#">here</a> YouTube playlist <a href="#">here</a>

### What Does it Mean to be a Family of Creativity?

Each of my children got the same, feral look in their eyes when they had become deeply immersed in a play-pretend scenario, and then I accidentally indicated that I was near enough to overhear. They'd be speaking in hushed tones and dramatic voices through complicated plotlines and conflicted characters. I'd clear my throat or sneeze. Then the play would pause. I'd look up, and catch the fierce look, accusatory and defensive at once, as if I – a mere mortal! – had interrupted an all-powerful being at work creating the very world. And of course, this is exactly what it was.

Per early childhood education pioneer Maria Montessori, "Play is the work of childhood." It is through play that children make meaning of everything they perceive in a society to which they belong, but which they are not yet empowered to shape. This meaning-making shapes their minds, literally creating synapses and insulating important connections with extra brain matter.

Creative expressions for children and youth is no idle pastime. It's what our futures are made of.

What does this mean for the adult caregiver? That's the question we explore this month. We begin from the premise that creativity is a natural human quality, and that embracing it as a family leads to fun, connection, joy, pleasure, and discovery. We'll spend the month together "making"—making poems, making paper dolls, making brunch, making someday-shade in the form of planting trees, and making memories.

Making time and space for creativity is how we shape individuals into a family. What a pleasure it is to realize that the creative efforts we put into shaping our children's childhoods also shape these years for us.

—*The Soul Matters team*

## Community News

### ***Gather the Spirit for Justice: Common Ground Coffee***

***Gather the Spirit for Justice** (GTSFJ) is a non-profit 501(c)3 organization that brings together Allison Hill residents, area organizations, businesses, and churches to address issues of social justice and economic equity. It was jointly founded by UCH and the Shared Ministry during the time we operated at 1508 Market Street. It now operates out of Christ Lutheran Church, 124 South 13th Street. The news items below are excerpted from the most recent newsletter.*

#### **Community Hours**

The Center has open hours on Mondays and Thursdays from 2:00 p.m. to 4:00 p.m. for general outreach. Anyone can stop in for services (IDs, birth certificates, referrals). If interested in volunteering, please contact [Jacquie Rucker](#).

#### **Common Ground Coffee**

GTSFJ has re-opened its Saturday morning outreach. Each Saturday from 9:00 to 11:00 a.m., folks from the neighborhood are welcome to stop by for coffee, tea, and light snacks. They also offer games for the kids and occasional music or other entertainment.

#### **May 20: Highmark Walk for a Health Community**

The Highmark Walk for a Healthy Community takes place May 20. To sponsor GTSFJ, please follow instructions on the event [web page](#).

#### **Pet Vaccine Clinic**

GTSFJ partnered with the Humane Society to host a low-cost vaccine clinic. This year, we served 27 dogs and 17 cats. A second clinic is planned in September.

#### **Shadow's Garden**

GTSFJ continues to sponsor a garden near Market Street at 13<sup>th</sup> Street. Volunteers are needed for building additional planters, planting, and preparing the paths. Please contact [Darlene Kvaternik](#) if interested/available.

— Submitted by Jacquie Rucker, Program Director Darlene Kvaternik

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

Tra la, it's May! Let's get out of the house and enjoy the great outdoors. A helpful tip from outdoor enthusiasts is to avoid cotton if there is any chance of getting wet.

Wet cotton sucks the heat from our bodies and increases the risk of hypothermia. This could happen while we are dancing around the May Pole! Silk and wool clothing might be a better option.

We'll be "Blazing New Trails" at UCH's annual auction on Nov. 4, our fun and fund-raising community extravaganza. It is not too early to consider what you will donate to the auction. Perhaps YOU could offer a maypole party or another fun or functional outdoor activity. Have questions or want to volunteer? Contact [auction@uchbg.org](mailto:auction@uchbg.org).

— Submitted by Patti Hazell



### ***Aesthetic Integrity Team: The Power of Place: Bringing Nature In***

"Large, open spaces, floor-to-ceiling windows, and an emphasis on bringing the outdoors in." Sound familiar? That's our building! Here's a [quick look](#) at the Mid-Century Modern (MCM) architectural style and its vital elements.

— Submitted by Carol Buskirk

### ***Safer Congregation Team: Progress Report***

This month we have inspected and updated all the first aid kits in each classroom, kitchen and office to make sure they're fully stocked and all medication is up to date.

Our work continues on updating the safer congregation policy and procedures. The maintenance team is also in the process of updating all the emergency exit signs to make sure they're properly lit and ensuring proper lighting for the emergency lights located throughout the building.

