



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



*Celebrate good times, come on.  
Let's celebrate. – Kool & the Gang*

This month, let's celebrate! What better way to live into this month's Soul Matters theme of delight.

There's Father's Day, Juneteenth and Eid al-Adha, the most significant Muslim holiday of the year. June is also the month of high school and college graduations and marks a shift for many to a more leisurely summer pace of vacations and outdoor activities.

In our congregational life, June is the month when we Bridge our UU youth and when we recognize the annual Oliver LaGrone Scholarship recipient. This year June also includes a historic UU celebration—the Centennial of the UU Flower Ceremony. The Flower Ceremony is among our most beloved and beautiful rituals. And there's the annual church picnic, another much beloved UU ritual! In the wider UU world, thousands of UUs will gather for General Assembly in June.

Wow! That's a lot to delight in! I'm looking forward to celebrating these "good times" with you this month.

Yours in delightful celebration,

*Rev. Sandra*

### Rev. Dr. Kathy Ellis



The Soul Matters theme for June is "delight." I confess that it's not a word or a concept that I think about much. I like what Mary Oliver wrote:

*Every day, I see or hear something  
that more or less kills me with delight,*

*that leaves me like a needle*

*in the haystack of light.*

*It was what I was born for –*

*to look, to listen,*

*to lose myself inside this soft world –*

*to instruct myself over and over in joy and acclamation.*

## Worship 10:30 a.m. Sundays

### June Theme: Delight

#### June 4: Let's Celebrate! Rev. Dr. Fees

Honoring major life transitions connects us more deeply with gratitude and reverence. Today we'll reflect on those transitions that are of utmost importance in our individual and congregational life. And we'll celebrate two beloved church ceremonies: Bridging for our UU youth and recognition of this year's Oliver LaGrone Scholarship recipient. A multi-generational service (no RE).

#### June 11: Honoring 100 Years of the Flower Ceremony, Rev. Dr. Fees

This year marks the Centennial of the UU Flower Ceremony. Bring a flower to share in this beautiful, historic, and powerful ritual. A multi-generational service (no RE).

#### June 18: Our Fathers: Fathers' Day and Fathering, Rev. Dr. Ellis

Father's Day seems somehow secondary, an afterthought to Mother's Day. Why is that? We'll consider fathering, and we'll remember and honor fathers who are important in our lives.

## UUA GENERAL ASSEMBLY PITTSBURGH • JUNE 21 - 25, 2023

#### June 25: General Assembly Service

No live service today, but come watch the service from General Assembly, which we will live stream together in the Common Room. Coffee hour starts at 10:30, and the live stream starts at 11:00. For a complete GA schedule, please check [online](#).

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.

But I fear that I don't pay as much attention as our poet did. Do you? Or perhaps I just haven't used that word. Every day or nearly every day, I am struck by something beautiful. This morning I noticed a beautiful, delicate Japanese Iris bloom. Every day, our dogs make me laugh with their antics. I notice the beauty in people. I think that maybe I delight in good food, at least when I take the time to pay attention and savor.

So for June, I intend to pay more attention to notice and name delight. Will you join me in this practice?

See you in church.

*Rev. Kathy*

By David Spear, President, Board of Trustees



Hello my beloved Church community.

It is difficult for me to believe, but my term as president is coming to an end. Last I remember, I was being encouraged to run for the board, but that was seven years ago. After two years on the board, I was elected president. Now after five years in that role, my term will finish at the end of this month.

Also hard to believe is that I have led more than 60 board meetings and written around 60 columns for the newsletter. That is a lot of board meetings, but I do enjoy organizing things, and most of our meetings have been agreeable and positive. More surprising is the number of columns. I have always been a slow writer, so I am amazed that I have written so much. This column will be my last.

A lot has happened in these five years. We had an interim minister for three years, sold our Market Street property, consolidated ourselves into our Clover Lane campus, endured Covid and too many months of closure, hired a minister, lost a minister, and hired two more ministers.

We have learned new ways of being together, as the shutdown required us to have church online and connect with each other virtually. It was a tremendous disruption, and society has been forever changed. These new methods of being together are here to stay, and we are now working out how much to do in person and how much to do virtually. We should take some pride in working through that transition, because we accomplished it well, despite whatever misgivings we had along the way.

After all of this, the church finds itself in a very good spot. Our ministers work hard on our behalf and work well with all of us. Our music program is strong, and our RE program is attracting young families and children. Our staff are capable, dedicated, and hard-working. And many, many of our church members are active in teams, committees, and lay-led ministries. Best of all, those individuals are working together for the betterment of our congregation.

