



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



We bid you welcome, who come with weary spirit seeking rest.

We bid you welcome, who come with hope in your heart.

We bid you welcome, who enter this hall as a homecoming.

Whoever you are, whatever you are, wherever you are on the journey,

We bid you welcome. ~ Richard S. Gilbert

September marks the time of coming home to church. Historically, UU churches shut down in the summer. Thankfully, that's no longer the case! Yet September marks a time of settling back in after a more leisurely summer pace. As we settle back into church, what are we bidding welcome to? What emotions are we opening to? Grief, hope, joy? And who are we welcoming?

I find myself bidding welcome to new creative possibilities. I just completed a personal writing project. What will come next? It's exciting to imagine. It's also a bit daunting. What if nothing calls to me? Here at church, I am bidding welcome to another year of ministry with all of you. There's so much beauty and also change unfolding in this church and also in Unitarian Universalism. What will we, together, bid welcome to?

As we come home to UCH this month, let's take time to bid welcome to the spiritual journey we're on together.

Yours in the spirit of homecoming,

Rev. Sandra

Worship 10:30 a.m. Sundays

September Theme: The Gift of Welcome

Sept 3: Love and Work, Rev. Dr. Ellis

Sigmund Freud is reported to have said that a sane person is one who is able to love and work. Good work and loving relationships require mutuality, self-expression, vulnerability and the courage to be real, to be whole. We explore what love and work might mean for us as Unitarian Universalists. What are the connections between love and work?

Sept 10: Welcoming Our Dreams, Rev. Drs. Ellis and Fees

Join us this morning for our celebratory annual ingathering and water communion service. The water communion is a unique UU ceremony in which each person can add a drop of water to our common bowl. You are invited to bring a small vial of water with you (and we'll also have water available).

Sept 17: The Holy Pause, Jim Cavanaugh

The Holy Pause: dealing with stress in a complicated world. Jim has taught a Holy Pause to hundreds of inmates at Dauphin County Prison and residents at the Work Release Center.

Sept 24: The Hardest Word, Rev. Dr. Fees

Forgiveness involves risk and requires courage, curiosity, and understanding. Despite the challenges, forgiveness holds the possibility of healing and repair. The book *On Repentance and Repair: Making Amends in an Unapologetic World* by Rabbi Danya Ruttenberg serves as our wisdom text this morning. The book is this year's UUA Common Read. Join Rev. Sandra for an after-church conversation about forgiveness (page 5).

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.

September Share the Plate: UUJusticePA Education Fund

Each month, we share the Sunday plate with a local non-profit. This month, we share with UUJusticePA Education Fund.

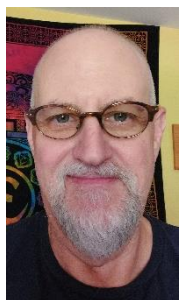
UUJusticePA is an advocacy group that promotes UU values across the state. The Education Fund is a separate 501(c)3 entity that promotes related educational initiatives around the state. The organization was nominated by UCH member Anita Mentzer, former director of UUJusticePA.

— Submitted by UCH Finance Committee



UUJusticePA
Unitarian Universalist Justice Pennsylvania

Ed. Note: This year, the Board of Trustees is rotating responsibilities for the monthly column on Board activities. Brad is serving his first term on the Board.



By Brad Byers, Board of Trustees

In 2016, I visited China to meet a friend of a friend. In doing so, I stepped outside the box and way outside my comfort zone. Before 2016, it had been more than 20 years since I flew anywhere. This was a solo adventure. During the 16 days in China, I met and spoke to three people who spoke English: a man from NYC in the Beijing airport, a Dutchman

at breakfast one morning in Dandong, and an owner of an English language school from upstate New York on the streets in Dandong. All other communication was made possible using a translation app on a mobile phone and tablet.

I stayed in the city of Dandong, Liaoning Province, in northeastern China along the Yalu River. The Yalu River Broken Bridge partially spans the river to North Korea. Americans repeatedly bombed the bridge during the Korean War. An amusement park sits on the North Korean shore, its huge Ferris wheel never making a single rotation. Each night, the city next to the amusement park is completely dark.

Like most people, I'm a person who likes and prefers control. I like a plan and I like to know what to expect. It was impossible to do any of those things in China on this trip. While there, I visited natural areas and as many Buddhist temples as possible. My companion made all the plans and the only thing she told me was what time to be ready each morning.

This was the first time, since childhood, that I surrendered complete control over to another. Since the day's activities were unknown, I was completely devoid of expectations. It was daunting, especially the first couple days. But it turned out to be freeing, which is not what I expected. Without expectations, without plans - worry became unnecessary and a worthless expenditure of energy. In addition, I was forced to embrace acceptance of the current situation.