The Safer Congregation Team is also hard at work updating our safety policy and looking for ways to improve safety for all members of our church family.

— Submitted by Patti Hazell

### ***Engagement Team: No Second Sunday Potluck***

"Second Sunday" falls on Mother's Day this month, so we will forego the monthly feast. Please plan ahead for our all-church picnic on Sunday, June 4.

If you have any questions, feel free to contact [Rebecca Waldemar](#).

— Submitted by Rebecca Waldemar

### ***Oliver LaGrone Scholarship Team***

For years the Oliver LaGrone scholarship has helped Harrisburg students overcome the difficulties of being able to pay for, and possibly even going to, college. Throughout its history, the scholarship application has been filled out by students with pen and paper (a lot of paper). Today's young adults live in an age of technology and do not have the time to spend writing pages and pages for an application process.

Earlier this year, church administrator Jacqueline Swanson graciously spent many, many an hour transcribing our scholarship application into a [digital format](#). She has worked tirelessly, not only on the application, but also revamping our website. It used to be that one would have to wade through information to be able to get to where they wanted to be. Jacqueline has done an outstanding job reinvigorating the website so that Harrisburg High School graduates can immediately reach the application if that is their desire, whereas others can easily find the history of the man, his poetry, or his statuary. She has successfully taken a website that was clunky and has given it a sleek and streamlined façade. We on the Oliver LaGrone Scholarship Committee wish to extend our most heartfelt thanks for such an amazingly well-done job.

Thank you, Jacqueline!!!

— Submitted by Dean Leverett



### Early Spring Beauty

In early spring, the [serviceberry](#) (*Amelanchier laevis*) at the rear of the building is in full bloom and directly visible from the sanctuary. This native tree is a very early bloomer, and early settlers knew it was time to bury their dead when the blooms appeared after a long cold winter. Thus a common name is serviceberry. Other common names are shadbush and juneberry. They are native to eastern Canada and the eastern U.S.

The other major tree at the rear of the church is a weeping [Pinus strobus](#), commonly called the eastern white pine. Like the serviceberry, it is native to eastern Canada and the eastern U.S., growing naturally from Newfoundland south to the upper Piedmont and northern Georgia.



Weeping White Pine

Serviceberry in full bloom

— Submitted by Larry Beyer

### Grounds and Garden (G&G) Work Days



Caroline Parke, Barbara Byrne and Mark Malarich



Kyle Petris, Kathy Malarich and Larry Beyer

It's been a busy month on the UCH grounds and in the gardens! Charlene Senglaub constructed a 3-bin compost structure from pallets, which is located on the north side of the shed. Larry Beyer prepped the island garden south of the shed for the low-grow sumac shrubs that will be planted on May 6. Jacqueline Swanson provided instructions and lots of expert assistance installing the drip irrigation system on the east-facing foundation beds of the front, side and back of the church. We finished demolishing the play structure thanks to Dave and Marge Forster, Guy Dannelley and Ron Skrabut. Two clump river birch trees were planted on either side of the UCH entrance sign in memory of John Philip Mentzer. And finally, 10 intrepid G&G volunteers shoveled, wheelbarrowed, and raked 26 cubic yards of topsoil (where the play structure had been located) and seeded it just before the afternoon rain on Earth Day.

— Submitted by Anita Mentzer





## 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.*

BIBLES! I have bibles because of my written covenant with our co-ministers. I took a copy of my covenant to the Midtown Scholar Bookstore to ask them to donate bibles for the people I serve as chaplain.

They then donated six, and now I have three to take to work release next week and three that I provided to guests at the re-entry breakfast.



## Chaplaincy

As chaplain at Dauphin County's Work Release Center (WRC) for women, I serve women of all faith and no faith, and when they ask for a bible it is good to have one for them to use while they are at the WRC. As I mentioned in last month's report, having an inclusive translation is important! People who read the older translations learn that God is male – a toxic belief that has made patriarchy seem religiously ordained, and so has harmed women since the beginning of Christianity.

