



The Unitarian Church of Harrisburg is an inclusive, gloriously diverse, deeply connected spiritual community dedicated to the practice of radical service.

Minister's Message

For four Tuesdays in October, 35 members of UCH and the Shared Ministry met to learn about generational poverty and middle class norms. We met at UCH's Market Street Church and had no trouble filling each class with conversation, debate, learning, and laughter. Participants learned about the differences between situational poverty and generational poverty. We learned how generational poverty has its own culture and its own norms. And we learned ways that middle class people can better understand their own hidden rules and communicate more effectively with the poor.

For many in the class, it was a revelation to understand that people in poverty put relationships first while those in the middle class tend to value achievement. This distinction affects how people manage money, plan their days, and teach their children. The simple example of the poor spending money when they get it as opposed to saving it for later opened many eyes. The reality that people living in generational poverty are perpetually in "survival mode" was also news to most of us. And learning that people in poverty usually have resources other than money to rely on helped us see where we might be of help without "throwing money at the problem."

UCH's mission has led it to work in the City of Harrisburg in one of the poorer neighborhoods. This work is a blessing for our congregation and for our new neighbors. The very fact that UCH is open, hospitable, and dependable is enough to give hope to Allison Hill. The people who live there depend on the churches to provide comfort, encouragement, and guidance. Their lives are better for our getting to know them. Likewise, UCH is much richer for reaching out across class and race barriers. We have the potential to be a multi-racial, multi-class congregation. The diversity that this will bring will enrich us all. What a thrill it is to be doing this work.
Love, Howard

President's Message



There is so much good news to share with you this month! Our church is growing in many ways. Guests are becoming new members; lay-led ministries are active in projects; youth are attending classes on Sundays; giving to the plate has increased. We are focusing on our mission of striving to be a beacon of love, tolerance, and justice. With growth we are of course experiencing some (continued on page 7)

November Services

Two services each week: 9:00 a.m. at Clover Lane, then 11:00 a.m. at Market Street. On Nov 13, the 9:00 a.m. service is our "Moral Issues Forum," with an all-family **Association Sunday** service at 11:00 (no RGL).

**Unitarian Church of Harrisburg
November 2011 At-a-Glance**

DATE	TIME	SPEAKER
Tue 1	7:00	Mindfulness Meditation, Chuck Daley
		UCH 101, Howard Dana facilitator
Wed 2	6:00	Queen Spirit
Sat 5	5:00	Annual Auction: OccUUpy Wall Street
Sun 6	9:00	Howard Dana: "Thy Kingdom Come on Earth."
	11:00	Greenbelt work day
Mon 7	6:30	Amrit Yoga, Ed Sykes
Tue 8	7:00	Mindfulness Meditation (Daley)
		UCH 101, Bart Carpenter facilitator
Wed 9	7:00	November Board Meeting
	10:00	Daylong Songfest, Ysaye Barnwell
Sat 12	4:00	Families with young children, Pete Trufahnestock
	9:00	Moral Issues Forum, David Spear
Sun 13	11:00	Association Sunday, Ysaye Barnwell
	7:00	Philosophy/Literature, Richard Hoke
Mon 14	6:30	Amrit Yoga (Sykes)
Tue 15	7:00	Mindfulness Meditation (Daley)
		UCH 101, Dennis Hursch facilitator
Wed 16	7:00	Clover Grove (Pagan), Ed Hazell
		Humanist Forum, David Spear
Thu 17	7:00	Adult RGL: Creativity, John Terlazzo
Fri 18	7:30	Coffee House: Voices in the Hall, \$10
Sun 20	9:00	Howard Dana: "Pray Before Eating"
	11:00	Greenbelt rain date
	6:00	OxFam Hunger Banquet, \$5 donation
Mon 21	6:30	Amrit Yoga (Sykes)
Tue 22	7:00	Silent Mindfulness Meditation (Daley)
Sat 26	9:00	Community Café Breakfast
Sun 27	9:00	Howard Dana: "End of the Empire"
	11:00	No RGL
Mon 28	6:30	Amrit Yoga (Sykes)
Tue 29	7:00	Mindfulness Meditation: "Changing from Within" prison program. (Daley)

Market Street Event

Coordinate your calendars for these UCH events.

Tue 1 7:00 Mindfulness Meditation (weekly)

Two 25-minute periods of meditation with a short reading, discussion and rest between. Coordinated by Chuck Daley, MMG@harrisburguu.org. Repeats every Tuesday. Third Tuesday (Oct. 18) is silent meditation. Special program Nov. 29.