That unity is vitally important, and especially among your church leaders. The wonkiest of us enjoy talking about our governance and how to structure our organization to work the best. I love a good organizational chart, but it is only part of the equation, because an organization needs to be run by people. The best organizational structure can be undermined if the leaders cannot work well with each other. But an imperfect structure can work well enough if the people involved are committed to working together.

I have joked many times that I would make a terrible dictator. I do like to organize things, but I don't have a desire for power. Through all my years, I have tried to build consensus in our decision-making. I hope that some of that has helped build unity throughout the congregation.

Reflecting on my years as president (page 3), all I can say is that I worked hard and tried to be attentive. Beyond that, I don't really know how much of our success was because of me. We have a large team of people working on behalf of the church, and all of us have dedicated ourselves to this congregation and to its success. I also believe that much of life is about showing up, working hard, and being diligent, and I have done that.

There are plenty of things to keep me busy in the next few years. I will continue helping with the renovation of our building. That will allow me to finally put my previous experience as an engineer to use again. I will join Finance Committee, because I get along well with numbers.

I will continue working with technology. You have all been very kind to allow me to tinker with our audio and video equipment, and if you don't mind, I'll keep doing some of that. This is the fun part of my church work, and I have turned to it when I needed a mental break from other responsibilities.

Your next Board of Trustees (below) comprise a good mixture of voices who can serve the congregation well. Some are experienced voices who have been on the board before. Some have come from other UU churches and can bring fresh ideas. Others are young voices who can bring new ideas from the next generation. They will choose their officers in July and continue the good work of this beloved community.

## Congregational Meeting

The UCH community gathered for its annual Congregational Meeting on Sunday, May 21. The congregation approved the budget for 2023-24 and elected five members to the Board of Trustees. Chris Dutton and Arly Henninger-Voss will fill the remaining year of 3-year terms. Brad Byers, Kyle Petris, and Karen Baker were elected to serve full 3-year terms. The accompanying chart shows the election results and the new Board of Trustees.

## 2023-24 Board of Trustees

Trustee	Term Ending:
Chris Dutton	June 2024
Arly Henninger-Voss	
Lois Voigt	June 2025
Andy Back	
Justin Sciamanna	
Sharon Vaughn	June 2026
Brad Byers	
Kyle Petris	
Karen Baker	

### Key

1-year term

3-year term

### Things I Have Learned About Leadership

#### Lessons for Future Leaders

*By David Spear, President 2018-2023*

My years as President have taught me far more than I ever expected. I knew very little about leadership when I started, but I hoped I would figure out what to do along the way. And sure enough, I did. If I can learn these things, most of you can also.

I'm not the first one in history to realize these, but I share them as encouragement for future leaders, because we need you. We need people to lead our beloved community in the years to come.

- ➊ **Show up.** The most important thing is simply to work hard. Put in the time. Dedicate yourself to the task. Hard work does not guarantee success, but a lack of dedication makes success unlikely.
- ➋ **Take small steps.** Some things in life are complicated, but not everything is. Take one step at a time, and you will accomplish things that you never thought were possible. I was a very awkward teenager, but through decades of small steps, I somehow managed to accomplish a few things.
- ➌ **My role is not my self.** Being President required me to do things that I don't usually do, or that I'm uncomfortable doing. I eventually learned to separate my role from my self, and I can slip into that mental mode when necessary. I even ordained two ministers during my time, even though everyone else involved in the ceremonies was an ordained minister and far more eloquent than I was. I did my job and didn't question my performance.
- ➍ **Find a good partner.** It was fortuitous that Guy became our Vice President for four years, because he was invaluable to me. He has different interests and different skills, which broadened my perspective. He also helped brainstorm ideas, told me which of my ideas were misguided, and kept me stable in my uncertain moments.
- ➎ **Trust your congregation.** Our church community is full of kind and supportive people who want their leaders to succeed. They respect hard work and are forgiving of minor foibles and our eccentricities. When they offer feedback, it is with kindness and good intentions, and it is rarely personal. It is for the good of the church.
- ➏ **Learn what you can.** I didn't take on this role to educate myself, but I have learned a tremendous amount anyway. Public speaking, leadership, listening, group dynamics, communication, organization, and much, much more.