## Reproductive Justice

My reproductive justice community ministry is focusing on several issues:

- 🌟 Advocacy for a \$15 minimum wage in PA, which lags behind all the states around us – as pointed out last year by the [Pennsylvania Capital-Star](#).
- 🌟 Support for the bipartisan "[Dignity for Incarcerated Women](#)" bill (HB 900), cosponsored by Rep. Morgan Cephas, a Black Democrat from Philadelphia, and Rep. Mike Jones, a white Republican from York County, to accomplish the following:
  - ✓ Prohibit the shackling of pregnant women,
  - ✓ Prohibit solitary confinement of pregnant women;
  - ✓ Provide for trauma informed care training of corrections officers interacting with pregnant and postpartum women;
  - ✓ Provide for up to three days of post-delivery bonding time between mother and new born child;
  - ✓ Provide for accommodation of adequate visitation time between minor children and incarcerated individuals (male or female) who were the sole legal guardian of those minor children at the time of their arrest;
  - ✓ Prohibit full body searches of incarcerated females by male guards;
  - ✓ Provide for appropriate amount of feminine hygiene products at no cost to incarcerated women; and
  - ✓ Provide for limited coverage of cost to transport individuals to a safe location upon release.



These are long overdue, and this bill needs our support.

We are working to get our bumper stickers from the [Pennsylvania Religious Coalition for Reproductive Justice](#) (PA RCRJ) onto cars throughout Pennsylvania and to get out the vote, because all politics are local. We remind donors that all donations will be matched dollar for dollar by an anonymous challenge gift to help our faith outreach effort across the state, and they will receive our "RoeRoeRoe your Vote" bumper sticker.

— Submitted by Jim Cavanaugh



## Re-Entry Breakfast

On April 29, UCH hosted the monthly the monthly breakfast coordinated by the [Prison Action Committee](#) of [Christian Churches United](#). The breakfast is hosted by a different church each month, featuring a hot breakfast for residents of area work release centers and halfway houses, an inspirational speaker who is a successful re-entrant, and some praying and singing. This is our 12th time to host the event, and the first time we have hosted since COVID. Our previous breakfast was at Market Street.


We welcomed approximately 20 people for breakfast. Many thanks to all who helped, including Cordell Affeldt, Denny Byrne, Bart Carpenter, Margaret Carrow, Caroline Parke, Chris Dutton, Darlene Kvaternik, Robin Miller, Marilyn McHenry, EvAnn Hawley, Wendy Colby, Charlene Senglaub, Cara Martinez-Williams, Kevin Geist, John Hargraves, Brittanie Rico, Jack Rico, and Laura and Dan Trimble.

— Submitted by Jim Cavanaugh



## Calendar of Recurring Events

May 2023

Date	Time	Group	Location
<b>Mon 1</b>	<b>6:30</b>	<b>Amrit Yoga (Weekly)</b>	<b>Clover Lane</b>
Amrit yoga is a form of hatha yoga developed by Yogi Amrit Desai. The entire process moves and stretches every part of your body for an energetic workout and includes a calming, meditative relaxation at the end. No experience necessary! Contact <a href="#">Dave Forster</a> . Repeats every Monday.			
<b>Tue 2</b>	<b>6:30</b>	<b>Safer Congregation Team</b>	<b>Zoom</b>
The goal of the Safer Congregation Team is to help the congregation care for themselves and the building during normal church services and activities in case of an emergency. Planning meetings are scheduled for the first Tuesday via Zoom. Please contact <a href="#">Patti Hazell</a> for additional information. Repeats monthly.			
<b>Wed 3</b>	<b>Various</b>	<b>Heart Rhythm Meditation</b>	<b>Zoom</b>
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. 🕒 Wednesday afternoons from 4:30-5:30 p.m. 🕒 Friday mornings from 11:30 a.m. – 12:30 p.m.  People can drop in or out as they want. Please contact <a href="#">Libby Tisdell</a> for the Zoom link.			
<b>Wed 3</b>	<b>6:30</b>	<b>QueenSpirit (Monthly)</b>	<b>Offsite</b>
QueenSpirit is a co-created women's spirituality circle that meets on the first Wednesday of the month. This month, we will have a Japanese-inspired tea ceremony. Lisa Brinton-Wilson and Rebecca Waldemar will present a tea ceremony allowing us to slow down and practice mindfulness together. This circle will be held at Lisa's home, so please call or email for the address.  <b>No potluck.</b> All who identify as women are welcome in a co-creating sacred space. Contact <a href="#">Rebecca Waldemar</a> (717-364-2029) for further information.			
<b>Sat 6</b>	<b>9:00</b>	<b>Adopt-A-Highway</b>	<b>Clover Lane</b>
The Adopt-a-Highway cadre is responsible for two miles of Lindle Road near the Clover Lane campus. Policing actions are held in the spring, summer, and fall, and we'll be joining other teams for the Great PA Clean-Up. PennDOT provides orange safety vests and highway warning signs that we use during litter pick-ups. It also provides trash bags and picks up the bagged litter from the roadside. Volunteers must be at least eight years old, and those under age 18 must be accompanied by an adult. Meet at Clover Lane to start; clean-up lasts about 90 minutes. Please contact <a href="#">John Hargreaves</a> for information.			
<b>Sun 7</b>	<b>5:00</b>	<b>Mindfulness Meditation Group (MMG)</b>	<b>Clover Lane</b>
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.  Please join MMG each Sunday evening for meditation, readings, discussion, and/or dharma talks. Rebecca Waldemar leads on the first and third Sunday, and the Rev. Lileigh "Keva" Brown on the second and fourth. Meditations are in the Fuller Chapel on May 14 and 21 and in the Joseph Priestley room on May 7 and 28.  Please contact <a href="#">Rebecca Waldemar</a> or <a href="#">Keva Brown</a> for additional information. Repeats every Sunday.			
<b>Wed 17</b>	<b>6:00 p.m.</b>	<b>Clover Grove</b>	<b>Clover Lane</b>
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 crafting event for us! We are making <a href="#">Beltane</a> chaplets to wear on our heads or use them as a greeting wreath on your front door. All materials will be provided. Join us for an evening of Paganism filled with potluck, celebration and chaplets. Please contact <a href="#">Wayne Minich</a> for further information.			