Tue 1 7:00 Adult RGL: UCH 101

Are you new to UCH? Have you been around for awhile but would like to know more about what goes on around here? Join various church leadership for a three-part discussion about the historical view of Unitarian Universalism and the Unitarian Universalist Association, Unitarian Church of Harrisburg governance, and an overview of the activities and ministries offered at UCH.

- November 1, 2011: Rev. Howard Dana, facilitator
- November 8, 2011: Bart Carpenter, facilitator
- November 15, 2011: Dennis Hursh, facilitator

Contact: Bart Carpenter, a.bart.carpenter@gmail.com.

Wed 2 6:00 Queen Spirit: Restorative Circles



QueenSpirit is a co-created women's spirituality circle. This month, Barbara VanHorn will describe her recent training in the international restorative movement as well as her training and work in local and state conflict resolution. Using the restorative circle model, she will facilitate conflict resolution practice sessions within the QS Circle to give participants a better understanding of the process.

Potluck at 6:00, followed by the circle. Contact Kandy Melillo, KandyUU@aol.com.

Sat 5 5:00 2011 UCH Auction: OccUppy Wall Street

OccUUpy Wall Street! *Let's Move the UCH from the Red to the Black*

Please bring a white elephant (re-giftable item) for the "cash and carry" auction or a food item to share. Contact: Bart Carpenter, a.bart.carpenter@gmail.com.

Sun 6 9:30 Children's RGL Leadership (Market Street)

Children's RGL Leader Orientation and Overview for Market St Children's Program meets in the Latimer Room (lower level to the left of the kitchen) at Market St. Refreshments, child care and supervision provided.

Sun 6 9:00, 11:00 Greenbelt Workday

Children and youth RGL are scheduled for Greenbelt workday on Nov. 6. Children and youth will go to the UCH-adopted section just minutes from our campuses during regular program time. Participants will not go to the opening rituals of the service.

- Clover Lane participants should meet in the Alcott room at 9:00.
- Market Street participants should meet in Fellowship Hall at 11:00.
- Participants will return to the Common Room or Fellowship Hall at 15 minutes after the hour.
- Permissions forms must be completed for participants under age 18.
- Driver Qualification form should be on file or completed to transport children or youth.

Adult chaperones and participants are needed. Please contact Trish Brandon at RGL@HarrisburgUU.org or 564-4761 if you can help at either service time.

Mon 7 6:30 Amrit Yoga (weekly)

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. Two one-hour sessions, led by Ed Sykes, esykes@state.pa.us. No experience necessary! Repeats every Monday.

Wed 9 7:00 UCH Board Meeting

Board meetings are open to members; contact Judy Linder (jclinder09@gmail.com) for an agenda.

Sat 12 10:00 Daylong Songfest (\$25)

Dr. Ysaye Barnwell will offer a workshop and community sing entitled *Building a Vocal Community: Singing in the African American Tradition*. Admission \$25 (includes lunch). Scholarships available, with residents of Allison Hill admitted on a donation basis.



RSVP to Sparkie Radcliffe, Director of Music Ministry, music@harrisburguu.org. Checks payable to UCH with "Workshop" in the memo line. Please include a self addressed envelope, the number of tickets desired, and lunch preference (vegetarian, omnivore).

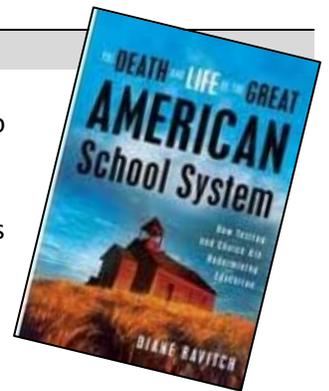
A member of the African American female a cappella ensemble *Sweet Honey In The Rock*, Ysaye Barnwell, Ph.D. MSPH, is a commissioned composer, arranger, author and actress. She is a vocalist with a range of over three octaves and appears on more than 25 recordings with *Sweet Honey* as well as other artists. For more than 20 years, Ysaye has led the workshop *Building a Vocal Community - Singing In the African American Tradition*, which utilizes oral tradition, an African world view and African American history, values, cultural and vocal traditions to build communities of song among singers and non-singers alike. She is the founder of the Jubilee Singers, All Souls Unitarian Church, Washington, D.C.