### June Share the Plate: UU Service Committee

*Each month, we share the Sunday plate with a local non-profit. This month, we share with the UUSC Emergency Response Fund.*

Our Share the Plate recipient for June is the [Unitarian Universalist Service Committee](#) (UUSC) Emergency Response Fund. The UUSC responds to unexpected crises and provides vital assistance to people impacted by natural or human-made disasters, but whose access to aid is most limited. UUSC's first step in providing assistance is to send emergency relief funding to groups who are working on the ground near the crisis area. By contributing to this restricted fund, UCH can help UUSC and its grassroots partners equitably and effectively respond to a crisis as soon as it occurs – and over the long term. UUSC is currently using resources from the Fund to assist people facing extreme violence and threats to their safety in Haiti and Ukraine following intense political and humanitarian crises happening in those countries.

*– Submitted by UCH Finance Committee*



### 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!



## Opportunities for Religious Exploration

By Cory Ness, Director of Lifespan Faith Development



### Preparing Children for Summer Programming

A special note to our families: Now that we have completed our last RE class for the school year, all children through the 8th grades are invited to join us for our summer programming. Some children find it easy to make these changes while others may

struggle with change.

So, I ask parents to share with their children that during the summer months we will be meeting in the large classroom downstairs. Each week we will experience a similar structure, but each week will have different teachers and leaders. Activities will be diverse from sharing stories, acting out scenarios, conversation, experiential activities – indoors and outdoors, and visits from special gifts.

Parents are also invited to join us in the classroom to assist their child and help out teachers with these changes.

### OWL Informational Session: June 4

An informational meeting on the “Our Whole Lives” (OWL) program will be held on Sunday, June 4 at 9:15 a.m. in the Priestley Room. This meeting is for:

- Previous OWL Teachers
- Folx interested in becoming trained OWL Facilitators
- Folx who want a general overview of OWL

We are holding this special meeting to determine the needs and interest for OWL programming for each of our age groups (see below) for the upcoming school year as well as future years. We hope you will attend. Please sign up at this [link](#).

“Our Whole Lives” provides honest, accurate information about sexuality that changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives. For these reasons and more, the Unitarian Universalist Association and the United Church of Christ are proud to offer [Our Whole Lives](#), a comprehensive, lifespan sexuality education curricula that can be used in both secular settings and faith communities.

Interactive workshops and activities engage participants, while step-by-step instructions for program planners and facilitators help ensure success. Seven curricula speak to participants' needs, by age group:

- |                |                |
|----------------|----------------|
| • Grades K-1   | • Young adults |
| • Grades 4-6   | • Adults       |
| • Grades 7-9   | • Older adults |
| • Grades 10-12 |                |

### Children & Youth Calendar for June

June exploration is scheduled as follows:

- **June 4:** Multigenerational service, followed by all-church picnic; no RE
- **June 11:** Multigenerational service, honoring 100 years of the Flower Ceremony; no RE
- **June 18:** “First Day of Summer” RE on Dandelions: Survivors in a Challenging World
- **June 25:** Virtual GA – no childcare; no RE

Reminder: all children through Grade 2 must be picked up by their parent/caregiver no later than 11:45. Thank you for your understanding.

### OWL Videos for Parents of Grade K-1 Children

The curriculum includes a [short video series](#) called *Under Your Wing: Sexuality Education Video Series For Parents and Caregivers*. In each video, the authors of the K-1 curriculum share conversation tips and at-home reading recommendations related to topics children are curious about at that age.

### Who Me? Teach Summer RE? Yes, YOU!

#### 2023 Summer RE: Web of Life: a 7th principle project

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
- Raise awareness, understanding and appreciation for our Earth Spirit
- Serve as a model for using secular environmental curricula in a sacred way
- Have fun!

Summer RE teacher recruitment has begun, sign up is located in the lobby or contact [Cory](#)!

### Teacher Recruitment for 2023-2024!!!

“To teach is to touch the life of a child. To teach religious education is to touch the heart of a community.”

Teacher Recruitment is under way for 2023-24. Our teaching teams include 5-6 teachers, with two assigned each week (one teacher and one assistant). We ask teacher volunteers to



## Religious Exploration (cont.)

commit to 8-9 Sundays between September and June. We would like to offer four classes next year – Early Elementary, Upper Elementary, Middle School, and Youth Group. Youth Group meets twice a month; the others, 3-4 times a month.

Please stop by our recruitment trifolds in the lobby for more information or contact our Director of Lifespan Faith Development, [Cory Ness](#). Fall programming begins in September.