There is a concept and practice in Buddhism called Not Knowing. Why on earth would you practice not knowing?

When we know, or believe we know, especially with certainty, we attach expectations to the associated experience. We tell ourselves we know what will happen and therefore what to expect. We create narratives of how things will progress and convince ourselves of a certain outcome. These narratives lead us and trap us into self-fulfilling prophecies.

If we know everything about how and why things are a certain way, or how something will turn out, we are left with no surprises. No surprises mean no mystery and no magic. However, Not Knowing does just the opposite.

One who practices Not Knowing has fewer expectations. Fewer expectations eliminates the dualistic approach which assumes a universe where there are only two contrasting and mutually exclusive choices. Dualistic thinking results in the all or nothing, victory or loss view. On the other hand, not knowing embraces anticipation and broadens the spectrum of possible outcomes and doesn't pin us in a corner. Not Knowing leaves the possibility of multiple results. It allows room for us to be pleasantly surprised. Such a position opens doors. My China trip was defined by Not Knowing and my experiences and my True Self were better for it.

My China trip and my practicing of Not Knowing was a contributing factor to my decision to run for the UCH Board. I have been a long-term member but until now, involved only marginally. I attended a lot of services, I came to a few auctions, I facilitated the Mindfulness Meditation Group and helped bring guest speakers to UCH.

When I was asked to run for the Board, I immediately thought that I wasn't qualified. I didn't know enough about how this church functions and works. I couldn't foresee a plan and didn't know what the future would look like. It was then that I realized I was being presented with another Not Knowing opportunity. I also saw there was a need, and since few others actively sought the position, I agreed to run.

I don't have all the answers. I don't have a design or master plan. I do not know what we will do in the next three years, but I know from the challenges we have faced, the next years are important ones for us.

Since I don't know how it will all turn out, my expectations are wide open. Open expectations lead to multiple plausible possibilities. I will try to be present with the ever-changing conditions and I will seek the counsel of the learned and other members of this beloved community to find common sensible solutions and a promising path forward. And finally, I will gladly accept the assistance and help from all those who offer. Join me in the adventure.

May you be well, peaceful, and happy,

Brad

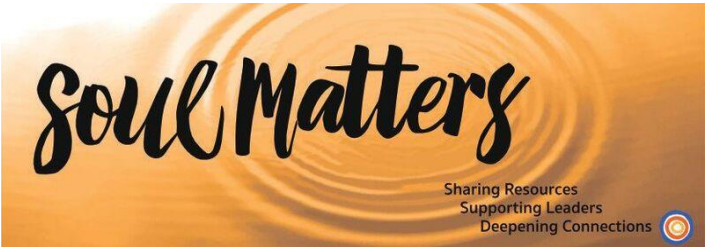
Opportunities for Religious Exploration

By Cory Ness, Director of Lifespan Faith Development



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 September is “The Gift of Welcome.”



The Gift of Welcome

It seems to go without saying. To be welcoming, we’ve got to think big. Notice how often we speak about “widening the circle” and “making more room.” We place a priority on expanding our minds by welcoming new experiences and new ideas. Those that help usher in love are “big-hearted.” Those who help us welcome change are “the ones with the big idea.” Ask someone what image goes with welcoming and they will surely say a person with open arms.

So bigness, yes, let’s be sure to follow that road. But what about that smaller trial? The one that runs right alongside the wide road? The one harder to notice and certainly hard to travel? The one that whispers, “Don’t forget the work of becoming smaller”?

We’re learning that this path must be traversed as well. For instance, those of us who are white are realizing that to truly welcome diversity, we must shrink and de-center our voices. We long-timers are discovering that welcoming newcomers requires right-sizing our needs and putting our preferences second. The tree huggers have been telling us for years that we can’t save the wider world without shrinking our wants.


Bottom line: There is a deep spiritual connection between the smallness of self and the expansiveness of relationship. It’s a curious and wonderful truth: the road to a wider welcome often starts with limiting our own size. By becoming “smaller,” we paradoxically are better able to welcome in and receive the gift of “more.”

So friends, as you journey this month, think big! But also, stay small.

— Rev. Scott Tayler, Soul Matters Team Lead

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.

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

Our Families Are Exploring the Gifts of Welcome

There’s a common Xhosa expression about welcoming that is like no other I know. The wonderfully imagistic proverb translates to “the foot has no nose.” The idea behind it is that when traveling, we are not easily able to “sniff out” places where we are more likely to find welcome. We welcome the traveler because one day, our paths may cross again, this time with us the traveler and them the host. Did we leave them to fend for themselves, or offer a warm welcome? We welcome because we are creating the world we want to live in, and we want to live in a world of open doors, convivial communal meals, and rest for the weary.