Sat 12 4:00 Young families' potluck and parenting fellowship

Join hosts Pete and Kendra Trufahnestock (ptrufahnestock@verizon.net) for a family potluck, followed by children's playtime and an adult program on UU parenting. Childcare available.

Sun 13 9:00 Moral Issues Forum

Book Discussion on *The Death and Life of the Great American School System: How Testing and Choice Are Undermining Education* (2010) by Diane Ravitch. The author originally supported No Child Left Behind and charter schools, but later became disillusioned. She critiques the use of standardized test results as a means to fire teachers and close schools, and discusses replacing public schools with charter schools. For readers on both sides of the school-reform debate, this is a very important book.



Ravitch served as an undersecretary of educational policy in the administrations of Bush, Clinton, and Bush. She is currently a Research Professor of Education at New York University and a historian of education.

Sun 13 8:30 ASSOCIATION SUNDAY

UCH is pleased to host Association Sunday this year at our Market Street campus! Services will be lead by Dr. Ysaye Barnwell (bio above). Joining us for the service will be UUs from a 75-mile radius, including the following guest congregations:

- UU of Cumberland Valley (Boiling Springs)
- UU Congregation of York
- UU Church of Lancaster
- UUs of Gettysburg
- UU Congregation of Susquehanna Valley (Northumberland)
- First UU Church of Berks (Reading)
- UU Fellowship of Centre County (State College)

We anticipate a capacity crowd, with carryover from the prior day's Songfest. Please bring a finger food item for the reception following the service – and contact the office to find out where your help may be needed throughout the day!

8:30 – 10:30 Common Ground Café

Join the UCH, our out-of-town visitors, and our Allison Hill neighbors for a community breakfast. If you haven't seen the breakfast crew in action, this is your chance.

10:30 – 12:00 Service of Worship and Celebration

Our theme for the service is "Singing for a Better Day." This is a family event, and the balcony will be open! Come help us all rock the rafters in song and joy.

12:00 – 2:00 OLIVER COLLECTIVE#

The **OLIVER COLLECTIVE** will be offering paintings, photography, Unitarian couture (which often includes coats, vests, scarves, totes, capes, and other wearable items), ceramics, and other crafts and artisan goods. All proceeds benefit the Oliver LaGrone Scholarships, awarded each year to a graduate of Harrisburg High School.

Bring your checkbook! Your support for art is a support for a Harrisburg future scholar. And if you are an artist or craftsman and would like to participate in the **COLLECTIVE**, please contact cjtyger@verizon.net.

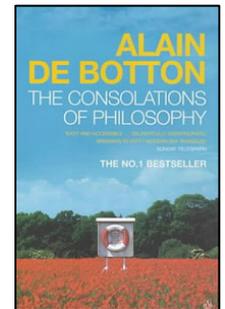
Note: the art sale continues on Nov. 20, still at Market Street.



Sun 13 7:00 Philosophy & Literature Group

The Consolations of Philosophy, by Alain de Botton

Born in 1969 in Zurich, De Botton comes from a Sephardic Jewish family, originating on the Iberian peninsula. He is the only son of his father, banker Gilbert de Botton who co-founded Global Asset Management with Jacob Rothschild and Mark Weinberg. De Botton spent the first eight years of his life in Switzerland where he learned to speak French and German. He was sent to the Dragon School, a boarding school in Oxford, where he learned to speak English. He subsequently boarded at Harrow School. He achieved a double starred first in history at Cambridge (1988–1991) and completed his master's degree in philosophy at King's College London (1991–1992). He began a PhD in French philosophy at London University, but gave up research to write books for the general public



From an **Amazon.com** reviewer: "Somehow, I managed to get through high school and college without ever seriously reading any of the great Western philosophers. The Consolations of Philosophy is an excellent introduction and quick (I mean, QUICK) overview of six of these men. The deadwhitemales discussed are Socrates, Epicurus, Seneca, Montaigne, Schopenhauer, and Nietzsche. The discussion is lively and thought-provoking--and amusingly illustrated." You can expect similarly lively and thought-provoking discussion at Clover Lane! Contact Dick Hoke (Rrhoke@aol.com).

Wed 16 7:00 Clover Grove

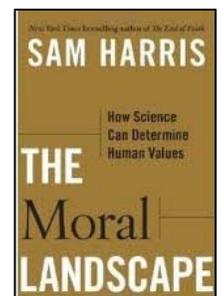
Clover Grove is a chapter of the Covenant of Unitarian Universalist Pagans (CUUP) and is a group of earth-centered and pagan spiritualists. They meet on the third Wednesday each month. Contact Ed Hazell, eahazell42@aol.com.