### Lifespan Faith Development

Beginning in August, Cory will be collecting information for our Lifespan Faith Development Brochure. If you are currently

leading or offering a program for UCH members and friends, I invite you to send me a blurb so that I can include it in the brochure. In the blurb, I ask you to include the title, logistics, and contact person of your offering to our community.

#### Do you have a special interest you'd like to share with UUs?

Maybe it's a spiritual practice, UU history, life issues, book discussion(s), writing group, Bible literacy, or perhaps you have specialized knowledge you would like to share with members of our congregation. You are invited to contact Cory to discuss your idea(s). Perhaps you would like to see a particular offering but don't want to lead, again, contact [Cory](#) about your idea(s).

## 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 June is Delight.

### Welcome to the Path of Delight

Because the road  
turns long and lonely sometimes,  
I built this box of delight.

I picked up the lid  
and into it I put...

My children laughing, together.

The look of giddy disbelief on my mother's face when that black-capped chickadee swooped in and landed next to her knee, waking her up from her Alzheimered daze.  
The bitter bite of rhubarb pie smothered by a spoonful of half-melted vanilla ice cream.  
That field of fireflies at the bottom of the West Virginia hills.

Roahl Dahl or Neil Gaiman's books read at bedtime.

Kickball.

Being pulled through a snowy field on a saucer sled  
tied to the bumper of my dad's Chevy Vega with tire chains wrapped around every wheel.

Deep dish pizza. The smell of a tangerine. French press.

The first bite of a perfectly made croissant, proving that decadence sometimes purifies the soul.

An artichoke, with no limits on the butter.

Mixtapes made with tunes from the eighties.

Sweatshirts worn faithfully for 20 years, their holes a reminder that to be used up is a gift.

The first fall tree to boldly burn red while its less-brave siblings stay safely green.

Stumbling on black raspberries while walking in the woods;

No, scratch that. Instead let's put in having a loved one save you some black raspberries they found in the woods.

Seeing the smile on my claustrophobic wife's face

after finally snorkeling in the waters of St. John.

That sweet, night owl quiet when worries don't seem so big or so scary.

My 6 year-old daughter writing "I love you Mom and Dad" on our car seat, in permanent marker.

The way subway street musicians suddenly turn strangers into fellow humans.

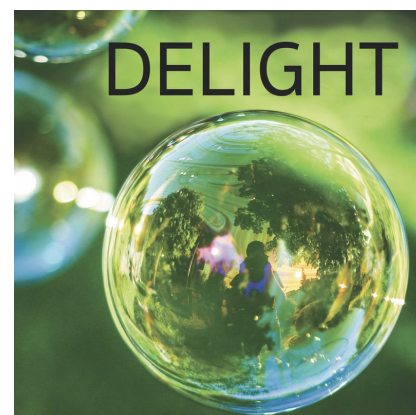
The feeling of getting warm after being cold.

My wife's laugh, and how much I love her toes.

And the knowledge that all this will be gone,  
but is not gone yet.

That's what's in my box.


I wonder what you'll put in yours.



— 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.

	Delight	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>

### The Welcome Mat: What Does it Mean to be a Family of Delight?

I subscribe to the free, email newsletter of a popular news magazine that, identifying me as a maybe-someday paying subscriber, regularly advertises access to the magazine's full content. Their tagline to entice me into ponying up the money is "Be informed. Be delighted." This strikes me as such a wonderfully UU directive! UUs understand "being informed" as the precursor to doing the justice work that is at the heart of our humanism. We have to know our world and each other in order to be useful and to serve our greater purpose effectively. And being delighted? That is the joy and the fun and the tingly/happy/surprised feeling that we get from being fully present to an immediate, sensorial experience. Being informed and delighted acknowledges the need for a full, human engagement with the world—head, body, and heart.

What is delight like, across the body's senses? For me, if delight had a texture, it might be the bubbles in a glass of freshly popped, cold, root beer. If it had a sound, it might be a chorus of many species of frogs on a splendid June evening. If delight had a smell, it would be something warm and yeasty emerging from the oven. Or maybe honeysuckle or jasmine blooming full on the vine. Or maybe my dear friend Lisa's homemade lavender-sage perfume. Oh! How about the air outside just after an afternoon rainstorm? You might do the same exercise to prime your mind-body connection around the idea of delight for this month's explorations. Delight is one of the quickest and most effective ways to be fully in the moment, a sensorial shortcut to the here and now.