## Calendar of Recurring Events

May 2023

Date	Time	Group	Location
Sun 21	7:00 p.m.	Philosophy and Literature Group (Monthly)	Zoom
<p>The Philosophy &amp; Literature Group normally meets on the second Sunday of each month at 7:00 p.m. via Zoom. This month, the group meets on the third Sunday to discuss <i>The Rose Code: A Novel</i>, by Kate Quinn. From Amazon.com:</p> <p>1940. As England prepares to fight the Nazis, three very different women answer the call to mysterious country estate Bletchley Park, where the best minds in Britain train to break German military codes.</p> <p>The remaining books for 2022 include all of the following:</p> <ul style="list-style-type: none"> <li>June: <i>The Collected Works of Ida B. Wells-Barnett</i>, by Ida B. Wells-Barnett</li> <li>July: <i>Demon Copperhead</i>, by Barbara Kingsolver</li> <li>August: <i>Undrowned: Black Feminist Lessons from Marine Mammals</i>, by Alexis Pauline Gumbs and adrienne maree brown</li> <li>September: <i>The Man Who Caught the Storm: The Life of Legendary Tornado Chaser Time Samaras</i>, by Brantley Hargrove</li> <li>October: <i>The Man Who Ran Washington: The Life and Times of James A. Baker III</i>, by Peter Baker and Susan Glasser</li> <li>November: <i>The Fire This Time: A New Generation Speaks about Race</i>, by Jesmyn Ward</li> <li>December: <i>Adam Smith Reconsidered: History, Liberty, and the Foundations of Modern Politics</i>, by Paul Sagar</li> </ul> <p>Please contact <a href="#">Don Brown</a> for information.</p>			
Tue 23	6:30	Auction Committee	Zoom
<p>Auction Date: November 4, 2023 Place: UCH Clover Lane Theme: <b>Blazing New Trails</b></p> <p>The Auction Planning Committee meets the fourth Tuesday of each month. This month, the meeting is via Zoom. Start thinking now about auction ideas and donations for 2023! Come brainstorm ideas, themes, and be a part of the fun, food, and fabulous Auction Committee. Your talent and help planning the 2023 church auction is always welcome. We are looking for ideas to make this year's auction a huge success. Please contact <a href="#">Patti Hazell</a> for additional information. A Zoom link will be sent to committee members a few days prior to the meeting.</p>			

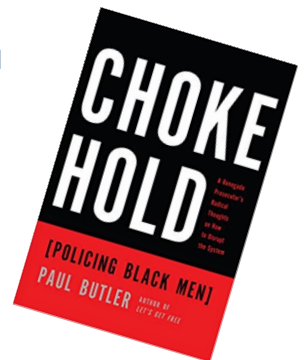
## Other Events

### 6:00 p.m. May 10, Community Summit on Policing

The Pennsylvania Council of Churches will hold a “[Community Summit on Policing](#)” at 6:00 p.m. Wednesday, May 10, at St. Stephens Episcopal Cathedral, 221 Front Street, Harrisburg. Keynote speaker is Paul Butler, acclaimed author of [Chokehold \(Policing Black Men\)](#). From Amazon.com:

Cops, politicians, and ordinary people are afraid of black men. The result is the Chokehold: laws and practices that treat every African American man like a thug. In this explosive new book, an African American former federal prosecutor shows that the system is working exactly the way it's supposed to. Black men are always under watch, and police violence is widespread—all with the support of judges and politicians.