Wed 16 7:00 Harrisburg Area Humanists: Book Discussion

The Moral Landscape: How Science Can Determine Human Values, by Sam Harris.

From **Amazon.com**:

Sam Harris's first book, *The End of Faith*, ignited a worldwide debate about the validity of religion. In the aftermath, Harris discovered that most people—from religious fundamentalists to non-believing scientists—agree on one point: science has nothing to say on the subject of human values. In this explosive new book, Sam Harris tears down the wall between scientific facts and human values, arguing that most people are simply mistaken about the relationship between morality and the rest of human knowledge. Harris urges us to think about morality in terms of human and animal well-being, viewing the experiences of conscious creatures as peaks and valleys on a "moral landscape." Because there are definite facts to be known about where we fall on this landscape, Harris foresees a time when science will no longer limit itself to merely describing what people do in the name of "morality"; in principle, science should be able to tell us what we ought to do to live the best lives possible. Bringing a fresh perspective to age-old questions



of right and wrong and good and evil, Harris demonstrates that we already know enough about the human brain and its relationship to events in the world to say that there are right and wrong answers to the most pressing questions of human life. Because such answers exist, moral relativism is simply false—and comes at increasing cost to humanity. And the intrusions of religion into the sphere of human values can be finally repelled: for just as there is no such thing as Christian physics or Muslim algebra, there can be no Christian or Muslim morality.

Childcare available; books available for purchase for \$10. Please contact David Spear, humanists@harrisburguu.org.

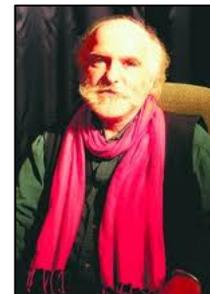
Thu 17 7:00 Adult RGL: Writing as a Contemplative Act

York-based John Terlazzo is a noted poet, singer, songwriter and storyteller. He has published five collections of poetry and multiple recordings of spoken poetry; he leads retreats in writing, contemplation, and poetry. He firmly believes that the ability to make Art is a human birthright and that it involves "opening a place in the chest - allowing the River to flow forth."

In this session, John will read from his poems and discuss the contemplative writing techniques that he's been teaching for more than 20 years, as well as tell folktales from around the world – all of which pertain to William Blake's statement, "Imagination is the True and Eternal World of which this vegetable Universe is but a faint shadow." No experience necessary! Come and be inspired.

Note: John is performing on Friday evening at Clover Lane Coffee House with "Voices in the Hall."

Contact Bart Carpenter, a.bart.carpenter@gmail.com.

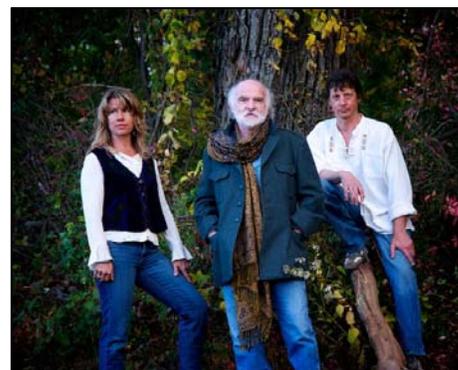


Fri 18 7:30 Clover Lane Coffee House, \$10 donation

"Voices in the Hall " offers up a rich array of strong vocal harmonies combined with old world instrumentation: acoustic guitars, accordion, flute, cello, mandolin, recorders & tin whistles, upright & fretless bass, percussion, piano & Hammond B3 organ. The result is a kind of Modern Surrealist Gypsy Music, a music that is both timeless and centering. The band is John Terlazzo (vocals, guitar and Indian Harmonium), Kristina Machusick (vocals, flute and recorders) and Paul Wegmann (vocals & lead guitars).

\$10 donation at the door; all are welcome.

Contact Bart Carpenter, a.bart.carpenter@gmail.com.

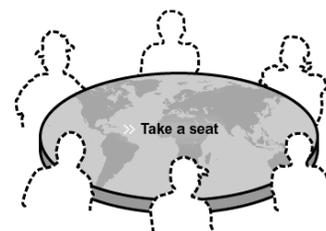


Sun 20 6:00 Oxfam

The UCH youth present an Oxfam Hunger Banquet from 6:00-7:30 pm. Registration is limited to the first 100 people to sign up; UCH members and friends can sign up at coffee hour any Sunday and pay either \$5 or donate a healthy food item. Monetary contributions go directly to Oxfam; healthy food donations go to our local food bank. A list of acceptable healthy food items is available at the sign up tables.