With that in mind, we're going to focus this month on recognizing delight in our everyday lives, seeking it out in special places and experiences, and setting up the conditions for others to experience it, too. Delight is one of our species' most powerful reminders that being alive is a gift to be savored, one taste, touch, smell, and sound at a time.

-Soul Matters Team

## Volunteer Opportunities

### 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 Connection	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

### ***Adopt-a-Highway***

Adopt-a-Highway is responsible for two miles of Lindle Road near the Clover Lane campus. Our intrepid group met on Saturday, May 6, for spring cleanup. Over the course of two hours, we collected 14 bags of trash. Many thanks to the following volunteers: Marj Hartman, Ron Skrabut, Casey Snyder, Lee Olsen, and John Hargreaves.

— Submitted by John Hargreaves

### ***Aesthetic Integrity Team: The Power of Place: Keep It Clean and Simple!***

*A note from the Aesthetic Integrity Team*

Our sanctuary blue chairs are consistent with mid-century modern (MCM) style: geometric and organic shapes, function over form, clean and simple, natural and man-made material, bold and neutral color, and bringing nature indoors. Read all about it on this [blog](#).

— Submitted by Carol Buskirk

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

Take me out to the ballgame! While the season started a few months ago, June is a great time to get to a game. This year baseball is Blazing New Trails with some new rules to help the game be a bit speedier. UCH is also Blazing New Trails with our two part-time ministers and our outdoors-themed auction! Save the date Saturday, November 4, and come to bid on a brand-new LA Dodgers jersey as well as other fun and functional items and events.

What will you donate? Now is the time to begin planning how you can help our auction hit a home run! Questions or want to volunteer? Contact [auction@uchbg.org](mailto:auction@uchbg.org).

— Submitted by Patti Hazell



### ***Grounds and Garden (G&G)***

As noted in the Annual Report, we have worked hard over the past year to identify the species and location of over 100 trees on the Clover Lane property. In late summer 2021, approximately 45 of these trees were identified as dead, diseased and dying by a professional arborist. All of these removals are carefully planned. We acknowledge that it is tragic when a tree must be removed; however, diseased or dying trees pose a safety hazard.

In addition, we are removing invasive species. These are non-native trees brought to North America by people who had a specific use for them or thought they would be beneficial or add beauty to the landscape. For example, mulberries were imported by settlers to raise silk worms. These trees quickly spread beyond the enclosed orchards. Now these trees are omnipresent, compete with natives, and can completely take over an open area. We have removed mulberries, Norway maples, and trees of heaven to prevent overgrowth.

Finally, we have removed numerous heady-seeding trees. A number of native trees produce huge quantities of seeds, which result in a riot of seedlings across the property. At Clover Lane, we have three huge Silver Maples that produce thousands of seeds each spring. We also cut down silver maples growing in the drainage areas along the property line as well as a large number that sprouted in the island in the far parking lot behind the church.

We are also replacing trees and shrubs around the property with specimens carefully selected for hardiness, maintenance, and appropriateness to the native environment. If you would like to purchase a new tree to replace one that has been removed, please contact the Grounds and Garden Team for a list of trees that are on our wish list.

— Submitted by Anita Mentzer and Larry Beyer

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

We are researching the cost, grants, and training requirements to obtain an automated external defibrillator (AED) device for UCH. AEDs are used to help those experiencing sudden cardiac arrest.

— Submitted by Patti Hazell

## 2023 LaGrone Scholar: Pablo Biascochea

The LaGrone Scholarship Committee is pleased to announce the selection of Pablo Biascochea as our 2023 scholar. He will receive a scholarship of \$12,500, which will be evenly disbursed over the course of his studies. The scholarship, which is funded and administered by UCH members, directly impacts the lives of Harrisburg's students and their families.

Pablo is a graduating senior at Harrisburg High School's SciTech campus, where he achieved four years of distinguished honors, became a member of the National Honor Society, and participated in various school activities. In addition to achieving academic success, Pablo participated in leadership programs such as Rotary Club and Leadership Institute Star Training Opportunity (LISTO). Pablo was employed during high school by the Latino Hispanic and American Community Center, assisting the community with translation services. For a time, during a family crisis, Pablo was the main source of income for his family.

During his high school years, Pablo faced difficult challenges at home and at school, where he learned to rely upon himself. He focused his efforts and, in doing so, he realized that he could be successful. He will be the first in his family to attend college. He plans to pursue a career in medicine.