There are two things in particular that I love about this Xhosa expression.

Number one, it acknowledges that we all have a self-interest in welcoming others. That is so real! And we don’t have to judge ourselves for it or dress it up in a purist’s altruism. We welcome others because we want to know that there are people who will welcome us some day, when our time of need comes.

Religious Exploration (cont.)

And number two, this reminds us that welcoming is not a passive state. We can't simply consider ourselves welcoming because we hold accepting and inclusive opinions, or because our live-and-let-live attitude extends to every identity we know of. We have to actively create welcoming, even when it's a little hard, or a little uncomfortable, or a little inconveniencing. We anticipate the needs, we adjust our familiar routines, we go out of our way to make another feel settled and at ease. This is welcoming, and it is work, and there's no way around that.

But I hope you know Soul Matters well enough to know that even those values that call for a great deal of work to fully embody, we—as a sharing circle of families—will carry the load together, as well as the fun!

Welcome to a month of joyful work. Welcome to a month of being curious. Welcome to a month of connecting. Welcome to your new year of Soulful Home!

— Soul Matters team

Children/Youth RE

Children and Youth RE 2023-2024 Registration is Now Open!

Please register your child(ren) for Religious Exploration at [this link](#). Registration ensures that:

- ☪ Staff and leaders have the most up-to-date information on the children & youth in their class. This helps us plan and teach to their fullest potential.
- ☪ Parents/caregivers receive timely information about their class and our program.
- ☪ Families receive the first priority to sign up for special programs like Our Whole Lives (OWL), and other special events. This can be especially important when programs have limited enrollment.
- ☪ Medical and insurance information is on file.

Children and youth information is confidential and only shared with staff and class leaders. Please contact our Director of Lifespan Faith Development, Cory Ness, if you have questions or concerns.

Children and Youth Faith RE Classes Begin Sept 17!

“To teach is to touch the life of a child.

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

A few more teachers/helpers are needed for this program year. Our teaching teams include 5-6 teachers; each week we need two teachers (one lead and one assist). There are 28 RE Sundays between September and May. Hence if we can recruit six teachers for each of these teams, the teaching commitment would only be around nine Sundays this year.

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.

In September, we will have classes on Sept. 17 and Sept. 24 (only).

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

What to Expect as a Teacher:

- ☪ Attend three teacher connections scheduled from 9:00 a.m. – 10:15 a.m. on Sunday, Sept. 17, and dates TBD in November and March
- ☪ Attend teacher orientation, scheduled for 9:00 a.m. – 10:15 a.m. Sunday, Sept. 24 (Teacher Orientation is for new teachers, however all are invited.)
- ☪ Collaboration with a team of new and experienced teachers
- ☪ Two teachers are in a classroom each Sunday: one leads and the other assists

Religious Exploration (cont.)

- Easy-to-follow session plans and well-stocked supplies
- Support from our Director of Lifespan Faith Development
- Background checks are required from all volunteer teachers/helpers

We are all learners & teachers. Our lifespan model means we never stop learning, and teaching is not only a spiritual practice but provides a way for us to continue learning from all ages. When we teach, we model the values we stand for, including acceptance for diversity, respect for others, a questioning and curious mind, and social justice action.

Teaching provides a venue for ministry and passionate engagement with others and our society. We understand the values of this gift freely given to the community when we recognize that lifespan learning is at the very heart of our congregations.

Please stop by our recruitment trifold in the lobby for more information and to sign up or you can contact our Director of Lifespan Faith Development, Cory Ness, at your earliest convenience. Fall programming begins Sept. 17.

Childcare Position Available at UCH

Sundays, 10:00 a.m. – noon, starting Sept. 24; \$15.00 per hour

Warm, cheery and experienced childcare provider needed for a variable group of children, ages 18 months to 6 years old, while parents attend Sunday services. Provider will be assisted by one adult volunteer in a safe, enclosed space with age-appropriate toys and activities. Additional hours for special events are also available.

Please send a letter, outlining relevant experiences and reasons for interest, as well as at least three references, to [Cory Ness](#) (717-564-4761, extension 705). Interview and background check is required. Employment is contingent on a successful interview, impeccable references, and a clear background check.

Please feel free to forward this announcement to appropriate candidates

Recurring Opportunities for Adults

Please sign up for any/all adult RE opportunities at the [RE web page](#).

Who Me, an Elder?