Children 12 and older are welcome to attend; childcare available for those under 12.

Contact any member of Youth Group or Ben Stone-Thonus, benthonus@yahoo.com.



Wed 23 7:30 Interfaith Thanksgiving Service

The InterReligious Forum of Greater Harrisburg presents the 22nd Annual Interfaith Service of Thanksgiving 2011

Speaker: Imam Naseem Mehdi

Location: Ahmadiyya Muslim Community (AMC) Hadee Mosque

245 Division Street at Italian Lake

Sat 26 9:00 Breakfast at Market Street

Experience community in action – no experience necessary! UCH operates our own Common Ground Café, beginning at 9:00 a.m. Drop-ins welcome. To join the e-list of volunteers, please contact Clay Lambert, clay.jh.lambert@gmail.com.

Tue 29 7:00 Mindful Meditation Group: Special Program

MMG is pleased to present Gettysburg-based John Mulligan, director of Triple Gem Prison Sangha, a mindfulness meditation program for inmates, as well as Bodhi House, a post-release residency program for men who want to continue study and practice in a lay spiritual community. Bodhi House is designed to inspire individuals who practice Buddhism to develop self-reliance, moral responsibility, tolerance, compassion, wisdom, and many other qualities that can enrich happiness and make life more meaningful in today's world. John will speak about the challenges of prison meditation programs and will show a short video on the benefits of prison meditation called "Changing from Within."

Anyone who would like to make a donation of Buddhist books and teaching materials is encouraged to bring them to the meeting. All materials are most gratefully received and will be distributed directly to Pennsylvania state prisons. The Triple Gem Prison Ministry is a charitable, non-profitable program; donations are tax deductible to the maximum extent of the law.

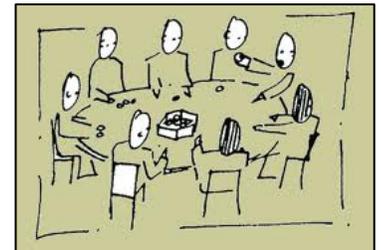
MMG will meet in its usual location, Fuller Chapel on the main level.



Other News You Can Use

Registration Deadline for Circle Dinner: Nov. 15

Do you enjoy getting together for dinner with friends on a Saturday evening? Are you interested in meeting and talking to other people from church in a social setting? If so, sign up for Circle Dinners and join in the fun. Here's how it works.



1. Sign up by November 15 to be added to the schedule
2. Dinners start in January and run through May, on the 3rd Saturday of the month – 8 to 10 people at each dinner
3. You host one dinner at your house one month and go to 4 others – if your home is not suitable for some reason, schedule the dinner somewhere else possibly at a restaurant or as a picnic at the park (ask us for a May date), sign up with a friend ... be creative.
4. The hosts can reschedule the date (if necessary), assign a food item to each guest, send directions and prepare the main course
5. Guests bring an appetizer, salad, vegetable, dessert, or beverage as assigned by the hosts.
6. If you don't want to be on the schedule as a host, you can sign up as an alternate guest. When regularly scheduled guests can't attend, the hosts can call to invite an alternate to fill out the table.

Circle dinners are a popular way to get to know other members. In recent years we have about 50 people involved in the dinners. The schedule is designed so that you are with a different group each month. The schedule is usually a nice mix of couples and singles. Marsha Dulaney and Nancy Pratt are coordinating the dinners this year. Send an email to marcytink@comcast.net or call 717-561-9146. – submitted by Nancy Pratt

Eddie & Alonzo Pennington, UUCY, Nov. 20

Susquehanna Folk Music Society (SFMS) and the Unitarian Universalist Congregation of York (UUCY) are pleased to present the father and son duo of Eddie and Alonzo Pennington in concert at 7:30 p.m., Sunday, Nov. 20. The duo has traveled the country, bringing traditional Western Kentucky thumb-picking to new ears. They are both national thumb-picking champs. Eddie is also a National Heritage Fellowship recipient and is considered one of the greatest thumb-style guitarists alive today. Admission \$22 at the door.

Guitar players are invited to a workshop with the two musicians at 3:00 p.m. Admission \$20. Pre-registration recommended.