Chokehold powerfully demonstrates why current efforts to reform law enforcement will not create lasting change. Butler's controversial recommendations about how to crash the system, and when it's better for a black man to plead guilty—even if he's innocent—are sure to be game-changers in the national debate about policing, criminal justice, and race relations.



The event is open to the public at no charge.

### 1:00 p.m. June 3, Disrupt the Corrupt

[March on Harrisburg \(MOH\)](#) invites concerned citizens to participate in the 2023 *Disrupt the Corrupt* tour. The group has scheduled a tour across 25 locations in Pennsylvania through June 20. They are scheduled to present at UCH at 1:00 p.m. on Saturday, June 3. MOH is a non-partisan, statewide, grassroots community reimagining how U.S. democracy operates. It invites Pennsylvanians to “Join MarchOnHarrisburg as we raise up a nonviolent army to disrupt corrupt politicians across Pennsylvania and win the democracy we all deserve.” Rabbi Michael Pollack, executive directory of MOH, was in the pulpit at UCH on April 2.



### ***Cara Martinez-Williams***

Please  
welcome  
our  
newest  
member  
to the  
congregation!  
Cara  
Martinez-  
Williams  
was



raised Roman Catholic and is a former member of St. Stephens Episcopal Church. She began attending services earlier this year; joined the choir; and has now become a member.

### ***Stillwater-Friedman***

Robin Coriander Stillwater, daughter of UCH members Ann and JD Stillwater, was married to Rob Friedman on Sunday, March 26, in Libertyville, IL, with Rabbi Lenette Herzog presiding. Robin was ordained at UCH in August 2020 and now works as a chaplain for the U.S. Navy. Rob is the son of Val Friedman and Rick Friedman (deceased) and served as a rabbi in the U.S. Navy. The couple resides in Chicago.



## From the Ministers

### ***Ministers' Messages*** (continue from page 1)

subject matter of the service, how the minister is feeling and who is actually in the sanctuary that day. Some services are celebratory and fun; others are meditative and still others may be serious and solemn.

But our visitor was quite clear that he thought it was that I was better at UCH, and so I thought about that. And I came upon a reason that that might be true. At UCH, I feel like a minister, one of your ministers. At UUCV, I felt like a member of the congregation who sometimes helped out.

As a minister, I have a different relationship with you, a relationship that I value, and a relationship within which I can value you. So, thank you for letting Sandra and me minister to you and with you.

See you in church

*Rev. Kathy*

### ***About Ginny Sassaman***

*Ed. note: Our worship leader is also the sister of Rev. Ellis. We are thrilled to schedule her while she is in Pennsylvania this month.*

Our worship leader on May 21 is Ginny Sassaman. She has a master's degree in Mediation and Applied Conflict Studies and a Certificate in Positive Psychology. Since 2013, she has served as a lay preacher for Unitarian Universalist congregations in Vermont, Massachusetts, Wisconsin, and South Carolina. Her specialty is shining a light on the multiple ways that encouraging personal happiness and systemic well-being can help create a better world for all beings. She is the author of *Preaching Happiness: Creating a Just and Joyful World*, a collection of sermons. She is a co-founder of Gross National Happiness USA, creator of the Happiness Paradigm, and a secular meditation teacher. She is a member of the Unitarian Church of Montpelier, where she serves as Worship Associate and is a member of the choir.

### ***May Share the Plate: LaGrone Scholarship Fund***

*Each month, we share the Sunday plate with a local non-profit. This month, we share with Oliver LaGrone Scholarship Fund.*

The Oliver LaGrone Scholarship program offers the largest local scholarship available to graduates of Harrisburg Public High Schools. Scholars receive \$12,500 (\$3,125 annually) and are assigned a mentor to provide advice and guidance during their post-secondary education. The scholarship is named for Oliver LaGrone (1906-1995), a nationally noted poet, sculptor, philosopher, humanitarian, and ardent supporter of UCH.

*— Submitted by UCH Finance Committee*



### General Opportunities

Put faith into action! We maintain a master list of individuals and areas where they might be interested in volunteering. If you are interested in engaging with any of the groups below, please contact Volunteer Coordinator [Kate Carpenter](#).

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

— Submitted by [Kate Carpenter](#)

### Ushers Needed

Would you enjoy being an usher occasionally? We are in need of more volunteers for Sunday morning, approximately once every 4-6 weeks.

If you are willing to add your name to the list, please contact [Dorothy Brown](#).

— Submitted by [Dorothy Brown](#)