Sept. 21 - Nov. 30

Covenant Groups

Monthly, September - June

Creativity Matters

Monthly, September - June

Common Read 2023-24

Monthly, November - February

Banned Books Club

Oct. 26 - May 30

Depression Support

Oct. 4 - Dec. 20

Sunday morning programs

Please join us for a special program after church:

- **Sept. 24, noon – 1:00 p.m., Conversation on Forgiveness**

Grab some coffee and join Rev. Sandra for personal reflection and conversation about repentance, atonement, forgiveness, and repair from harm.

Power of Place: 1982 Renovations

Ed note: Aesthetic Integrity Team members Carol Buskirk and Cordell Affeldt set out to learn more about UCH's sanctuary's blue chairs. They found a much wider story than anticipated.

During a recent visit with former UCH leader Don Martin, Carol and Cordell heard colorful stories about church history and the 1982 building renovation. When Don and his wife, Jean, joined UCH, in 1976, the striking new building had already been occupied by the congregation for 13 years. Throughout the building, suspended infrared heating fixtures warmed whoever was directly under one. Coffee hour attendees got their cup of comfort from the coffeemaker in the outer office, then claimed a warm spot in the lobby. They tended to remain in place, never moving away to grab a second cup. The innovative 1963 UCH installation featured on the cover of a professional engineer publication was turning out to be inadequate.



The lower level was rented during the week to Londonderry private school. Housekeeping was done by church members every Saturday. When the sanctuary space was used for fellowship meals, the connected white molded-plastic chairs had to be lowered over the deck railing and temporarily carried into the lower level. Then, you guessed it: The process had to be reversed: hoist them up to the deck and reposition for Sunday services.

Don chaired the 1982 renovation committee. Architect Dick Parsons, of the Gannett Fleming engineering firm, was our lead consultant. Improvements included a working heating and ventilation system for the entire building, new rubber roofing covered by carpeting on the deck and reconfigured access to the kitchen. New orange cabinets and sinks brought kitchen facilities to the north end of the lower level, with matching moveable carts for serving. In what is now called the Common Room, new orange and brown carpeting was complemented by purchasing brown fabric-covered room dividers to create lower-level teaching spaces. (Separate classrooms would come in 1993 additions that also expanded the sanctuary, reducing the size of the deck.) Modern chandeliers were chosen for the sanctuary and lobby. Each décor choice was made considering the building as a whole.

Carol and Cordell also tapped long-time member Dave Powell for blue chair details, conveying that we had also talked with Don Martin. The tale turned out to be richer than seating alone! In the 1980s, Dave was employed by an engineering firm for his heating and cooling expertise. The manufacturer of our infrared fixtures had gone out of business, and Dave and fellow member and engineer Neel Robinson had had their fill of individually refabricating the failing heating units with coiled nickel-chrome wire. Dave modestly shared that he personally designed the new 1982 HVAC system as gift to the church and, through his professional contacts, arranged for the church to get the equipment and installation at cost. Furthermore, Dave's job took him to a York factory to consult on dust control. The chairs he saw being made there were attractive and sturdy enough that he brought them to the attention of the UCH consultant.



Our blue, American-made, solid oak, Mid-Century Modern (MCM) chairs were among the several alternatives "seat tested" by the congregation. Not surprisingly, members had varied opinions; the committee made the final selection. The designer recommended on-trend blue for upholstery, aligning with the doors and trim. A conscious aesthetic was integrated throughout the building. Several additional chairs in orange upholstery and a blue loveseat and armchair were purchased from Thonet, as well as a blue couch and armchair with chrome legs. The old rows of connected white plastic chairs were donated.

Shortly after the new chairs were delivered, UCH was one of the victims in a series of arson fires at local churches. Luckily, smoldering hymnals in four corners of the sanctuary were discovered by the early-arriving pianist and damage could be limited. Don remembers well the panicked call. Insurance covered cleaning the smoke and water damage.

Dave Powell told us of the next disaster: A big January snowstorm had deepened his anticipation of a cozy afternoon at home watching the Super Bowl. Dave, an essential figure in UCH leadership, had been UCH president from 1977 to 1980 and appreciated rare time for relaxation. What a jolt to get a call that he was needed immediately! Melting snow water was pouring into the sanctuary. The cause was pursued. Because rubber roofing cannot be walked on, outdoor carpeting had been applied over the rubber on the deck. Although the deck saw frequent foot traffic, no one had noticed a cut made during carpet installation. Again, insurance coverage paid off.