The Selection Panel was impressed with Pablo's desire to give back to the community and they saw him as a change-maker. They felt that he fulfilled the intent of the scholarship, which is to (1) encourage education in the face of financial need and (2) to identify students who have demonstrated the ability to use their knowledge and life skills to overcome obstacles. The Selection Panel this year included Harrisburg residents Maria Alejandra Hernandez, community advocate, and Mikell Simpson, founder, Capital Rebirth, Inc. Also on the panel were UCH members Jenn McPoyle and Kyle Petris.

Mary Lynn Fecile will be Pablo's UCH Mentor. Each scholar is assigned a mentor, usually in a field similar to their chosen major. As a physician, Mary Lynn is uniquely qualified to mentor Pablo. An additional resource is Mary Lynn's spouse, Paul Haidet, also a physician, who will collaborate with Mary Lynn to mentor Pablo.

We will welcome Pablo Biascochea during the Sunday service on June 4, which will be followed by a reception in the Common Room. The reception will be held in conjunction with the church picnic. Cake will be featured. UCH members are invited to meet the 2023 scholar, family members, previous scholars, UCH mentors, and LaGrone Committee members. There will be albums, photos, and other memorabilia to explore, and a video of LaGrone speaking and singing.

Members of the Oliver LaGrone Scholarship Committee are Sharon Vaughn, Chris Dutton, Dean Leverett, Margaret Carrow, and our newest member, Deb Haken. Cordell Affeldt, chairperson, super organizer, supporter of the scholarship in so many ways for so many years, and champion of Oliver LaGrone's legacy, is retiring from the Committee at the end of the month. We cannot ever forget her significant contribution to the vitality of this program.

— Submitted by Chris Dutton



### ***LaGrone Display Case – Volunteer Sought***

The LaGrone Scholarship Committee is responsible for maintaining a display case in the Common Room with photographs of our scholars, information on the scholarship, and memorabilia on current and past scholars. We update it at least once a year in June with material on the newly announced scholar, and we would like to update it more frequently, if possible.

For the immediate future, we will have photographs from the June 4 service and reception, i.e., photographs of Pablo, other scholars in attendance, and their mentors. We have also arranged a LaGrone art activity for children and adults, and we anticipate these may also be useful in decorating the display case.

The committee seeks an artistically inclined individual to use this material to redecorate the display case in the next few weeks. Throughout the year, we can work with other scholars, current/past mentors, and other church members to generate additional material for future display, if the volunteer is interested in an ongoing assignment.

Please contact [Sharon Vaughn](#) if interested.





## 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.*

A first for my Lay Community Ministry: I was given permission to include my first-ever annual report in the [UCH Annual Report](#) that's provided for the Annual Meeting. It's on page 41, and the report provides an overview of my work since 2005.

## Chaplaincy

As chaplain at Dauphin County's Work Release Center (WRC) for women, I wear a lot of pink in order to appear as a gentle man: the residents who have never met me have all been lied to and likely harmed by men, so their default setting is mistrust. The calendars donated by UCH people and others and the pocket planners we get on the cheap online provide an incentive for them to meet this guy they don't know or trust, because I offer each newcomer both a planner and a calendar of their choice, plus a "breath prayer" that is both prayer and meditation. I point out that it can last longer than anything in the room, because it lives in their head as long as they want it to.

I explain that anyone who believes in God "in any kind of way" (as I put it) can use it to deal with stress. It is simple: [As you inhale] God with me; [As you exhale] me with God. We repeat it together a few times, and we both experience the calming effect of slow breathing – and the power of the words to remind us that God is with us everywhere.

### The Breath Prayer

Action	Words
As you breathe in:	God with me
As you breath out:	Me with God

And it can help when sleep won't come. I have learned that when you're locked up it can be really hard to fall asleep, because you are not where you want to be, and you're going to wake up where you don't want to be. A few years ago, a resident said she had a hard time sleeping. We had practiced the breath prayer when she first met with me, so I suggested that she put her head down on the pillow and just think the prayer (as a newcomer in pre-COVID times she was in a room with several bunks) – and see what happens. A few days later I was meeting with another newcomer, and she stuck her head in the door of my WRC 'office' (the classroom/multipurpose room) and said with a big smile on her face, "Hey Chaplain, I had my best sleep in weeks because of that breath prayer!" Talk about a thank you!

Women from Work Release are working for employers we need to appreciate: Crowne Plaza hotel, the Melting Pot restaurant, Wendy's (Carlisle Pike and Union Deposit Road), Paxton Street McDonald, Capitol Diner, Applebee's (Paxton Street), Red Lion hotel, Outback Steak House (Camp Hill), and Fiesta Mexico (Paxton Street). They give WRC residents a second chance!

