

East Suburban Unitarian Universalist Church



Sunday Services - 10:30 AM
Religious Education - 10:30 AM

Telephone
(724) 327-5872

*Now in our new home at
4326 Sardis Road, Murrysville!*

Website
<http://www.esuuc.org>

Volume 41 No. 2

September, 2003

Editor, Andy Manhardt
newsletter@esuuc.org

ESUUC Monthly Forums

Sunday, September 7, 9-10 AM - “*The Marriage of Science and Spirituality*”

Rationality and spirituality have had a strange relationship. In the Western tradition, they were indistinguishable from each other--married in the church, as it were. During the Renaissance, they were separated, for healthy reasons. In modern times, they got completely divorced. But this is also proving to be an uneasy relationship. Come and hear about an evolving "unified field theory", which supplies the context for a happy and healthy relationship between them, honoring both, and not subordinating one to the other. The forum will be lead by Brien Palmer and by Joe O'Brien of Conscious Alternatives.

Sunday October 5, 9-10 AM. “*Inherent, worth and dignity*”

What do these three words mean when applied to every person? Join us for an in depth discussion of the First UU principle and its origins.

ESUUC Sunday Services

Sunday, August 24, 10:30 AM – “*Conclusion of the series on Ralph Waldo Emerson*”

Emerson, poet laureate of the Interdependent Web, as revealed in the essays “History” and “Plato”

Sunday, August 31, 10:30 AM- “*The Enneagram of Spiritual Essence*”

The core of your being, just like the core of the Enneagram, is spiritual essence. As you mature, you form your self-concept by balancing three dualities: spirit-body, inner-outer experiences, and self-others as a source of personal validation. The Enneagram provides a model for understanding this process and redefining your spiritual identity to include your essence. Dr. William Culp is a Licensed Psychologist and a Certified Transpersonal Psychologist. He has been studying the Enneagram for fifteen years. .

Sunday, September 7, 10:30 AM-“*Ingathering and Water Communion Sunday*”

This is the first Sunday of the 2003-2004 Program Year....where we all return from our various summer experiences to share who we have become through our travels and reflections. This is also the service where we have our annual water communion ritual. You are invited to bring with you a small vial of water that represents a meaningful part of your summer. It could from a trip you took near or far, or a local event that meant something to you, or even from your own home where

something special occurred. We will all be eager to hear about your summer. There will be special music featuring our choir. Please join the ingathering of old and new friends here at ESUUC as we kick off a new year of activities.

The **ANNUAL SEPTEMBER PICNIC** will be held at the Church after the service.

Sunday, September 14, 10:30 AM- “*The Powers That Be; Theology for a New Millenium*”

Some excerpts from the book by Walter Wink which consider some wonderfully challenging and optimistic ways of "not only to become free from the Powers, but to free the Powers." Includes new ways of interpreting several of Jesus' parables about behavior in connection with the authorities. Presented by Nancy Fitzgerald, Commissioned Lay Leader

Sunday, September 21, 10:30 AM- "*Matters of Choice - Mental Health Practices*"

Continuing on the series from this summer, come join a panel discussion on mental health. How do you work on staying mentally healthy? Do you go for counseling? What type? Do you take medication? Do you read books? Do you meditate? Come listen to others share the road they have travelled to develop a healthy mind.

Sunday, September 28, 10:30 AM - “*Finding Hope in Uganda*”

Dr. Waun traveled for three weeks to Uganda to work with AIDS orphans. This congregation helped to support her trip and many of us are wanting to hear about how things went. She will present some of her reflections and conclusions in this service.

Sunday, October 5, 10:30 AM - “*Saying ‘I Do’- Gay or Straight*”

For the past year our Welcoming Congregation Committee has been studying issues of inclusion of gay, lesbian, bisexual and transgendered persons in the church, with the goal of creating a fully welcoming environment here at ESUUC. Dr. Waun was asked to present this program exploring the idea of “gay marriage” in our culture. It happens to coincide with local International Gandhi Day events. Sunday School teachers will also be dedicated on this Sunday.

For updates on programs, or questions, check www.esuuc.org, or call (724) 327-5872

Religious Education News

It has been a wonderful summer: camping trips, time at the shore, good times with friends and family, good music, enjoyable and rewarding reading, concerts in the park, fireworks, ball games, movies, quiet afternoons on the porch, and, also, a great deal of preparation for the coming church year of Religious Education. We have a busy time ahead. We are very excited about Coming of Age and the congregational involvement and contributions it has inspired. We have a great group of Coming of Age candidates and an equally wonderful pool of mentors. Other church folk have been very forthcoming in signing up as RE teachers and also to assist in Nursery. To all of you we want to express our thanks and our hope that with your help this will be a great year for the program.