If you are a long-time church member and remember Don Martin, he would enjoy chatting with you! His retirement home is just off I-81 at the Pine Grove exit north of Harrisburg. Carol Buskirk can share his contact information. Greet Dave Powell at a church function or see his contact information in the church directory.

— Submitted by Carol Buskirk and Cordell Affeldt, members of the Aesthetic Integrity Team

New Platform Access Railings

Aren't they lovely? And aren't we fortunate that UCH member Charlene Senglaub created and gifted them! She made and installed a set of access railings on the left of the platform at the front of our sanctuary. One segment for support from the main floor level to the first step; a separate, matching rail segment for support going from that first step up to the top platform level. Each has not only a slanted top rail, but also an extended horizontal portion for convenience as the rail is approached. Although provisions of the Americans with Disabilities Act (ADA) are not mandatory for church buildings, Charlene incorporated this wise feature in constructing the railings.

The story really began 20 years ago when Char and wife Wendy Colby built their home in York County. From one of the remaining 5"x 8"x 12' oak beams, Charlene in 2023 used her chain saw to downsize it to 3" x 3". Having taken measurements of distance and height for each segment, she then turned the individual lengths on her lathe, mimicking the round legs of the sanctuary chairs.

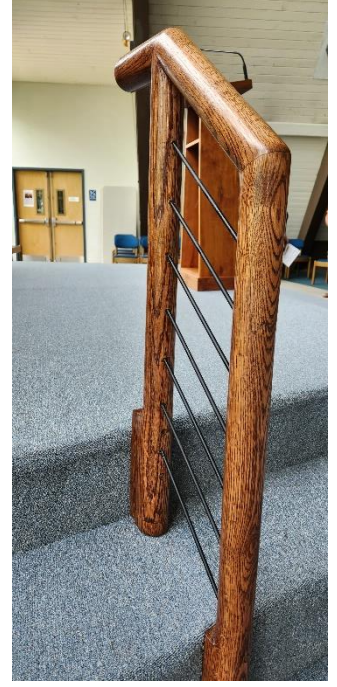
Figuring out the lengths and needed angle for the top rails gave her the angle at which to trim the lengths to be joined. Continuing at her worktable, she devised inserting a dowel into the intersecting angle, gluing it for stability. (Charlene reports that it takes about a week for Gorilla Glue to wear off hands, eventually returning all five fingers to independent use.) An extended Internet search paid off in locating the slender matte metal rods, seven for each segment, that give stability without obscuring the view. The angle of insertion was determined by the pre-calculated slope of the handrail.

But how to attach the railings to the floor and to the platform? Charlene's secret: make the very bottom of each post square at the rear, maximizing stability. The upper segment attaches to the wood construction of the platform itself. To disguise that a two-piece, screw-together metal ring attaches the main floor post to the concrete sub-floor, she created a round wood collar, made from two diameters of whole saws.

How to match the color of the sanctuary's stained oak Thonet chairs? Knoodle with member Marsha Dulaney until hitting on the right combination of ready-made stains. Marsha also offered significant help in installing the railings.

Charlene sought from the beginning to preserve the view afforded by our [Mid-Century Modern](#) window expanse. Further, the unique angles of our stepped speaker platform meant that there was no off-the-shelf solution. Thank you, Charlene, for funding the materials and combining your fine woodworking skills with clever design and construction techniques. Quite a gift—in every sense!

— Submitted by Cordell Affeldt on behalf of the Aesthetic Integrity Team



Aesthetic Integrity Team: The Power of Place: American Modern

A note from the Aesthetic Integrity Team

By now, you have a picture of what characterizes MCM design. As it evolved in the post-World War II world, it expressed the movement toward modernization and use of new materials, becoming a version of European design adapted to American life. For more in-depth information, please review the MCM article in [Wikipedia](#).

— Submitted by Carol Buskirk

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

Happy September! The fourth Saturday in September is National Public Lands Day, which this year happens to fall on September 23. Working for the public good and public access to parks are also key values of Unitarian Universalists. Help UCH *Blaze New Trails* at our annual auction Nov. 5 by donating an item, event or service. Perhaps you can donate a picnic at a nearby park, perennial plants, or help someone get their yard into a more park-like condition. Donate by Oct. 1 so all UCHers will know about your donation!

Ticket sales start Sunday, Sept. 10 (\$10/person or \$20/family) after the service in the Common Room. And if you purchase your auction ticket on Sept. 10, you will automatically be entered in a drawing for 4 mini golf passes at [Adventure Sports](#), just 4 miles south of Hershey (expire 10-31-2023).

Let's Blaze New Trails together and help the world be a better place! To donate your items (at least \$50 value, please), services, or events, ask questions or volunteer contact auction@uchbg.org.