Save the Date:

- **Deck the Halls, 4:30 p.m. Saturday, Dec. 3**

Music, Homemade Soups, opportunity to make holiday Crafts, and fellowship! For all ages.

- **Bhante Sujatha, 10:00 a.m. Saturday, Dec. 10**

Mediation workshop with Buddhist monk Bhante Sujatha.

- **Homeless Shelter, Dec. 16-31**

The Unitarian Church of Harrisburg will be responsible for staffing the Susquehanna Harbor Safe Haven Shelter from December 16th – December 31st, 2011. Two volunteers are needed each night (with one additional back up volunteer-The back up will only be called if one volunteer can't fulfill their shift) to assist in the operation of the shelter. One of the volunteers must be an adult male over the age of 21 years. All volunteers must be over the age of 18 years. This year we will be scheduling volunteers two ways : (1)sign up online or, (2) call or email Tracy Richards at 533-3102 tmrichards3@comcast.net

To sign up on line go to www.timetosignup.com/sheltermvolunteers/and select the day that you wish to sign up. After you sign up you will be provided a reminder email prior to your scheduled time as well as receive a reminder telephone call from Tracy Richards a day prior to your scheduled time.

Please call Tracy Richards (533-3102) with questions.

Board News

A Message from our President

Continued from page 1; submitted by Judy Linder, President, UCH Board of Trustees

some "growing pains." Some of us at times can feel disenfranchised; sometimes we tend to focus on the organization itself instead of the needs of the members. Let's all reflect about the vision of the church and what it means to each of us. With growth there is change, and change in any situation is difficult for all of us, whether it is getting to know new members, or changes in Sunday worship. We come together for support, spiritual rejuvenation, and a sense of well being. We gather together to try to answer the difficult questions of how to live an ethical, caring life. We try to care for one another in community. We are all challenged by our feelings, and some of those feelings are very hard to steer in a direction of justice, tolerance, and acceptance of change. But living our principles is supposed to be a challenge. It is up to all of us to take on that challenge.

Something new that is happening is giving away half of the plate collection to a local cause. ("Plate" is cash and any checks or envelopes denoted as "plate.") The last Sunday of September's plate was for Buxmont UU Church's flood damage. We were able to give Buxmont UU \$430. The total plate was probably a record amount. For the month of October, the average Sunday plate was around \$400. Last year the average plate was \$170. Our treasurer, Tom Winner, estimates that we will be able to donate more than \$6,000 to local charities in the next nine months, plus raise an additional \$1,000 for our church. The local Planned Parenthood was the beneficiary of the plate in October. They are known to most of us for their work in abortion referral, birth control, emergency contraception, HIV testing, LGBT services, men's health care, pregnancy testing, STD testing, treatment, and women's health care. Your generosity will directly benefit their ability to provide those services.

News flash:

Our October plate was \$2,400, half of which we donated to Planned Parenthood.

The first three collections in November will be used to purchase Thanksgiving baskets and will be given out by a team of both UCH and Shared Ministry. The last Sunday in November and first three Sundays in December will go to Susquehanna Harbor Safe Haven, which we know as the Downtown Winter Shelter. It is where some of our members, every year, volunteer to stay a night. Safe Haven provides housing for single men who have had two or more bouts of homelessness and who have a diagnosed mental illness. Christian Churches United is currently overseeing this project, but Susquehanna Harbor has been incorporated as its own 501(c)(3) organization and will begin functioning on its own soon. Christian Churches United is an ecumenical partnership with more than 140 member churches in Dauphin, Cumberland, and Perry counties. Their goal is to provide assistance to many more people in need than one church could provide on its own. Our donation at the end of November will certainly be put to good use in supporting the shelter. This is one very good reason to not let the plate pass by!

Another change is having a service at the Market Street campus every Sunday. While the sermon is the same at both Clover Lane and Market Street, the services are a little different. The Clover Lane service is more traditional; the music and readings are similar to the traditional services that have been held over the years. The music and readings at Market Street are more modern and a little more lively. For example the service at Market Street starts with "Ingathering Music" and then a procession down the aisle, pausing for the Call to Worship, then resuming. Attendance at both services has been good, summarized in the accompanying chart. As in past years, we had an extra-large turnout on the Sunday after Labor Day, which for many members marks the first Sunday of the new church year.