Class Schedule

September 21

All students will attend the first part of service as we introduce our Coming of Age youth and their mentors.

Lower Elementary: Ingathering (1)

Upper Elementary: Introduction
Middle School : Introduction

September 28

Lower Elementary: A Time for the Year to Begin - Rosh Hashanah (3)
Upper Elementary: Introducing Travel in Time - Part I
Middle School : Preparing Historical Timeline

Religious Education classes start on September 21st. We are still finalizing teacher dates and those will be in place by that time as we speak to the various instructors. The Coming of Age candidates with their mentors will be introduced to the congregation at the September 21st service so please plan to attend.

As respects both teachers and mentors there will be an orientation for both on September 6th at the church (9:00 AM for mentors and 10:30 AM for teachers). If there are any questions please don't hesitate to contact us.

Aside from classes and programs, we also are planning to continue movies nights as we did throughout last year and also to have further Coming of Age fundraisers. Additionally we hope to have a Second Annual RE Sponsored Church Campout in the fall and also arrange for a church-wide chess tournament. Keep an eye out for future newsletter entries on these events.

Kathy and Dan Begg, RE Directors
(412) 373-4106
nikitatude@earthlink.com

Annual September Picnic

Please join us for a family picnic after the service. Bring a picnic dish to share. Grills will be provided if you wish to bring meat to grill. Beverages will be provided as well as plates, cups and cutlery. Bring outdoor toys for your kids! Feel free to call me with questions. Maria Luczkow (724) 327-3352.

Facilities Meeting

I would like to have a meeting with the committee chairs of the Aesthetics, Landscaping, Maintenance, and Signs and Symbols committees to discuss our priorities for the church. Of course, other members of these committees are also welcome to attend. I would like to have this meeting before the September Board meeting, scheduled for Thursday, September 4th, so that we can discuss our issues with the Board. I think that Sunday, August 31st after the church service would be a good time for our meeting – say at 12:15 PM. I would like to keep the meeting under two hours.

Lew Ruffing

Indiana U U Picnic At Brier Hill Farm

The First Unitarian Universalist Church of Indiana & Diane Whittier – Neely invite you to a picnic at the Neely's Brier Hill Farm on **Sunday September 7th**.

Time: 2 pm to 7ish

Dinner: Potluck, at 5:30 pm (Bring a dish to serve ~ 4-6 people.)

Location: Brier Hill Lane, off Westinghouse Rd. in Derry Twp. – near Blairsville.

Come early for games and a hike with the llamas of Brier Hill.
Enjoy the company of other UUs; we have also invited the Ligonier UU Church.
Please bring your own lawn chairs.

Directions: Go east on Rt. 22. From the traffic light at New Alexandria, Westinghouse Rd is 5 ½ miles on your left. (Landmarks before the turn: Windmill Restaurant, Westinghouse sign, and Yellow caution light at the turn at the top of a hill.) Turn left. Continue down Westinghouse Rd. for 1 mile. Just after a sharp curve & the IPS plant, look for Brier Hill Lane on your left. Follow the lane up to the top of the hill.

Editor's note: We can all go up there after our own picnic and **really** picnic ourselves out!

Heartfelt Thanks

Dear Church family - Bob and I wish to thank you for giving a chair to honor our 50th Wedding Anniversary. We had a great family celebration and reunion that culminated in Sunday's service and reception on August 3. The gift of the chair from the congregation was a wonderful surprise, and we are very grateful. Regards, Jean Robl

Tai Chi at Church!

The cover article from last week's edition of Time magazine documented the health benefits of regular meditation; tai chi was listed as a movement meditation, and is also an exceptional self defense system. We have one of the best tai chi instructors in the world paying us rent to conduct beginner classes in our church building every week! New classes will begin Saturday evenings at 6PM in September, and we hope to have a free introductory session in early September. Call or contact Gerard Katilius for any questions or for instructor contact information. (724) 327-6321, karenlgerard@aol.com

Adult Drumming Circle

Please join us at 7:30PM in the Sanctuary on Sunday Sept. 14th, and Sunday Sept. 28th for a drumming circle. We have extra drums for those who would like to try drumming. It's a relaxed, fun atmosphere! call Karen Katilius for any questions or to reserve a spot or drum. (724) 327-6321, karenlgerard@aol.com.

Merkaba Meditations

There will be a Merkaba meditation on Monday, September 15th, in the sanctuary at 7:30. Merkaba deals with the energy field in and around the body. Seen Hosford leads this meditation and the cost is \$10.00. Dress comfortably, no equipment is necessary. Bring a friend! Please let me know if you are attending this meditation. Contact me, Karen Katilius, at Karenlgerard@aol.com or call at 724-327-6321. We need at least 10 people for the class or it will be canceled.