— Submitted by Patti Hazell



Capital Campaign: Architects Hired for UCH Re-Design

The architectural firm of [Beers + Hoffman](#) has been hired to offer a re-design of our UCH campus. The Lancaster-based firm has deep experience in church design; please check out their website for examples of their work.

In consultation with a number of UCH leaders, Beers + Hoffman will oversee a project to re-fit our physical space for the 21st century. The project will ensure that our building is safe and will maximize the potential of its lovely MCM design. We hope to raise funds to refurbish all parts of the church. Beers + Hoffman aims to design coherent campus spaces of beauty, simplicity, harmony with nature, and vitality. We expect that the design will announce our UU identity and give our spaces greater flexibility as we respond to the challenges that the coming years may bring.

Mary Henninger-Voss, David Spear, Guy Dannelley, Andy Back, Lois Voigt, and Rev. Sandra Fees have been shepherding the early phases of this project, but they will be reaching out soon to enlist much-needed assistance. Please be prepared to lend a hand!

Watch in all our publications for a box that that will keep everyone informed and provide links to important documents of this journey—from its beginnings in the [Building and Grounds Improvement Task Force Report](#) to the [Strategic Plan](#) to the present.

—Submitted by Mary Henninger-Voss

Grounds & Gardens

The Grounds & Garden team is working with Eric O'Neal, certified arborist with Good's Tree Service. Eric has a bachelor's degree in Forestry and master's in Plant Pathology from Penn State. After a walk-through of our grounds, he provided a detailed analysis of the health of our deciduous trees. The recommendations include tree removals, strategic pruning, and a care plan to save several of our ailing trees. Unfortunately, the large pin oak located on the west side of the church is infected with bacterial leaf scorch and beyond saving. It will be removed this fall. We have also received estimates from two additional tree service vendors. We will compare the estimates, determine our priorities, and decide how to proceed with the recommendations this fall.

"The true meaning of life is to plant trees, under whose shade you do not expect to sit." — Nelson Henderson

The Grounds & Garden team is also working with Campisi Landscaping to mitigate the stormwater problem in the corner of the south parking lot with the installation of a rain garden. Work is scheduled to begin between the middle of September and the beginning of October and is expected to take a week. Rain gardens have a specific structure to contain the stormwater runoff and utilize native Pennsylvania plants that don't mind "wet feet." Rain gardens reduce runoff by capturing rainwater and allowing it to infiltrate back into the ground within 24 to 48 hours after a rain. They also help reduce flooding and remove pollutants, and the native plants will provide food for pollinators.

🌻 **Save the date** – October 14 – UCH Fall Garden Day.

— Submitted by Anita Mentzer

Power to the Hill

Power to the Hill (P2H) is a UCH lay-led ministry co-sponsored by Gather the Spirit for Justice focused on empowering the residents of the Allison Hill neighborhood of Harrisburg. P2H focuses on voter registration and "get out the vote" campaigns in the neighborhood.

The voter engagement work of P2H is on the ground and person-to-person through canvassing, neighborhood parties, and targeted phone calls. As we work to increase voter turnout in the neighborhood, we are paving a path to better living conditions. P2H began as a lay-led ministry of UCH and has many volunteers and donors from the UCH community. The work of P2H is an important part of the social justice work of this church as we work to live out the UU principles. P2H continued its monthly canvassing on Saturday, August 19, in Allison Hill.

There are many ways to become involved, such as canvassing, preparing food, donating money, tabling, or making phone calls. P2H has a very organized, user-friendly structure to support volunteers of all kinds. The next Voter Engagement Day is Saturday, Sept. 16, from 10:00 a.m. to 1:30 p.m. at Christ Lutheran Church in Allison Hill. Contact [Wendy Shaver](#) for more information or to be added to the P2H email list.

Oct. 23 is the last day to register to participate in the November election.

— Submitted by Wendy Shaver



Safer Congregation Team: Progress Report and Gratitude

Our work continues updating the safer congregation policy and procedures. Special thanks to Ann Sitrin and Peter Adams for donating a wheelchair and to Beverlee Lehr for donating an automated external defibrillator (AED) device. Please look for upcoming information on training to use an AED. We are also in the process of creating a first aid station for easy access. It will be located in an upstairs hallway just outside the sanctuary. It will contain a larger first aid kit and serve as the home to the AED and wheelchair.