## Reproductive Justice

My reproductive justice community ministry is focusing on supporting two main issues, through the PA Religious Coalition for Reproductive Justice ([PA RCRJ](#)):

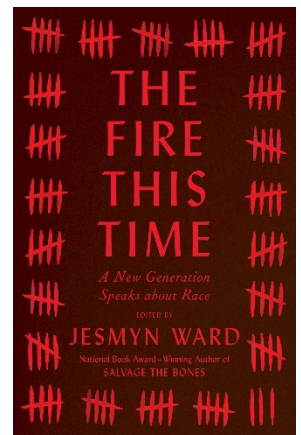
- 🕒 The Planned Parenthood "pink out the capitol" demonstration on Wednesday June 7. We'll be showing up in our PA RCRJ shirts, with our signs and our voices.
- 🕒 Multiple bills:
  - ✓ [House Bill 900](#) Dignity for Incarcerated Women
  - ✓ Medicaid Expansion for Postpartum Care (former [HB1173](#)) (no bill number)
  - ✓ Fighting Maternal Morbidity and Mortality (former [HB1174](#)) (no bill number)



# Calendar of Recurring Events

June 2023

Date	Time	Group	Location
<b>Fri 2</b>	<b>Various</b>	<b>Heart Rhythm Meditation</b>	<b>Zoom</b>
<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.</p> <p>🕒 Friday mornings from 11:30 a.m. – 12:30 p.m.</p> <p>People can drop in or out as they want. Please contact <a href="#">Libby Tisdell</a> for the Zoom link.</p>			
<b>Sun 4</b>	<b>5:00</b>	<b>Mindfulness Meditation Group (MMG)</b>	<b>Clover Lane</b>
<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 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. <b>No session June 11.</b></p> <p>Please contact <a href="#">Rebecca Waldemar</a> or <a href="#">Keva Brown</a> for additional information. Repeats weekly except fifth Sunday.</p>			
<b>Mon 5</b>	<b>6:30</b>	<b>Amrit Yoga (Weekly)</b>	<b>Clover Lane</b>
<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 <a href="#">Dave Forster</a>. Repeats every Monday.</p>			
<b>Tue 6</b>	<b>6:30</b>	<b>Safer Congregation Team</b>	<b>Zoom</b>
<p>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.</p>			
<b>Wed 7</b>	<b>6:30</b>	<b>QueenSpirit (Monthly)</b>	<b>Clover Lane</b>
<p>QueenSpirit is a co-created women’s spirituality circle that meets on the first Wednesday of the month. This month is a Sharing Circle (with a less structured atmosphere). Topic is Reconciliation. Susan Norris will start us off with a definition, how it's different from forgiveness, steps in the reconciliation process, and then give examples and types of reconciliation. Everyone is encouraged to share as much or a little as they feel comfortable.</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 Joseph Priestley Room. 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.</p>			
<b>Sun 11</b>	<b>7:00 p.m.</b>	<b>Philosophy and Literature Group (Monthly)</b>	<b>Zoom</b>
<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 Fire This Time: A New Generation Speaks about Race</i>, by Jesmyn Ward. From Amazon:</p> <p><i>The Fire This Time</i> is a timely, necessary collection of essays on the varied dimensions of Blackness in the contemporary U.S. Divided into three sections--legacy (the past), reckoning (the present), and jubilee (the future)--the compilation not only dedicates time to dissecting white rage, the sickness that has shaped the U.S. since its genesis, but also gives glimpses into the interior lives Black folk lead, the brilliance, the joy, and the creativity that blossoms in Black communities in spite of racial oppression.</p> <p>The remaining books for 2023 include all of the following:</p> <p>🕒 July: <i>Demon Copperhead</i>, by Barbara Kingsolver</p> <p>🕒 August: <i>Undrowned: Black Feminist Lessons from Marine Mammals</i>, by Alexis Pauline Gumbs and adrienne maree brown</p>			



## Calendar of Recurring Events

June 2023

Date	Time	Group	Location
September:		<i>The Man Who Caught the Storm: The Life of Legendary Tornado Chaser Time Samaras</i> , by Brantley Hargrove	
October:		<i>The Man Who Ran Washington: The Life and Times of James A. Baker III</i> , by Peter Baker and Susan Glasser	
November:		TBD	
December:		<i>Adam Smith Reconsidered: History, Liberty, and the Foundations of Modern Politics</i> , by Paul Sagar	

Please contact [Don Brown](#) for information.