Board Meeting

The ESUUC Board meeting will be held **September 4** at **7:15 PM**. All members are welcome to attend board Meetings.



Pastor's Column

by Rev. Renee Waun

Hitting the Ground Running

This may be an old military expression, but it has served me well in all different situations in my life: hitting the ground running. There have been times when I knew little about what to expect before starting an activity, and there have been other times when I thought I knew what to expect and it may have turned out that way, or it may have gone some totally different way. In any case, there must be a certain mind set that goes along with entering into something with eagerness, and in a way that incorporates a great deal of preparing, planning and preparation. Then there is no losing stride once you “hit the ground”.

I had an occasion to think about this again while traveling to Uganda this summer, where prior experience, flexibility and positivity were the best tools I brought with me. (I will be doing a program about my work with the AIDS orphans on Sunday, September 28.)

Here at ESUUC there has been tremendous preplanning and preparation for the startup of the upcoming program year which begins on September 7. We are in a mode of sailing toward the first week with legs ready to pick up the stride of activities. Our Sunday School is wonderfully staffed with some new faces, the Coming of Age program details are being finalized, the choir will be rehearsing, a new sign will go up on the front lawn, the Program and Membership Committees have been hard at work preparing for a new season, the Building Committee is looking after practical matters.....we are indeed ready for the excitement of coming back to a full schedule of activities.

Thanks to all who have been part of the process of getting ready. Our church is a marvelous community of faith that will once again hit the ground running as we look to the year ahead.

See you in church! Renee Waun

In Appreciation

I was gratified by the generous donations given to me toward the materials, toys and supplies I took to Uganda with me last month. A big “thank you” to everyone who participated in this. My joy was being able to share your generosity with the AIDS orphans. Please come to the program on September 28 where I will talk about my trip. - Renee Waun

Monroeville Interfaith Ministerium to Meet at ESUUC October 1

Last year our congregation hosted a beautiful lunch for about 20 of our colleagues from MIM. It was the first real “luncheon” event held in our new building and it set the precedent for the rest of MIM’s program year, because our people did such a fabulous job. Now the ministerium will be returning to our building on Wednesday, October 1 for our hospitality and lunch again. Anyone willing to help cook and serve on this occasion, please contact Dr. Waun 412-731-2834.

International Gandhi Day Observance

We will be part of International Gandhi Day Observance, sponsored by Monroeville Interfaith Ministerium on October 5.

International Gandhi Day falls on October 2 and will be observed by the Monroeville Interfaith Ministerium of which we are a part. MIM is a gathering of 11 different faith groups, including Jewish, Moslem, Ba'hai, Hindu, Jain, Sikh, Orthodox, Protestant, Unitarian Universalist, and Roman Catholic. We have planned an interfaith program from 7-8:30pm at the Community College of Allegheny College, Boyce Park Campus. The program will include a keynote speaker on the subject of Gandhi's influence, plus a multifaith panel response, Q and A time with the audience and closing prayers. Watch for further details in the October newsletter. Dr. Waun is on the planning committee for this event.

Murrysville Community Day

Murrysville Community Day scheduled for June 7th was cancelled due to the wet weather. It has been rescheduled for this September 13 at Murrysvill Community Park on Wiestertown Road. ESUUC will have a booth with information and activities. Helpers are needed. Look for the sign-up sheet.



We just finished our first program of the August "Emerson salon" series, and it brings to mind some of the great ideas this bastion of UU and American history advocated. A key element in many of Ralph Waldo Emerson's writings is that an individual should learn about themselves and their true nature first, before setting out to change or help the world. This principle could be applied to our Congregation, in one way, with our Welcoming Congregation process – we are learning about some of the wonderful diversity of other individuals. It is important to apply ourselves conscientiously to this task, for although many of us are a little older, and certainly have seen a lot, everyone can learn more, and most gain valuable insights when looking at things from different perspectives.

After we have finished this process, it will be time to open our hearts and decide how our particular congregation might be able to help the world. As one can read from the newspaper headlines, our country is embroiled in a controversy – well several of them actually, but the relevant one here is over gay marriage. The UU church was an early and strong supporter of this, but other religions and certainly many individuals are struggling with it. While in Gettysburg this summer, I discovered that a prominent position of many mainstream religions prior to the Civil War was that slavery was a Divine institution, and that Lincoln was suggesting heresy to ban it!