— Submitted by Patti Hazell

Community News

Harmony Walk, 3:00 p.m. Sept. 10

In conjunction with the U.N. International Day of Peace, the InterReligious Forum of Greater Harrisburg is pleased to sponsor the annual [Harmony Walk](#). The walk brings together people of many faiths in harmony and peace. This year's walk begins at Goodwin Memorial Baptist Church, 2447 Green Street, and includes stops at St. Paul's Episcopal Church, Temple Ohev Shalom, and Ahmadiyya Muslim Community. A light early dinner will be provided by Ahmadiyya Muslim Community at the end of the walk. For additional information, please contact [Rev. Cynthia Mara](#) or [Behzad Zandieh](#).

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. GTSFJ has received more than 300 visits since re-opening in February.

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. Anyone interested in volunteering should contact [Art Williams](#).

Pet Clinic Sept. 30

GTSFJ will partner with the Humane Society of Harrisburg Area to sponsor a vaccine clinic for pets from 10:00 a.m. to noon on Saturday, Sept. 30, in the parking lot of Christ Lutheran. Services range from \$10 to \$27, with a small number of vaccines available at no cost, based on need. Supporters can sponsor additional free vaccines by making a [contribution](#) to GTSFJ; please mark "pet vaccines" on the check or PayPal entry.

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.

This month I have been able to provide interesting reading to the women I serve at Dauphin County's Work Release Center, in several forms.

First, my late friend Irene Baird, who led inmate discussion groups at Dauphin County Prison for decades, gifted me via her daughter with many copies of a great book by Iyanla Vanzant [Acts of Faith: Daily Meditations for People of Color](#), plus [Yesterday I Cried: Celebrating the Lessons of Living and Loving](#). I have been using a sturdy Sierra Club tote bag to transport them (photo), and here are the second (bagged) and third installments. The subtitle of the book shows its focus, and UCH people who know how racist our criminal justice system is will not be surprised to learn that at least half of the women are people of color. I gave out a few on a recent visit, and those women told friends who popped in and asked for their own copy!

The Christian women I serve really like a little booklet of meditations called *Our Daily Bread*, which I get free for prisoners (ok, I send them a little donation) well in advance of the time period they apply to.

And everyone likes the calendars (donated by UCH people and friends at the fitness center Nan and I use) to keep track of important dates. The ones I am giving out now were donated last year. Being able to choose the one they like is a special joy, shown by the smile on their faces. A valuable way to ensure that I meet each newcomer (even the ones not sure if they even want to meet this Chaplain) is the gift of a pocket planner (paid for by a kind donor) and a full-sized calendar which they select. I point out that the good news is, the pocket planner fits in a pocket and so is always available. Bad news, the space is small and their writing may be hard to read later – so...they can come back and copy the important info into the big calendar - which will be legible and readable in the future!



What is a "FAKE CLINIC"?

Fake clinics, or crisis pregnancy centers (CPCs), are anti-abortion organizations that:

- Use online advertising and messaging to impersonate medical facilities
- Give misinformation about abortion to confuse and scare pregnant people
- Target people of color, young people, and poor people

My Reproductive Justice ministry was rewarded after an exhausting day at the Pride Festival distributing literature describing "fake clinics," by the [announcement](#) that Gov. Shapiro was terminating the multi-year contract the state has had with Real Alternatives. The contract expires Dec. 31, 2023, and the Department of Human Services (DHS) plans to issue a new request for applications (RFAs) for "women's health service programs as allocated in the 2023-24 Budget."

As we move into Fall, we will be giving out our favorite RJ bumper sticker in exchange for any donation whatsoever: Check us out at coffee hour!



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 Action Council. Since 2020, we are conducting information sessions via Zoom, and we welcome your inquiries. If you would like to attend a session, please contact [Bart Carpenter](#) to register.