<b>Tue 13</b>	<b>6:30 p.m.</b>	<b>Women's Night Out (Monthly)</b>	<b>Off-site</b>
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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.

Women's Night Out  
Isaac's/Lemoyne

This month, we meet at [Isaac's](#) in Lemoyne. Please RSVP to [Ann Sitrin](#) (text 717-439-6090) by the Monday beforehand.

<b>Wed 21</b>	<b>6:00 p.m.</b>	<b>Clover Grove</b>	<b>Clover Lane</b>
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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, help us celebrate the Summer Solstice. We will have a small ceremony which will include a fun workshop to make sun catchers. All materials will be provided. Please contact [Wayne Minich](#) for further information.

<b>Tue 27</b>	<b>6:30</b>	<b>Auction Committee</b>	<b>Zoom</b>
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Auction Date: November 4, 2023 Place: UCH Clover Lane Theme: **Blazing New Trails**

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.

**1:00 p.m. June 3**

### Disrupt the Corrupt (Clover Lane)

[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.



**SUMMER PICNIC** **JUNE 4 SUNDAY 12-2:30**

**UNITARIAN CHURCH OF HARRISBURG**

**FUN FOOD FELLOWSHIP**

**THE FOOD SIGN-UP SHEET CAN BE FOUND IN THE FELLOWSHIP HALL.**

**COMMUNITY GROWS BEST AROUND THE TABLE**



### UCH Graduating Seniors

*Congratulations to these UCH youth and their families.*

#### Matt Cysyk

UCH member Matthew Cysyk is the son of Josh and Christine Cysyk. He graduates this year from Hershey High School, where he was active in the school band and the Derry Township community cat shelter.

He will attend Temple University in the fall, where he plans to major in Engineering.



#### Elliotte DeCoursey

UCH member Elliotte DeCoursey, son of Diana Fishlock and the late Peter DeCoursey, is a 2023 graduate of Camp Hill High School.

Elliotte plans to attend community college for one or two semesters, then art school. His career goal is to become a graphic artist.



#### Blake Mallah

Blake Mallah, daughter of Karen Mallah and Paul Moore, is a 2023 graduate of Camp Hill High School, where she was active in theater and choir. She will attend Howard University's School of Communications in Washington, D.C., in the fall.



#### Aubrie Thomas

UCH member Aubrie Thomas, daughter of Jack Thomas and Karen Grimm-Thomas, is a 2023 graduate of Central Dauphin East High School, where she was active in music and theater and played field hockey and lacrosse. She also received the Paxtang Elementary PTO 2023 Senior Scholarship. She will attend Penn State in the fall, majoring in architectural engineering.



Aubrie is thankful for the safe and supportive environment that she experienced at UCH as well as the congregation that helped shape her into the spiritual person that she is today.

### Other Transitions

#### Charlie D. Bowser

Charlie Bowser is the son of UCH member Rima Cameron. He graduates this year from Harriton High School in Bryn Mawr and will attend Cabrini University in the fall. He intends to major in applied mathematics and minor in graphic design.

#### Lileigh Keva Brown

Lileigh "Keva" Brown graduated from the [Blue Lotus School of Mindfulness](#) seminar May 27 and was awarded a Master of Arts in Buddhist Ministry. Keva will be ordained as an [Oshō](#) in the Order of the Dragonfly at a ceremony to be held at UCH at 2:00 p.m. June 27, with reception to follow. All UCH members are welcome to attend. If interested in attending, please contact [Keva](#) (text 717-439-5207) to allow for a count for food.

#### Skiles-Golas

Kay Skiles was married to Chris Golas on May 6 at UCH, the Rev. Meg Matthison from UUCV officiating. Chris' twin sons (and Kay's stepsons), Christian and Sean Golas, served as best men. The wedding party also included UCH member Pat Kauffman. Chris Emkey was accompanist, with Dan Vaughn serving as song leader. Congratulations to the newlyweds.



#### Richard Lee Schubauer (1943-2023)

Richard Schubauer, 79, father of UCH member Marjy Schubauer-Hartman, died May 23. He was in hospice care at the time of his death. Services TBD.

#### Bill Pugh (1937-2023)

[Bill Pugh](#), 86, brother of UCH member Barbara Byrne, died May 23 in Ocean City, NJ, of complications from cancer. He was born Jan. 27, 1937, in Philadelphia. Services will be held June 15 in Philadelphia.