Which brings me to another element of Emerson's writings, that evil is the absence of good. It is up to us, as individuals and as a church, to encourage and spread goodness. Let's learn together, then work as individuals and together to help address the challenges that face our country today, as Lincoln did in his time.

Pittsburgh Interfaith Impact Network Public Action Meeting Oct. 9

PIIN is gearing up for another public action meeting on Thursday, Oct. 9 at the Monumental Baptist Church in Pittsburgh. At our February 20 Public Action meeting we had nearly 1000 people including several from our congregation, calling on public officials for commitments in specific areas. We succeeded in gaining some concessions and are using Oct. 9 as an accountability follow-up to these actions, to report on progress and to make sure the public officials are still on track with our negotiated projects. We are expecting at least 500 people to come to this meeting, so we hope that several people from ESUUC will want to car pool over. Please contact Nancy Fitzgerald 412-731-2994 or Renee Waun 412-731-2834 for details. More information will be forthcoming. ESUUC has been a member of the grassroots community organization PIIN for three years.

Refreshments

"Coffee and Conversation" is an integral part of Sundays at ESUUC. This time honored ritual takes place after every Sunday service and consists of coffee and other beverages, as well as a snack. Snacks are provided by congregational members and friends on a rotating basis, and the list of names is posted in each monthly newsletter. The duties of the assigned refreshment person(s) include setting up the coffee and hot water for tea and cocoa, setting out plates, cups, napkins, plastic cutlery and the food, as well as cleaning up when everyone is finished.

September 7th Sharing Sunday. Please bring a picnic side dish to share for a picnic lunch after the service. Grills will be provided if you wish to bring meat to grill. Beverages will be provided as well as plates, cups and plastic cutlery.

September 14 Maureen Mchugh
September 21 Laurie Montgomery
September 28 Andrea and Ken Noble

If the Sunday assigned to you is inconvenient, please try to switch with another person on the list. Feel free to call me with questions. Maria Luczkow (724) 327-3352.

AUUC "Down Under" Coffee House

You are invited to attend the Down Under Coffeehouse on **Saturday, Sept. 20th from 7:30-9:30** to hear the music of New Morning. The talented folk trio, featuring Betsy Gerson, Tim Reiser, and John DiLeonardo, are well-known for their tight vocal harmonies and well-crafted original songs. The Down Under coffeehouse is held the third Saturday of every month in the basement of the Allegheny Unitarian Universalist Church, 416 West North Ave, North Side. Suggested donation is \$5.00. Call 412-322-4261 or see <http://www.trfn.org/auuc> for more details.

The purpose of the Coffee House is to raise funds to sustain, maintain and renovate the church, as well as to offer a welcoming community meeting place where local performers can enjoy and be enjoyed within an intimate coffee house setting. The coffee house utilizes AUUC's newly renovated downstairs "Founder's Room". Coffee is free to all. Baked goods and soda will be for sale.

Newsletter Deadlines

The newsletter deadline will be the third Sunday of the month – September 21, Oct 19, etc. It is particularly important to get me your newsletter input on time this fall because the third Sundays are fairly lat in the month and we need to give everyone plenty of time for people to make their plans for the coming month. Please Email me with your articles at manhardt@adelphia.net or call me at (412) 373-3668 church and leave a message with your news, stories, and other information.

Andy Manhardt, editor

Calendar

(Sunday Services are listed on the first page)

Sunday, August 31	Facilities Meeting 12:15 PM at the church (see article)
Thursday, September 4	ESUUC Board Meeting, 7:15 PM at the church
Saturday, September 6	RE Coming of age Mentors' meeting, 9:00AM to 1:00 PM
Sunday, September 7	Welcoming Congregation meeting– 12:30 PM at the Church
Sunday, September 7	ESUUC Picnic, After services at the church
Sunday, September 7	Indiana UU Picnic 2-7 PM – (see article for location)
Tuesday, September 9	Program Committee Meeting 7:30 PM at the church
Saturday, September 13	Murrysville Community day (see article)
Sunday, September 14	Adult Drumming Circle 7:30 PM at the church (see article)
Monday, September 15	Merkaba Meditation 7:30 PM at the Church (see article)
Saturday, September 20	“Down Under” Coffee House 7:30 to 9:30 PM at the Allegheny UU Church (see article)
Sunday, September 28	Adult Drumming Circle 7:30 PM at the church (see article)
Wednesday, October 1	Monroeville Interfaith Minbisterium Meeting at the Church (see article)
Sunday, October 5	International Ghandi Day Observance 7:00 to 8:30 PM at CCAC, Boyce campus (see article)
Thursday, October 9	Pittsburgh Interfaith Impact Network, Public Action Meeting (see article)