Weekly Attendance			
Date	Clover Lane	Market Street	Total
9/4	115	N/A	115
9/11	28 (Forum)	175	203
9/18	70	95	165
9/25	54	106	160
10/2	55	119	174

In Adult Religious Growth and Learning (RGL) there was a series of four seminars on generational poverty held at Market Street last month. Sparkie Radcliffe and Rev. Howard Dana were the presenters. There were many spirited discussions about the issues of poverty, and the culture of poverty. The attendance at each session was about 33 people. In addition to our own congregants, several members from the Shared Ministry congregation and St. Martin de Porres Catholic Worker House participated. For those of you who were not able to attend the seminars, I highly recommend Dr. Ruby Payne's book *What Every Church Member Should Know about Poverty or Bridges Out of Poverty*. Both books are a help with those very difficult questions of how to approach the issues of poverty. Dr. Payne gives us an understanding of the culture of poverty, and how to understand the differences of that culture and the culture of the middle and wealthy classes.

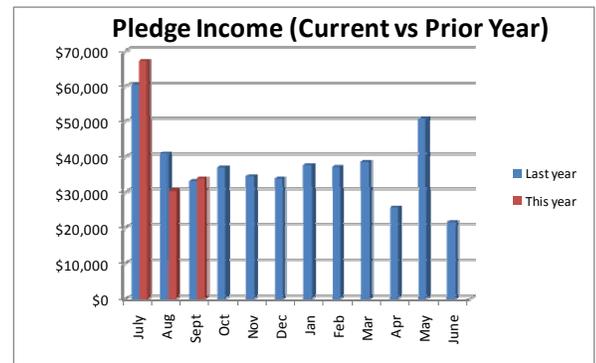
May we be well, happy, and peaceful!

Judy

A Message from our Treasurer

Extracted from Reports Submitted by Tom Winner, Treasurer, UCH Board of Trustees

During the first two months of the current fiscal year, the church collected revenues of \$111,855.75 (includes pre-paid pledges of \$32,594.20) and paid expenses of \$96,071.47. This leaves an Operating Asset reserve of \$15,784.28 to start the month of September. The church typically requires \$52,947 to pay its monthly expenses; therefore, the church needs to collect at least \$37,000 in revenues during September to cover expenses.



At the end of August, total pledge for FY 2011-12 are \$14,592.64 below our goal. In addition, past due pledge payments for last year are approximately \$3,685 below our goal. Unless these figures improve, the church will likely exceed its budgeted "pledge shrinkage" (\$22,080) for FY 2011-12. That means expenses will start to exceed revenue during the FY.

As your Treasurer, I am greatly concerned that the church is quickly depleting its Operating Asset reserve. This increases the importance of everyone paying their pledge in a timely manner and helping to organize and participate in fund-raising for the church.

Tom Winner

Pastoral Associates

As part of our ongoing commitment to the church community, the Pastoral Associates meet regularly and participate in continuing education. On Saturday, October 22, the team met and listened to Rev. Paul Derrickson, retired Director of Pastoral Services at the Milton S. Hershey Medical Center. Rev. Derrickson held that post for 30+ years and by his accounting helped to train over 500 chaplains.

In a simple, yet highly informative exercise, Rev. Derrickson had associates pair up in two, back to back and talk to each other without benefit of seeing their partner. Following the exercise the class was asked for feedback. Everyone agreed it was extremely difficult to concentrate and grasp everything that was said. Paul explained that in communication 55% of information sent is non-verbal, i.e., via body language; 38% is the tone of our voices; and just 7% is actual content. He went on to explain that a conversation is basically a dance between partners and oftentimes one of them can't hear the music. We so often miss what is being said because we have already made assumptions. He enforced how essential it is for our human family to take the time for face time in our communications and really listen.

In perhaps one of the most interesting points made of the day, we learned that crisis is stress without perceived resources. Under stress, most peoples' anxiety goes up. Anxiety however, can give you the energy to productively deal with the issue causing the stress if it is not too overwhelming. One of our associates paraphrased Rev. Derrickson's point, "Sometimes people in stressful situations just need to be reminded of the resources they have within themselves and their personal network by asking them what worked before?"

The team felt it was a highly productive meeting and learned many useful skills. We appreciate the opportunity to serve the UCH community and want you to know we are dedicated to furthering our educations to serve you better. In January 2012 we will have a training session on grief and loss conducted by a staff member of Hospice of Central Pennsylvania.