— Submitted by Bart Carpenter



Calendar of Recurring Events

September 2023

Date	Time	Group	Location
Fri 1	Various	Heart Rhythm Meditation	Zoom
<p>Heart Rhythm Meditation is a type of meditation that involves conscious breathing, in which the individual controls their breathing in order to influence their mental, emotional, and physical state. Join Jim Handshaw in twice-weekly sessions, via Zoom.</p> <p>🕒 Wednesday 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>			
Heart Rhythm Meditation			
Tue 5	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>			
Mindfulness Meditation			
Tue 5	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 Hazell for the Zoom link or additional information on the team.</p>			
Safer Congregation			
Wed 6	6:30	QueenSpirit (Monthly)	Clover Lane
<p>QueenSpirit is a co-created women’s spirituality circle that meets on the first Wednesday of the month. This month our theme is chakras. Connecting to our chakras provides a deeper understanding of ourselves and often results in a sense of well-being. QueenSpirit will be using singing bowls, chakra meditation and gentle movement to encourage physical and spiritual healing. We will have multiple opportunities to listen to the clear tones of the bowls and to focus within ourselves, and we will also have a chance to share. Wear loose comfortable clothing so you can move easily standing, sitting, or lying down. If you like lying/working on the floor, bring a yoga mat or blanket.</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>			
QueenSpirit Chakras			
Sun 10	6:30 p.m.	Philosophy and Literature Group (Monthly)	Offsite
<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 <i>The Man Who Caught the Storm: The Life of Legendary Tornado Chaser Tim Samaras</i>, by Brantley Hargrove. From Amazon:</p> <p>In a field of PhDs, Tim Samaras didn’t attend a day of college in his life. He chased storms with brilliant tools of his own invention and pushed closer to the tornado than anyone else ever dared. When he achieved what meteorologists had deemed impossible, it was as if he had snatched the fire of the gods. Yet even as he transformed the field, Samaras kept on pushing. As his ambitions grew, so did the risks. And when he finally met his match—in a faceoff against the largest tornado ever recorded—it upended everything he thought he knew.</p> <p>The remaining books for 2023 include all of the following: October: <i>Adam Smith Reconsidered: History, Liberty, and the Foundations of Modern Politics</i>, by Paul Sagar. November: TBD. Please contact Don Brown for information.</p>			

Calendar of Recurring Events

September 2023

Date	Time	Group	Location
Mon 11	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. No Yoga on Labor Day.</p>			Amrit Yoga
Tue 12	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. We are not meeting in September.</p> <p>Please contact Ann Sitrin (717-766-4767 or text 717-439-6090) for additional information.</p>			Women's Night Out
Wed 13	7:00 p.m.	Humanists	Clover Lane
<p>An invitation to join other UCH humanists to explore what it means to be a humanist. Why humanism after all? We seek to deepen our understanding of what it means to us and to the wider world. We welcome you to share your thoughts, feelings, and questions. What would you like to see at UCH? In the world? greater social justice? working for the common good? what does that mean? What programs would you suggest? What is your understanding of humanism? Come join us for conversation. Please contact Rachel Mark for further information.</p>			
Wed 20	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 Pirate's Day with Clover Grove. Wear your favorite pirate outfit! We will have a short workshop on how to talk like a pirate... Join the fun or walk the plank!!</p> <p>Please contact Wayne Minich for further information.</p>			Clover Grove Pirate Day
Tue 26	6:30 p.m.	Auction Committee	Zoom
<p>Auction Date: November 4, 2023 Place: UCH Clover Lane Theme: Blazing New Trails</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 Patti Hazell for additional information. A Zoom link will be sent to committee members a few days prior to the meeting.</p>			2023 Auction

After services
on Sunday, Sept. 10

UCH Potluck
Second Sunday

UCH Membership Anniversaries: Oct. 8 Celebration

Save the date! During worship service Oct. 8 we will celebrate the 50-year membership of the following UCH members: Richard Guthoehrlein (1967); Marilyn McHenry and Leah Kuhns (1970); Joyce Hoskins (1972); and Nathalie Hoke and Michael Mark (1973). We will also celebrate 25-year anniversaries of 22 other UCH members. Congratulations to all!

Paul and Deb Haken Golden Anniversary

Paul and Deb Haken celebrated their 50th wedding anniversary last month. They were married Aug. 11, 1973, in Harrisburg. They were able to spend a week in Virginia Beach at the end of June celebrating with all their children and grandchildren.

Joe and Betsy Heefner Golden Anniversary

Joe and Betsy Heefner also celebrated their 50th wedding anniversary last month. They were married Aug. 11, 1973, in New Cumberland. They celebrated the anniversary with a breakfast with all of their children and grandchildren. The day before, they also attended the 91st family reunion of Betsy's family.

Aaron Cooper (1956-2023)

UCH member Aaron Cooper died Aug. 12 at Jefferson Hospital in Philadelphia of complications from gastrointestinal surgery. He was 67. Services were held Aug. 22 in Philadelphia.

Aaron was born Nov. 9, 1956, in Philadelphia. He joined UCH in 2017 from our Market Street campus and became a committed Universalist. He was active in Covenant Groups at Market Street, delivered lay sermons at both Market Street and Clover Lane, and served on a LaGrone Selection Panel. He moved to Philadelphia during Covid but frequently returned to Harrisburg and retained his UCH membership. He is survived by a daughter, Nikiah Kirven of Harrisburg; three other children, Aaron Kirven, Nicole Kirven, and Jessica Jackson of Philadelphia; and various grandchildren.

UCH members can offer condolences to Nikiah at 1203 Walnut Street, Harrisburg PA 17103.