– submitted by Rev. Kathie Teeter

Volunteers for Homeless Shelter

The Unitarian Church of Harrisburg will be responsible for staffing the Susquehanna Harbor Safe Haven Shelter from December 16-31. Two volunteers and one backup are needed each night to assist in the operation of the shelter. One of the volunteers must be an adult male over age 21; all volunteers must be over 18. The back-up will only be called if one volunteer cannot fulfill his/her shift.

This year we will be scheduling volunteers two ways: (1) sign up online or, (2) call/email Tracy Richards at 533-3102 tmrichards3@comcast.net.

To sign up on line go to www.timetosignup.com/sheltervolunteers and select the day that you wish to sign up. After you sign up you will be provided a reminder email prior to your scheduled time as well as receive a reminder telephone call from Tracy Richards a day prior to your scheduled time.

Please call Tracy Richards (533-3102) with questions.

Crohn's & Colitis Walk

Led by UCH member Donna Hoskins-Helm, the UCH Walkers participated in the Crohn's and Colitis Walk Oct. 8 on City Island, shown in the accompanying photo. Crohn's and Colitis are inflammatory bowel diseases (IBD) that affect the lives of many church members, their families and their friends. Donna reports that the group raised over \$770 for our cause - and this was our first year walking!



Friends of Green Sanctuary

– submitted by Rachel Mark

With everyone's help, we can do a lot this year. This past weekend, I was greatly inspired by the conversations and workshop with Philipine (Pini) Kidulah, visiting the US from her home in Kenya. She is a joy and inspiration. There is so much to learn from her – I wish I could go to Kenya and follow her around for a year. Pini's inspiration was Wangari Maathai, also from Kenya, who won a Nobel prize. Wangari died one month ago.

She founded the Green Belt Movement and began a "renowned poor people's environmental effort that inspired the world." She planted trees, changed lives, and educated women about sustainability. Pini has shared that vision and has founded Jitokeze, an organization which will teach women in Kenya how to live sustainably. The Interfaith Coalition for the Environment has agreed to be a supporter chapter of Jitokeze and we will continue to be in contact with Pini after she returns to Kenya.

With your help and leadership, we can also work together on our own goals, such as those listed below. Let me know if you can help or if you visualize another goal.

1. Read and discuss the energy audit taken at Market Street this past year. Determine priority actions, recommendations, and cost.
2. Set a goal and outline steps to achieve a carbon neutral status at UCH on Clover Lane.
3. One or more persons willing to keep track of individual carbon calculations of congregation members. This requires some math skills.
4. Schedule special environmental events at UCH (speakers, workshops, films, projects with youth).
5. Recycling and composting.
6. Volunteers to help with urban garden projects in Harrisburg. An urban agriculture project has been proposed to Harrisburg City Council in Reservoir Park (land includes an existing greenhouse). This acre of land is located not far from our church on Market Street. Another location is our own Adopt-a-Lot garden on Market Street. Transition Harrisburg and Interfaith Coalition for the Environment plan to participate in the Reservoir Park urban agriculture project being organized by Rafiyqa Muhammad. It should be an exciting and potentially huge opportunity to help in a hands-on project. We can use your expertise and/or willingness to learn and participate. (The plan is for work to be done on weekdays and weekends, to accommodate schedules. Some of you have been willing to help but can only help on weekends.)

I look forward to engaging with and working with you in the coming year. A little known secret: Environmentalists have the most fun.

Many thanks, *Rachel*

Nov. 5: Pet Vaccines, Microchipping on Allison Hill

HARRISBURG, PA - The Central Pennsylvania Animal Alliance is holding a vaccine and microchipping clinic for Harrisburg city dogs and cats on Saturday, November 5, 2011, from 9am to 12pm. This first come, first serve clinic will be held at the Central Allison Hill Community Center, 1524 Walnut Street.

Vaccines offered are rabies, distemper and bordetella (kennel cough). Vaccines will be free for pets who are already spayed/neutered, \$5 each vaccine if they are not already fixed. Please bring prior shot records, if available. Microchipping will be available for \$15, which includes registration. Worming and flea treatment will also be available for a donation. All dogs should be on a short leash and cats in a secure pet carrier. Donations are appreciated and will benefit the Central Pennsylvania Animal Alliance (CPAA) Spay/Neuter/Vaccine Program. CPAA encourages a yearly wellness check-up for all animals at a veterinarian. For more info about CPAA, please visit www.cpaainfo.com.

– submitted by Michelle Avery